

Wilhelmina Wright

I grew up in Gregory Park, Jamaica between Kingston and Spanish Town. My husband and I have always loved red snapper. When I was a young woman, about twenty-three, Horatio went to America for a year as a farm worker. Because he was away and I had three children on my own, one of Horatio's fishing friends used to bring me fresh fish every morning. I'd wake up and the fish would be waiting for me in the kitchen.



Escovitch Fish

Clean the fish (red snapper or similar) with lemon water and vinegar. Remove scales, tail and fins but leave the head. Rub crushed garlic and seasoning (salt, pepper and all-purpose seasoning) right down the inside of the fish. Rest it for a while. Heat oil in a heavy frying pan and brown the fish on each side. Add sliced onions and peppers, along with thyme and pepper. Add some stock if you like. Cover and steam for half an hour.



Fish Curry (Bangladesh) by Fathima Aktar

Mum cooked the curry, then I liked it.

1 lb white fish fillets
1/2 cup of oil
1 to 5 onions, chopped
2 cloves of garlic, minced
1/2 tsp chilli powder
1 tsp turmeric
1 tsp salt
3 green Serrano chillies
(or Bangladeshi green chillies, slit)
2 tomatoes, chopped
2 bunches of coriander, chopped
Water

Heat oil in a medium-sized saucepan. Add onions and fry until translucent. Add minced garlic and fry until it starts to turn brown. Add chilli powder, turmeric and salt, then stir-fry for about 6 minutes. Add fish fillets and fry on each side for about 3 or 5 minutes. Add enough water to barely cover the fish. Add green chilli and chopped tomatoes, stir well and cook covered until the fish is done (20 to 30 minutes). Remove from the heat, add chopped coriander and let it rest (covered) for about five minutes. Serve with boiled rice.