



“Pwason nan Sos” Fish in Sauce

Ingredients:

2 Red Snappers	2 – 3 tbsps. Epis	4 tbsps. Lemon Juice
5 Garlic cloves, minced	1 tsp. Garlic Powder	¼ tsp Cloves (jirof)
2 – 3 Sprigs of Thyme	1 ½ Maggie Chicken Bouillon Cube	1 tsp. Seasoned Salt
1 Scotch Bonnet or Habanero Pepper	2 tbsps. Tomato Paste	2 tbsps. Butter
3 - 4 tbsps. Vegetable Oil	2 cups Water	1/8 tsp. Accent (optional)

Directions:

1. Refer to the "[Cleaning Fish](#)" page to have your fish prepped before seasoning it. Cut slits on the surface of the fish (both sides) in order for the marinade to go through. If you prefer, you can cut the fish in half.
2. Finely mince 1 hot pepper (scotch bonnet or habanero) and add it to a small bowl with 2 – 3 tbsps. of epis.
3. Add in the following to the bowl with epis: 4 tbsps. lemon juice, 1 tsp. garlic powder, 1 ½ crushed Maggie, 1 tsp. seasoned salt, 5 minced garlic cloves, the leaves removed from 3 – 4 sprigs of thyme (you can also leave them whole and add it in later), and 1/8 tsp. of accent (optional). Mix the spices thoroughly with a spoon to combine.
4. Baste this marinade all over the fish (inside and out), especially through the slits that were made. This is what will pack the fish full of flavor. Cover the fish and let it marinate in the fridge for at least 30 minutes or overnight.
5. In a large sauce pan on medium heat, add about 3 – 4 tbsps. of vegetable oil and 2 tbsps. of tomato paste. Sauté for about 2 – 4 minutes stirring frequently. Take care for the tomato paste not to burn.
6. Add in 1 cup of water a little at a time to the pan, stirring frequently so that the tomato paste will dissolve and develop a smooth consistency. At this point, you can increase the temperature to high or medium high.
7. Once the sauce is smooth in consistency, place the fish gently into the pan.
8. Add an additional cup of water to the container that the fish was marinating in to gather the rest of the seasoning. Pour it into the pan with the fish.
9. The next 10 - 15 minutes as the fish cooks, frequently baste the top of the fish with the sauce.
10. Add about 2 tbsps. of butter and gently stir until it melts and fully incorporates. At this point, you can sample the liquid. Add more water and/or salt if desired to reach your desired flavor and sauce consistency
11. To top it off, add sliced onions or onion rings and turn off the heat. The fish in sauce is ready to be served.