

CELEBRATING INTERNATIONAL WOMEN'S DAY



Women in hospitality



Brigette Swaby

The Village of Erin Meadows

2 at
YEARS | **Schlegel Villages**

12 YEARS
in hospitality

What makes you proud to work in hospitality?

I'm proud of my interactions with people from diverse backgrounds. Sharing recipes and learning about different culinary traditions helped me connect with residents and team members.

What's your advice for women who aspire to work in hospitality?

It takes a Village. Build a strong support network with mentors and peers, both at work and beyond. Most importantly, keep going.

Steamed whole fish – Jamaican style

This is one of my favourite recipes taught to me by my grandmother. It can be served as a one-pot meal or with side dishes such as water crackers, festival, bammy, fried breadfruit, or potatoes. It's very versatile with the option to switch out the type of fish, spices, and vegetables.

Ingredients

- 2 medium whole snapper fish
- Seasoning blend
(½ tsp paprika, ½ tsp salt, ¼ tsp black pepper)
- 1 tbsp olive oil
- ½ small onion, julienne
- 2 cloves garlic, chopped
- ¼ tsp ginger, grated
- 2 sprigs of fresh thyme
- Vegetable of choice
 - ½ chocho (chayote), chopped
 - ½ red bell pepper, julienne
 - ½ medium carrot, chopped
 - 1 cup pumpkin, chopped
 - 1 cup okra, chopped
- 1 cup water
- 1 cup fish stock
- 1 scotch bonnet pepper (optional)
- Salt and pepper to taste

Prep: 10 mins
Cook: 20–25 mins
Total: 30–35 mins
Servings: 2



Directions

1. Clean and pat dry fish. For even cooking, cut 2 deep slits in the thickest part of the fish on both sides. Do not cut all the way through.
2. Season fish with paprika, salt, and pepper.
3. Place the skillet over medium heat. Once heated, add olive oil, onion, and thyme to the skillet and sauté for 1 min.
4. Add garlic, ginger, and vegetables of choice except okra, and sauté for 2 mins. Add water, stock, and scotch bonnet pepper and bring to a simmer.
5. Add fish flat on top of the vegetables. Cover and let simmer for 10–15 mins. Spoon liquid over fish every 5 mins.
6. Add okra after 10 mins of cooking and simmer until fish is cook.
7. Taste and adjust salt and pepper.

Tips

1. Cooking time varies depending on thickness of fish of choice.
2. Fillet white fish can be substituted.
3. Add additional liquid to prevent liquid from drying out.
4. Increase vegetable portions when creating a one-pot meal.
5. When plating, a spatula can be used to prevent fish from breaking.



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