

# HEAT LEVEL 444

Savor the tangy goodness of our Pickled Fish - a classic dish with tenderly pickled fish, boasting a perfect balance of flavors for a unique and satisfying culinary experience."

30 Mins

## **INGREDIENTS**

1 kg kob (kabeljou), yellowtail or hake fillets, fresh or frozen (thawed slightly) 3 ml (1/2 tsp) Spur Lemon & Peri Peri Spice

Freshly ground black pepper to taste 250 ml (1 cup) cake wheat flour 2 - 3 extra large eggs, lightly beaten About 125 ml (1/2 cup) cooking oil

### **Curry Sauce**

15 ml (1 Tbsp) cooking oil 3 large onions, sliced into thin rings 500 ml (2 cups) brown vinegar 125 ml (1/2 cup) water 80 ml (1/3 cup) sugar 10 ml (2 tsp) turmeric 20 ml (4 tsp) medium curry powder 2 ml (1/4 tsp) paprika 160 ml (2/3 cup) Spur Peri-Peri Sauce

4 bay leaves 8 peppercorns 3 ml (1/2 tsp) Spur Lemon & Peri Peri Spice Freshly ground black pepper to taste

## **METHOD**

6 Servings

- Cut fish into portions. Add seasoning and black pepper to flour. Roll fish in seasoned flour then dip into beaten eggs.
- Heat oil in a large, heavy-based large frying pan and fry fish for about 5 minutes on each side, or until golden brown. Remove from oil and drain on paper towel.
- Curry sauce: Heat oil in a large, heavy-based frying pan. Add onions and sauté for a few minutes. Add all remaining ingredients and cook for 5 -10 minutes. Remove from heat.
- Place drained fish portions in a deep dish and cover with onion mixture. Store covered, in refrigerator overnight, to allow flavours to develop.

#### **VARIATIONS**

Serve with bread rolls or mashed potatoes.



















