



PICKLED FISH

HEAT LEVEL 🔥🔥🔥

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

6 Servings

INGREDIENTS

1 kg kob (kabeljou), yellowtail or hake fillets, fresh or frozen (thawed slightly)

3 ml (½ 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 (½ 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 (½ cup) water

80 ml (1/3 cup) sugar

10 ml (2 tsp) turmeric

20 ml (4 tsp) medium curry powder

2 ml (¼ tsp) paprika

160 ml (2/3 cup) Spur Peri-Peri Sauce

4 bay leaves

8 peppercorns

3 ml (½ tsp) Spur Lemon & Peri Peri Spice

Freshly ground black pepper to taste

METHOD

- 1 Cut fish into portions. Add seasoning and black pepper to flour. Roll fish in seasoned flour then dip into beaten eggs.
- 2 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.
- 3 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.
- 4 Place drained fish portions in a deep dish and cover with onion mixture. Store covered, in refrigerator overnight, to allow flavours to develop.

VARIATIONS

- 1 Serve with bread rolls or mashed potatoes.

