



# Pickled Fish



TRADITIONALLY PICKLED FISH GETS SERVED COLD WITH WARM HOT CROSS BUNS AT EASTER, BUT WHY NOT ENJOY IT ALL YEAR ROUND AS A LIGHT LUNCH OR SUPPER?

## INGREDIENTS

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- 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

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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.



**TIP**

1. Serve with bread rolls or mashed potatoes.