

PICKLED FISH

This traditional Cape Malay favourite is perfect for Easter celebrations. Prepare it a day or two ahead to allow the fish to absorb all those rich, delicious flavours.

INGREDIENTS

Serves 8 - 10

60 - 75 ml oil for frying
1,5 - 2 kg firm fish, sliced into small portions
(yellowtail, kingklip, cob or hake)
salt and freshly ground black pepper to taste
160 g (200 ml) soft brown sugar
125 ml smooth apricot jam
750 ml white grape vinegar
300 ml water
35 ml curry powder
15 ml turmeric
10 ml whole coriander seeds
10 - 12 black peppercorns
8 each whole allspice and whole cloves
4 bay leaves or lemon leaves
4 medium onions, thinly sliced
4 cloves of garlic, thinly sliced
2 - 3 cm fresh ginger, thinly sliced
2 small chillies, seeded and thinly sliced
(optional)
45 ml cake flour
75 g (125 ml) sultanas



TIPS:

- Ideal to serve as a light meal on a hot summer's day.
- Keep refrigerated for no longer than 5-7 days.

METHOD

1. Heat a thin layer of oil, over medium temperature, for 5-7 minutes in an AMC 24 cm Gourmet Dome Fry Pan.
2. Fry a few pieces of fish for about 3-5 minutes on each side until golden brown and cooked. (Thickness of pieces determines frying time - take care not to overcook.)
3. Spoon fish out and drain on paper towelling. Repeat with the rest of the oil and fish, drain, and season to taste. Set aside.
4. Place sugar, jam, vinegar, water, spices and bay or lemon leaves in an AMC 20 cm Gourmet High and heat over medium temperature, while stirring, to melt sugar and jam. Bring to the boil and simmer over a lower heat, without lid, for 10 minutes.
5. Place onions, garlic, ginger (and chilli) in sauce and simmer without lid for another 8-10 minutes. Onions must be cooked, but still crunchy.
6. Add a little warm sauce to flour to form a paste and stir into sauce. Lower temperature and simmer for a few minutes to thicken. Stir in sultanas.
7. Spoon some of the sauce into a large dish or container and continue with layers of fish and sauce.
8. Chill completely and serve with bread and salad.