

CAPE PICKLED FISH

Because pickled fish should be marinated in the fridge for two days, it is a great dish to make in advance for a long weekend, or any other day that you won't have time for cooking.

There are many recipes for this flavoursome dish, most of which tend to use lots of vinegar and curry. In this recipe, Marietjie reduced the vinegar and curry. The result is milder, but it's still got lots of zing.

Ingredients

- 500 gram firm, white fish fillets dorado, hake or kingklip
- 1 large onion (or 2 small onions), sliced
- 1 teaspoon mild curry powder
- 1 teaspoon turmeric
- ½ teaspoon ginger
- ¼ teaspoon ground coriander
- 2 bay or lemon leaves
- 1/3 cup wine vinegar
- 1/3 cup water
- 2 tablespoons brown sugar
- 2 teaspoons corn flour
- Salt and black pepper to season

Method

1. Cut the fish into slices about 4 – 5cm pieces.
2. Fry in hot oil until cooked and drain on paper towel.
3. Heat a little oil in a pan or saucepan, add onion and fry until they start to soften.
4. Add curry powder, turmeric, ginger and coriander and stir through.
5. Add vinegar and water and bring to a simmer. Add sugar and stir until dissolved.
6. Season with ground pepper and salt to taste.
7. Combine the cornflour with a little water into a paste and stir into sauce. Allow the sauce to simmer gently, while stirring, until it has thickened.
8. Let the sauce cool down.
9. Pack the fish fillets in layers in an airtight container, covering each layer with sauce.
10. Cover and allow to marinade in the fridge for at least 48 hours before eating.

Serve with freshly bake wholemeal bread and green salad.

PICKLED FISH TACO

smoked pineapple chilli honey glaze, salted yoghurt, coriander, tomato tartare