Fatima’s Pickled fish recipe

Ingredients

10-15 pieces of fish (I’m using hake)
6 / 8 large onions chopped into rings
1 cup of water
1 cup of vinegar
5 bay leaves
Some peppercorns
Coriander seeds
1/2 cup of sugar
2 tsp of salt
2 tablespoons of masala
2 teaspoons of turmeric
Some cake flour

You may use pickled fish masala

Method

Season fish with 1 tsp of salt and fish masala and some turmeric or packo masala, dip the seasoned fish in a little cake flour and then fry in shallow oil about two minutes on each side depending on thickness of fish. Place in a big bowl and put aside.
In a medium sized pot on high heat add a cup of water and a cup of vinegar, five bay leaves and some peppercorns, 2 teaspoons of turmeric and 2 tbsp of fish masala or packo masala (pickle fish masala you may use) and land a 1/2 tsp of salt. Bring to the boil and add six to eight onions that has been chopped/ringed onions … Add half a cup of sugar. Simmer for 8 minutes until all the flavours has infused into onions. Take off heat and pour over the fish in a bowl … Wait to cool. Cover and place in fridge until ready to eat. Enjoy.

Tip – Do not cook onions for too long or fry them, this is a pickle, meaning the onion should still have a tiny bit of crunch to it.

Delicious