

Pickled Fish



PICKLED FISH

Ingredients

800 g Skinless Hake or Kingklip

15 ml Oil

Seasoned flour (flour with Sea salt and White pepper)

6 Bay Leaves

4 Onions sliced

375 ml Brown Vinegar

250 ml Water

185 ml Sugar

15 ml Turmeric

45 ml Curry powder

45 ml Corn Flour

5 ml Salt

10 Mixed Peppercorns

Instructions

Cut Hake into large cubes.

Dust with the seasoned flour and fry in hot oil until golden brown and cooked through. Remove from the pan and set aside on absorbent paper.

Cook onions for 10 minutes in vinegar, water, Bay Leaves, sugar, Turmeric, curry powder, Atlantic Sea and Mixed Peppercorns until soft.

Mix the corn flour with a little water and add to sauce mixture. Stir until well blended. Simmer uncovered until sauce

thickens.

Layer the fish with onion sauce and cover.

Refrigerate for 1 – 2 days before serving to allow the flavors to develop