

PICKLE FISH

1 kg Fish
½ bot Cooking Oil
1 bot Black Vinegar
Pickle Fish Masalla
5 Onions (sliced)
Sugar & Salt
1 T/s Crushed Garlic

METHOD

Marrinate fish with 2 tablespoons of pickled fish masalla and
1 table spoon of crushed garlic.
Salt to taste
Heat ½ bot cooking oil in large pan and fry fish
Pack fried fish in Pyrex Dish
Use same pan with remaining fish oil in pan and add
sliced onions to oil and two teaspoons pickle fish masalla
Sugar & Salt (to taste)
Simmer for 10 minutes
Add 1 bot black vinegar to onion mixture
Cook for 2 minutes
Pour mixture over fried fish
Leave to cool