

PICKLED FISH RECIPE

This Cape Malay-style pickled fish is made with aromatic spices and often eaten over Easter in particular the Western Cape.

Ingredients:

- 1 kg firm fish whole or cut into portions
- 30ml (2 tablespoons) olive oil
- 2 brown onions, finely diced
- 1 garlic clove, minced
- thumb-sized piece fresh ginger, grated
- 3 tablespoons Atlas Pickle Fish Masala
- 5ml (1 teaspoon) salt
- 45ml (3 tablespoons) sugar
- 375ml (1 1/2 cups) black vinegar
- 300ml water

Method:

1. Heat the olive oil in a large saucepan and sauté the onions for about 10 minutes until soft and transparent.
2. Add the garlic and ginger and cook for a further 2 minutes.
3. Add the Atlas Pickled Fish Masala and cook for a further 3 minutes.
4. Add the salt, sugar, vinegar and water. Simmer for 20 minutes.
5. Place the fish carefully in the pan and spoon the sauce over the fillet. Cover and Simmer for 20 minutes until cooked through.
6. Lift the fish carefully from the pan with a fish slice and place in a non-metallic dish.
7. Transfer the sauce to a processor and blitz until smooth. Pour the sauce over the fish and cover with cling film.
8. Chill for 2-3 days.