

## GRAN'S PICKLED FISH IN A JAR

EPISODE 11 / *Sue-Ann*

### METHOD

#### STEP 1 – THE FISH

- Portion the fish into around 5cm chunks.
- Season with salt and pepper.

#### STEP 2 – THE BATTER

- For the batter whisk together all of the ingredients until you have a lump free shiny mixture.
- Heat oil in a frying pan, not more than two thirds full.

#### STEP 3 - FRYING

- Dust with flour and carefully dip into batter, allowing excess to drip off.
- Carefully place into hot oil and fry for around 5 minutes/until cooked through – remove with a slotted spoon and drain.

#### STEP 4 – MARINATING LIQUID

- In a pan, heat 2 tbsp oil add curry powder and a little bit of water at a time until thickened slightly.
- Add marinating mix and bring to a simmer, stirring continuously.
- Add vinegar, stir, adjust sugar if necessary.
- Add onions and allow to cook for no longer than 2 minutes, must remain crunchy.
- Remove from heat.

#### STEP 5 – ASSEMBLE

- Layer onion mix and fish in a dish or a jar.
- Place in the fridge – preferably overnight for all of the flavours and liquid to marinate and infuse into fish.

### INGREDIENTS

Stokvis (Hake) – filleted and skinned

#### FOR THE BATTER:

225g flour, plus extra for dusting

2 tsp baking powder

1 tsp turmeric

330ml soda water

1 tsp salt

Oil for deep-frying

#### MARINATING LIQUID:

2 tbsp vegetable oil

1 tbsp curry powder

1 tbsp apricot jam

1 tbsp PnP chutney

2 tbsp brown vinegar

2 tbsp brown sugar

2 tsp lemon juice

1 ½ cups vinegar

2 white onions sliced