

Sprinkles & SPICE

By Farzana Kumandan

PICKLED FISH

FOR THE FISH

Ingredients

- 1kg Hake or snoek (If you using fresh hake, freeze it for at least a day before thawing and using.. It holds better)
- Wash, rinse and drain fish of all excess water.
- Sprinkle over a little salt

Masala for fish

- 1 Heaped teaspoon garlic flakes
- 1 Heaped teaspoon jeera
- 1 Level teaspoon koljana / coriander
- 1 Teaspoon kashmiri chili powder
- 1 Level teaspoon salt

Method

Mix spices with a little water to make a thick paste and rub on fish.
Dip/coat masala fish in a mixture of ½ cup self raising flour and 1 tablespoon cornflour.
Fry in medium/hot oil for 4 minutes per side.
Allow to drain on roller towel

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FOR THE PICKLED ONIONS

Ingredients

- 7 Large onions peeled and sliced into thick rings
- 1½ Cups of brown vinegar
- ½ Cup water
- ½ Cup brown sugar
- 5 Bay leaves
- 1 Teaspoon peppercorns
- 1 Teaspoon whole coriander seeds
- 1 Level teaspoon salt
- 2 Tablespoons turmeric
- 2 Heaped tablespoons Raja Hot Curry
- ¼ Cup apricot jam
- ¼ Cup Mrs Balls Chutney

Method

In a large pot over a medium heat bring all the above ingredients to a slow boil. (except the onions)
Once boiling add the onions and mix well to ensure all the onions are well coated.
Bring to boil once again, reduce heat and simmer over a medium heat for 7 minutes.
Mixture should be thick and bubbly.
Place your fish in a glass pyrex and spoon over the onions and pickled sauce.

Once cooled completely, refrigerate and enjoy.



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