



4

SERVES/MAKES



COOKING TIME:
< 30 min



COOKING STYLE:
Stove

LANCEWOOD® PICKLED FISH

INGREDIENTS:

Fish:

- 1 kg firm, boneless fish like hake, yellowtail or kingclip
- Salt & freshly ground black pepper to taste
- 250 ml **LANCEWOOD® Buttermilk**, shake well before opening
- 250 ml cake flour
- 45 – 60 ml oil for frying

Sauce:

- 300 ml brown vinegar
- 125 ml sugar
- 160 – 250 ml water (depending on tartness preferred)
- 5 – 7.5 ml salt (to taste)
- 75 ml mild curry powder
- 15 ml turmeric
- 3 cloves
- 4 bay leaves
- 3 large onions, sliced

METHOD:

Fish:

Cut the fish into medium sized portions (about 7 cm x 7 cm). Sprinkle with salt and pepper and dip into the buttermilk. Roll in flour and dust off excess flour. Carefully fry in hot oil turning over once, until cooked through. Arrange in a single layer in a glass or ceramic dish. Keep aside.

Sauce:

Pour the vinegar into a pot and add the sugar and 160 ml water. Add salt to taste. Cook over medium heat until the sugar has dissolved. Mix the curry powder and turmeric and add to the vinegar mixture. Add the cloves and bay leaves and cook for 1 minute. Adjust sauce sweetness according to your liking with more sugar and water if needed. Add the onions to the pot and allow to cook until the onions soften but still remain crunchy. Once the sauce is ready, pour over the fish and spread the onions out evenly. Leave to cool completely. Cover and refrigerate for 2 days before serving. Serve with hot cross buns and salad.

PRODUCTS USED:

NEW



Buttermilk

ENJOY!