



# I love cooking

easy & delicious recipes

## Cape Pickled Fish

### Introduction:

This dish is traditionally enjoyed over Easter in the Western Cape but we love this dish so we prepare it at least once a month. When we are too busy to make it, we buy it ... just to end up criticizing the bought varieties and lamenting our lack of time to make our own!

It seems that busy moms can never win when it comes to having enough time to prepare great food from scratch! The best we can do is to try and find the occasional time to make traditional stuff from the heart - like this easy recipe.

### Ingredients

2 large onions, sliced  
650 ml water  
200 ml white vinegar  
80 ml sugar  
10 ml ginger root, grated (optional)  
15 - 30 ml mild curry powder, to your own taste  
10 ml turmeric  
15 black peppercorns  
10 ml salt  
5 bay leaves  
30 ml corn flour  
800 g hake fillets, already battered and fried ([see recipe here](#))

### Method

Place the onion rings, water, vinegar, sugar, ginger (if using), curry powder, turmeric, peppercorns, salt and bay leaves in a saucepan. Bring to a boil, reduce heat and simmer without a lid for 20 minutes.

Thicken the sauce by mixing the corn flour with a little cold water into a paste. Then stir as much of the paste into the curry sauce until it's thickened to your liking. Simmer for 5 more minutes.

Place the battered fried hake in a glass or plastic dish and pour the warm curry sauce over.

Allow to cool completely before covering the dish and storing it in the fridge for at least 24 hours before enjoying.

Serves 8

### Chef's hint:

This dish will keep for 4 days in the fridge and its best eaten two to three days after preparation. You can also use fish without a batter. Just season and grill or poach it until completely cooked before you pour the sauce over.

This recipe calls for hake and you can even use frozen hake. And it doubles up quite successfully. Also, you can use any white fish – we just prefer hake as it firms up nicely and is readily available and sustainable.