

Cape Malay Pickled Fish

Jacob · 28/09/2024



Prep Time

1 day 30 mins

Difficult

Medium

Servings

1 day 1 hr 25 mins

Description

Pickled fish made with cod and a delicious pickling mixture made with red wine vinegar brown sugar chili pepper garlic and lots of spices This dish is traditionally served with hot cross buns or freshly baked bread for Easter in Cape Town South Africa

Ingredients

- - ½ cup vegetable oil for frying - 3 pounds cod fillets
- cut into 2 to 3 ounce portions - salt to taste - 2 large onions
- peeled and sliced into rings - 2 cloves garlic
- chopped - 1 red chile pepper
- seeded and sliced lengthwise - 3 large bay leaves - 8 whole black peppercorns - 4 whole allspice berries - 2 cups red wine vinegar - ½ cup water - ½ cup packed brown sugar
- or to taste - 2 tablespoons curry powder - 2 teaspoons ground cumin - 2 teaspoons ground coriander - 1 teaspoon ground turmeric

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Heat oil in a large skillet over medium-high heat. Season fish with salt and fry in the hot skillet until fish is browned and flakes easily with a fork
2. about 5 minutes per side. Transfer to a plate. Dotdash Meredith Food Studios Add onions and garlic to the skillet and cook over medium heat until translucent
3. about 5 minutes. Add chile pepper
4. bay leaves
5. peppercorns
6. and allspice berries
7. then pour in vinegar and water and bring to a boil. Stir in brown sugar until dissolved. Season with curry powder
8. cumin
9. coriander
10. and turmeric. Taste and add brown sugar if desired. Dotdash Meredith Food Studios Arrange layers of fish and pickling mixture in a serving dish. Pour in pickling liquid to cover the top layer. Let cool to room temperature
11. about 30 minutes. Cover and refrigerate for at least 24 hours before serving. Dotdash Meredith Food Studios