



## Pickled Fish/Kerrievis

Easter time in Cape Town would not be complete without pickled fish. It is thought to have originated from Cape Malay cooking as a way of preserving fresh fish at the early Dutch East India Company at the Cape of Good Hope.

Eating pickled fish over Easter has its origins in the Catholic church, where meat was not allowed to be eaten on Fridays. Malay slaves introduced the method of pickling, to preserve food in the days before refrigerators. Today, regardless of religious or cultural background, pickled fish with warm hot cross buns or freshly baked bread, is enjoyed in almost every household on easter Friday.

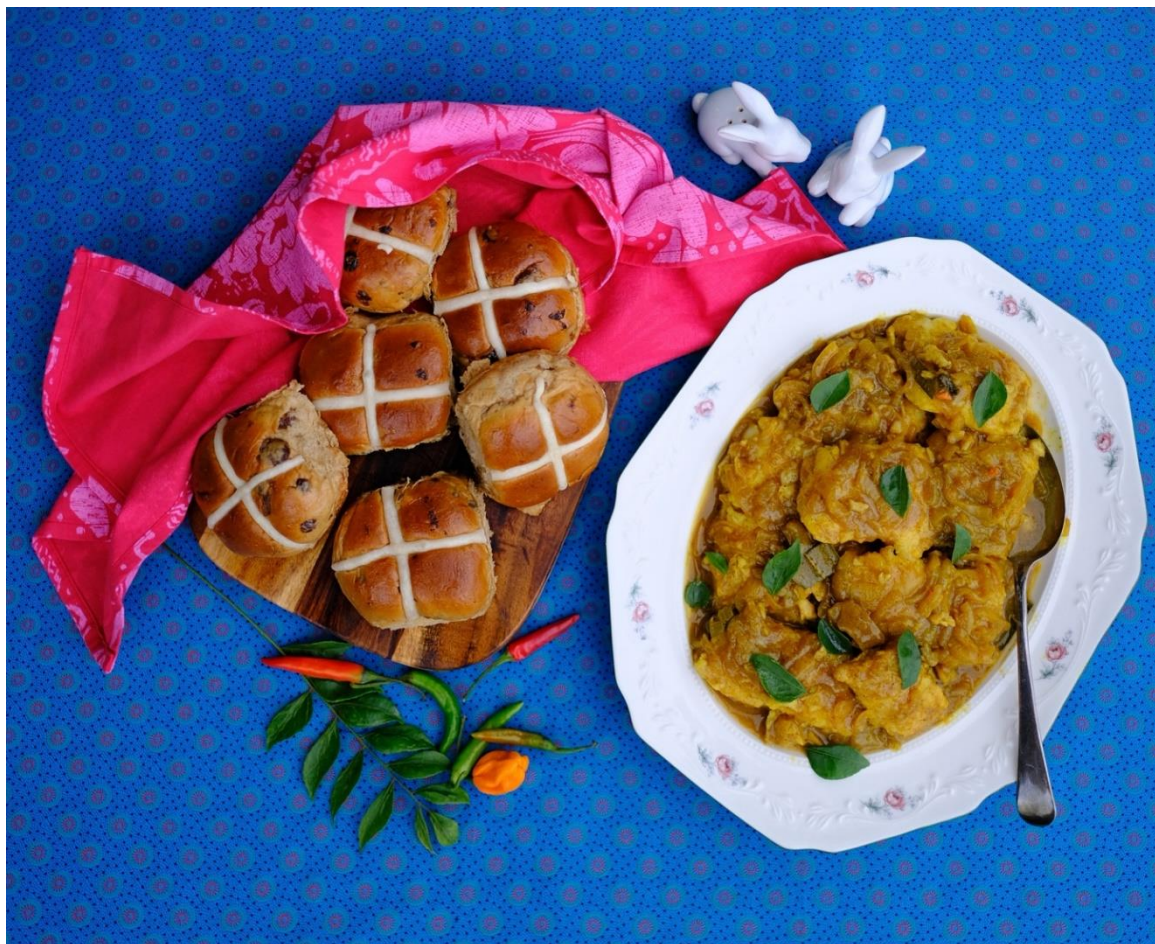


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### Ingredients

- 4 onions halved, thinly sliced
- ½ cup brown sugar
- ¼ cup smooth apricot jam
- 3 cups brown vinegar
- 3 garlic cloves, crushed
- 2 cm ginger, minced

1 red chilli, chopped  
3 Tbs mild curry powder  
1 tsp ground turmeric  
1 tsp ground cumin  
5 whole cloves  
5 allspice  
3 bay leaves, shredded  
½ cup water  
1 Tbs cornflour  
Salt and pepper to taste  
2kg fish fillets (hake/yellowtail/kingklip), deboned  
Flour for dusting  
Salt and Pepper  
1 Tbs oil for frying

### Method

1. Add 1 Tbs oil to a sauce pan and gently sauté the onions over medium heat until translucent. Add the garlic, ginger, chilli and spices and fry for a few minutes until fragrant. Add the vinegar, sugar, jam and water. Stir until the sugar has dissolved. Simmer for 20 minutes.
2. Meanwhile, season the fish fillets with salt and pepper and dust with flour. Pat off any excess flour. Heat 1 Tbs oil in a non-stick frying pan, and fry the fillets in batches until golden and just cooked.
3. Mix the cornflour with 1 Tbs warm water and add to the curry sauce to thicken. Season to taste.
4. Place a layer of fish in a glass or non-metallic container, and cover it with some of the hot sauce. Continue with layers of fish and sauce, until all the fish is covered in sauce. Allow to cool. Cover with a tight-fitting lid or clingfilm and refrigerate. This dish is best left in the fridge for two days or longer to allow the flavours to develop and the fish to absorb the sweet-sour curry sauce.



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