



# PICKLED FISH WITH SPICY BUTTER ROTI

## FROM THE LK'S KITCHEN

### INGREDIENTS

- Snoek, Stokvis or Kingklip fillets, cut into large cubes (2 kg)
- Olive oil (2 Tbsp.)
- 4 large onions, sliced
- Fresh ginger, peeled and grated
- 6 crushed cloves garlic
- Garam masala powder (1 ½ Tbsp.)
- Fresh or ground turmeric (2 tsp.)
- Fresh lemon or bay leaves (2 sprigs)
- Allspice powder (1 tsp.)
- Ground coriander (1 tsp.)
- Ground cumin (1 tsp.)
- Distilled White vinegar ( 750ml)
- Water (2 cups)
- Brown or white sugar (250 g)
- Salt and Pepper, to season
- Seasoned flour, to dust
- Canola oil, for frying (2 cups)
- 8 rotis, toasted in a pan
- 2 Green/ red apples, sliced
- 2 Chillies, sliced
- Coriander leaves, to serve



# DIRECTIONS

1. For the Malay Spice Butter, in LK's Cast Iron Skillet Pan, toast 1 tbsp. Cape Malay spice. Melt the butter into the toasted Cape Malay spice and leave in the fridge until needed.
2. In LK's Bake Pot, heat oil over medium heat. Fry onions, garlic, ginger and spices until golden brown.
3. Over low heat, mix in the water, vinegar, and sugar, and simmer for 20 – 30 minutes. In the meantime, add canola oil in a different LK's Bake Pot. Gently dust the fish with the seasoned flour and fry in batches until lightly tender and browned.
4. Add the fried fish fillets to the reduced pickling sauce. Make sure the fish is fully covered and soaked by the pickle sauce and leave to marinate and pickle for a day or two.
5. After 2 days, remove the pickled fish from the fridge and add garnish with bay leaves. Toast the roti's and spread the Cape Malay Butter mixture evenly on the base of the warm roti. Add the crunchy sliced apples, pickled chilli and cabbage

## **Did you know?**

*Homemade pickled fish that is stored in a refrigerator can last up to 4 to 6 weeks!*

*The best vinegar to use for pickling is the distilled white vinegar and it does not leave a tint on the food.*



## **CONTACT US**

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