

KERRIEVIS OF PICKLED FISH



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45 ml KNORR Brown Onion Soup mixed with a little water to form a smooth paste

16 black peppercorns

5 ml ground ginger

10 ml salt

10 ml tumeric

30 ml curry powder

750 ml brown sugar

500 ml water

4 large onions sliced into rings

750 ml white or brown vinegar

1.5 kilogram Hake fillets, frozen

flour for coating fish

oil for frying

Coat the frozen fish in flour and pan-fry in heated oil until cooked.

Drain on paper towel and set aside.

In a large saucepan mix all the ingredients for the curry sauce except the KNORR Brown Onion Soup.

Boil uncovered for 5 minutes.

Add the cooked fish and the KNORR Brown Onion Soup.

Stir gently until the sauce thickens then allow to simmer for a further 5 minutes.

Cool and spoon into a non-metal container.

Store covered in the fridge.

Photo: May van der Merwe