

Breco Seafood Braai Competition

Sea food / snoek braai

By Wesaal Abrahams



Seafood: Breco mixed seafood

Serves: 6

Preparation time: 45 min

Cooking time: 30min

The story

A classic South African snoek braai features butterflied fresh snoek grilled over medium coals and basted with a sticky apricot jam, garlic, and butter glaze passed down in my family for many moons , we just love seafood no matter if it braai, paella or in a curry my family loves seafood the ultimate is a seafood potjie We most prepare this meal on a family gathering it brings people together and that is what we like this heritage is the togetherness what more can we ask for what more do we want it's all based on South African pride.

Ingredients

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1 whole fresh snoek (cleaned and butterflied)

85g to 125g butter

½ cup apricot jam

2 tsp crushed garlic

2 tbsp apricot chutney (optional)

1 lemon (juiced)

Salt and black pepper to taste

Fresh coriander or parsley (chopped, for garnish)

For grilled seafood garlic butter sauce

Fresh cream

½ teaspoon Robertsons Herbs & Spices Portuguese chicken spice

1 teaspoons dry parsley

Salt to taste

1 teaspoon lemon juice or fresh lemon ?

Crushed garlic

2 tablespoon butter

#HeritageMonth

#BrecoSeafoodBraai

#ChangeTheWayYouSeafood

#AwakenYourInnerMasterChef

#BrecoSeafoods

#CookingWithSeafood

#AtlantisFoods

Method

You marinate the fish and double wrap the fish in foil then you can braai the fish

For grilled seafood

Butter sauce recipe

Add butter and garlic in a saucepan next add fresh cream, ½ teaspoon Robertsons Herbs & Spices Portuguese chicken spice, 1 teaspoons dry parsley

Season with salt to taste and add 1 teaspoon lemon juice or fresh lemon