

Breco Seafood Braai Competition

Braaied Harders with Tomato Butter Bean Smoor served with H

By Chanelle Turner



Seafood: Harders

Serves: 4

Preparation time: 30 - 40 to get the medium coals/ 15 minutes to prepare thr ingredients

Cooking time: 25 minutes

The story

This recipe was made by myself and my partner of 15 years. My best friend. The love of my life. Cooking and experimenting was our love language, our quality time together, our escape from the world.

Not a single week would go by without us braaing. Atleast one of those day was a seafood day. Be it prawns, snoek, mussels it was wholesome and you could taste the love in each bite. Its moments I miss and I will cherish them every single second of every single day. The recipe is affordable, easy, wholesome and just lovingly delicious.

Ingredients

For the fish

8 harders

4 Tbsp Olive oil

2 lemons, juice and slices

Salt and pepper to taste

Fish spice optional

4 garlic cloves, crushed

For the smoor

2 onions

4 blanched tomatoes

2 peppers of your choice, red/green/yellow
2 garlic cloves, crushed
1 tin butter beans
Salt n pepper to taste
1 and 1/2 tsp curry powder
2 tbsp sugar
Pinch of chili flakes
Handful chopped parsley

For the rice
Prepare as per instructions on the package
Cook 1-2 cups of rice.
Rosemary and Thyme finely chopped
Salt to taste

Method

While the coals/wood is burning,

For the fish

Wash the harders, scale and gut them.
Pat dry with paper towel.
Score the harders with 3 diagonal splits on the thick side of the fish.
Season with Salt, pepper, Spice (optional) and crushed garlic.
Generously drizzle over the Olive oil. Set aside.

For the Smoor
Prepare all the vegetables, roughly chop the onions, peppers and tomatoes.
Decant the butter beans.

Cook and steam the rice.
Add fresh finely chopped herbs and season with salt to taste. Thoroughly mix through.

Once you have medium coals. Braai the fish for 5-6 minutes per side. Squeeze the juice of a lemon on each side.

While the fish is on the fire, in a pan or potjie on the braai prepare the smoor.
Fry onions and peppers until soft. Add the garlic, curry and chili flakes. Add the tomatoes and sugar. Stir and simmer for 8 minutes.
Add a sprinkle of water if required.
Add the butter beans. Season with Salt and pepper to taste.
Add the parsley.

Serve
Use a cup or small bowl to mould the herbed rice.
Dish up the fish, top with the smoor and sprinkle with parsley and a lemon slice. Each bite will be filled with love, <3