

Breco Seafood Braai Competition

Seafood Braai: Fire-Grilled Garlic Butter Snoek & Prawns*

By Thato Matamela



[Watch the submitted recipe video](#)

Seafood: Whole snoek (butterflied) and large prawns

Serves: 15

Preparation time: 30 minutes

Cooking time: 1 hour 30 minutes

The story

This recipe was inspired by my Granny before she passed away at her home, where snoek on the coals meant family, laughter, and Heritage Day pride. I wanted to honour our braai tradition but think beyond meat, celebrating South Africa's rich coastline. The garlic butter with a touch of apricot jam is pure SA — smoky, sweet, and bold. It's special because it brings everyone to the fire, sharing flavours that feel like home.

Ingredients

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- 1 whole snoek, butterflied
- 12 large prawns, deveined
- 100g butter, melted
- 4 cloves garlic, crushed
- 1 lemon, juiced + wedges for serving
- 2 tbsp apricot jam (our secret SA touch!)
- 1 tsp smoked paprika, salt & pepper
- Fresh coriander / parsley to finish

Method

Fire-Grilled Garlic Butter Snoek & Prawns

1. Light your braai and wait for medium coals – you should be able to hold your hand above the grid for 4-5 seconds.
2. Mix 100g melted butter, 4 crushed garlic cloves, juice of 1 lemon, 2 tbsp apricot jam, 1 tsp smoked paprika, salt and pepper in a bowl.
3. Pat 1 butterflied snoek and 12 deveined prawns dry. Brush generously all over with the butter mix. Rest for 20 minutes.
4. Place snoek skin-side down directly on a clean, oiled grid. Braai for 12-15 minutes, basting every 3-4 minutes. Do not flip.
5. Add prawns to the grid for the last 4-5 minutes, turning once until pink with charred edges. Baste again.
6. Remove from heat, squeeze over fresh lemon, scatter chopped coriander/parsley, and serve hot with braai mielies.