

Breco Seafood Braai Competition

Smoke Fish Curry

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Seafood: Braai Snoek

Serves: 4

Preparation time: 15 minutes

Cooking time: 20 minutes

The story

My snoek fish curry was inspired by my love for bold, comforting flavours and the beautiful way South African ingredients can come together. I wanted to turn simple snoek into a delicious, warming meal packed with fragrant spices, onions, tomatoes and curry flavours. What makes it special is the perfect balance of spice and the rich, distinctive taste of snoek. It's a comforting homemade dish that brings family, tradition and a little taste of home to the table.

Ingredients

Braai snoek fish (cut into pieces) - 1kg

Paprika - 2 tablespoons

Fish spice - 2 tablespoons

Zest lemon and herb - 2 tablespoons

Fish sauce - 2 tablespoons

Oil - 2 tablespoons

Mushrooms - 1 cup

Celery - half cup

Onion - 2 onions full

Fresh mint

Fresh coriander

Fresh garlic

Rajah (hot) -2 tablespoons
Pure ground ginger - 2 teaspoons
Liquid stock concentrate stick -1
Tomato & onion mix - 1 can
Coconut cream - 1 can

Method

Snoek fish cut into pieces.

Season with paprika, fish spice, zest lemon & herb, fish sauce and oil.

Rub spices through.

Heat the pan, add oil.

Add fish. Fry it for 4-5 minutes, quickly so it doesn't get dry.

In a pan add oil used to fry fish. Add vegetables and herbs, mushrooms, celery and onions. Add mint, coriander, garlic, rajah (hot), pure ground ginger, liquid concentrate stick.

Fry till golden, add tomato, coconut cream.

Stir and taste for salt add more salt if necessary .

Let the sauce cook for 10 minutes medium heat.

Add fried fish and parsley. Please stir gently so that it doesn't break.

Ready