

Breco Seafood Braai Competition

Flame-kissed Snoek & Prawn Sosaties with Apricot-Chilli Glaze

By Caroline Valencia Ross



Seafood: Fresh Snoek fillets and larger tiger prawns

Serves: 4

Preparation time: 20 minutes to make the glaze and thread the skewers

Cooking time: 3 to 4 minutes per side (about 6 to 8 minutes total on the fire)

The story

The Story Behind the Recipe

Growing up on the Cape Flats, Sunday family braais always featured traditional apricot-glazed snoek. When I started experimenting, I wanted to merge that nostalgic coastal sweetness with the smoky, charred excitement of juicy tiger prawns on a skewer. This dish bridges generations-honoring our heritage while changing the way we see seafood on the fire.

Ingredients

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- 1 kg fresh snoek fillets, cut into large bite-sized cubes
- 16 large tiger prawns, peeled and deveined (tails left on)
- 125g salted butter, melted
- 3 tbsp smooth apricot jam
- 2 tbsp fresh lemon juice

- 1 tsp finely grated fresh ginger
- 1 tbsp crushed garlic
- 1 tsp smoked paprika
- 1 red chili, finely chopped
- Fresh coriander and lemon wedges for serving

Method

Preparation & Cooking Instructions

Make the glaze: Whisk melted butter, apricot jam, lemon juice, ginger, garlic, smoked paprika, and chili in a small bowl until smooth.

Thread the skewers: Alternating cubes of snoek and tiger prawns onto metal or soaked wooden skewers.

Prepare the coals: Build a medium-hot fire with hardekool or rooikrans wood until glowing coals are ready.

Braai the seafood: Place sosaties on the grid over medium heat for 3 to 4 minutes per side.

Baste continuously: Brush the apricot-chili glaze generously over the fish and prawns as they turn, letting it caramelize slightly on the edges.?

Serve immediately: Remove from the fire when the prawns turn pink and opaque and the snoek flakes easily, then garnish with fresh coriander and lemon wedges.