

Breco Seafood Braai Competition

The Ultimate Coastal South African Seafood Braai Mix

By Valencia Prins



Seafood: Large Prawns, Fresh Black Mussels & Medium Crabs.

Serves: 6

Preparation time: 30 minutes

Cooking time: 25 minutes

The story

The Story and Heritage

Gathering around an open fire is a defining ritual in South Africa, traditionally centered around borrows and lamb chops. However, along the rugged Western Cape and coastal lines, the heritage of the braai naturally extends to the ocean. Coastal communities-blending Malay, indigenous, and European influences, have long celebrated the bounty of the sea over open coals. A seafood boil-meets - braai style mix reflects this communal spirit: sharing heavy platters of shellfish infused with garlic, lemon, and butter straight from the fire, honoring. The deep connection between local fishermen, family gatherings, and Heritage Month celebrations.

Ingredients

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For the Seafood & Veggie Mix

- 500g large prawns (cleaned and deveined)
- 500g fresh black mussels (beards removed, scrubbed clean)
- 4 medium crabs (cleaned and halved or quartered)

- 4 baby potatoes (pre-boiled until fork-tender)
- 2 whole corn-on-the-cob (cut into thick rounds)
- 1 cup (250g) unsalted butter4 cloves garlic (finely minced)
- 1 tbsp smoked paprika Juice and zest of 2 large lemons1/2 cup fresh parsley or dill (chopped)
- Salt and coarse black pepper to taste

For the Garlic Bread

- 1 large French loaf or baguette
- 1/2 cup (125g) butter (softened)
- 3 cloves garlic (crushed)
- 1/4 cup grated mozzarella or cheddar (optional)Fresh parsley (chopped)

Method

Step-by-Step

Instructions

1. Prepare the Coals

Ignite your hardwood charcoal and let it burn down until you have glowing, medium-hot coals with a moderate, steady heat.

2. Par-Cook the Veggies & Prep Butter Sauce

Melt the butter in a heavy-duty cast-iron skillet or pot directly over the warm edge of the braai grid. Stir in the minced garlic, smoked paprika, lemon zest, and half the lemon juice until fragrant (about 2 minutes). Toss the pre-boiled potato halves and corn rounds into the garlic butter, allowing them to char slightly on the edges over a medium heat zone for 5 minutes.

3. Braai the Seafood

Push the cast-iron pan or setup a heavy foil-pan method over the hotter section of the coals. Add the cleaned crabs and seasoned prawns directly to the pan or layout on a well-oiled braai grid, searing for 3 to 4 minutes per side until the prawns turn golden-pink and the crab shells brighten. Add the cleaned mussels to the pan, pour in the remaining lemon juice, cover with a lid or foil, and steam for 4 to 5 minutes until all the mussels pop open. (Discard any that remain closed). Combine everything back into the rich garlic-herb butter sauce and toss gently.

4. Make the Braai Garlic Bread

Slice the baguette horizontally without cutting all the way through. Mix the softened butter and crushed garlic, then generously spread it inside the loaf. Sprinkle with cheese and herbs if desired. Wrap the loaf loosely in heavy-duty aluminum foil and place it directly on the warm side of the braai grid for 8 to 10 minutes, opening the foil for the final 2 minutes to toast the crust.