

Breco Seafood Braai Competition

Apricot marinaded Snoek

By Jessemy Francis



Seafood: Snoek

Serves: 8

Preparation time: 15

Cooking time: 20

The story

This is a family favourite recipe passed on over a few generations, from my grandfather, to my father and then to me. I grew up eating it and now making it. I think of them when making it and it brings back fond memories of camping over the December holidays at the beach.

Ingredients

Large Snoek flecked
100g butter/margarine
200g apricot jam
Salt and pepper

Method

Take your flip grill and spray it with Spray and cook generously, this prevents the fish sticking to the grill.

Put the Snoek skin down on the flip grill. Put salt and pepper all over the open snoek on the exposed fish side. Grill and fish on a low fire, skin side down for about 5 minutes.

While this is happening, melt the butter/margarine with the apricot jam in a skillet over the fire or on the stove. This should take about 3 -4 minutes and put it aside.

Turn the grill over and braai for another 5 -7mins

Now flip the grill over again and start basting the snoek flesh side generously with the apricot sauce. Turn the grill again and baste on the other side. Take off the grill and put it on your serving plate and pour over any remaining sauce over the snoek