

Breco Seafood Braai Competition

Snoek braai

By Kim Bagley



Seafood: Snoek Fish

Serves: 6

Preparation time: 15 minutes

Cooking time: 20 minutes

The story

I'm a firm believer in keeping it fresh and keeping it simple. When it comes to seafood, I believe the natural, delicate flavours of the fish should always be the hero. I wanted to create a recipe that enhances the freshness of the snoek without overpowering it with complicated ingredients or heavy marinades.

The combination of lemon, garlic, butter and fresh Mediterranean flavours brings out the best in the fish while allowing its natural flavour and texture to shine. For me, it's all about celebrating fresh, quality ingredients and letting the seafood speak for itself.

Ingredients

- 1 whole snoek
- 2 Tbs Fish Spice

Lemon and garlic butter sauce:

- 1 whole lemons
- 100g Salted butter
- 2 Tbs extra virgin olive oil
- 2 Tbs chopped parsley
- 6 crushed garlic cloves

Zest of a lemon
Juice of a lemon
1 Tbs fish Spice

Mediterranean salad topper:

200g cocktail tomatoes
1 red onion
120g olives
3 Tbs Capers
Zest of a lemon
Juice of a lemon
¼ cup extra virgin olive oil
4 Tbs chopped parsley
Salt and black pepper to taste

Method

1. Season the snoek generously with fish spice on both sides.
2. Add all the lemon and garlic butter sauce ingredients to a braai-safe pot. Place over hot coals and allow the butter to melt. Stir well to combine, then remove from the heat and set aside.
3. Prepare the braai grill by rubbing it with lemon and brushing it lightly with olive oil to prevent the fish from sticking.
4. Place the snoek on the hot grill, skin side up, and braai over medium-hot coals for approximately 10 minutes.
5. Carefully turn the snoek and generously brush with the lemon and garlic butter sauce. Continue braaiing for a further 10 minutes, or until the fish is cooked through and flakes easily.
6. Remove the snoek from the braai and add all the salad toppers ingredients together, generously top with the Mediterranean salad.
7. Serve immediately with a fresh salad and crusty bread