



INGREDIENTS:

- ☐ 3 tbsp Olive oil, to drizzle
- ☐ 5 Onions, cut into thin rings
- ☐ 1 tsp Fresh ginger, minced
- ☐ 4 Cloves garlic, crushed
- ☐ 5 tsp Mild curry powder
- ☐ 1 tsp Whole cumin or cumin powder
- ☐ 1 tbsp Coriander seeds toasted and crusted
- ☐ 6 Bay leaves
- ☐ 1 tsp Turmeric
- ☐ 1 l White vinegar
- ☐ 300 g Sugar
- ☐ 2 kg Yellowtail, butterflied, or hake fillets, cut into portions
- ☐ Flour, for dusting
- ☐ Sea salt and freshly ground black pepper, to taste

METHOD:

01. Add 1 tbsp of olive oil and gently sauté onion over medium heat in a stainless-steel saucepan. Add the ginger, garlic and spices, and fry gently for a few minutes, or until fragrant.
02. Add the vinegar and sugar, and stir until the sugar has dissolved. Simmer for 20 minutes.
03. Season the flour and dust the fish with the seasoned flour; pat off any excess.
04. Heat 1 tbsp oil in a heavy-based frying pan and when it's hot, fry the fish until golden but still succulent.
05. Place a layer of fish in a deep sterile glass or non-metallic container and pour a bit of the hot sauce over it. Continue layering the fish and the sauce until all the fish has been used.
06. Allow to cool, then chill in fridge until ready to serve.