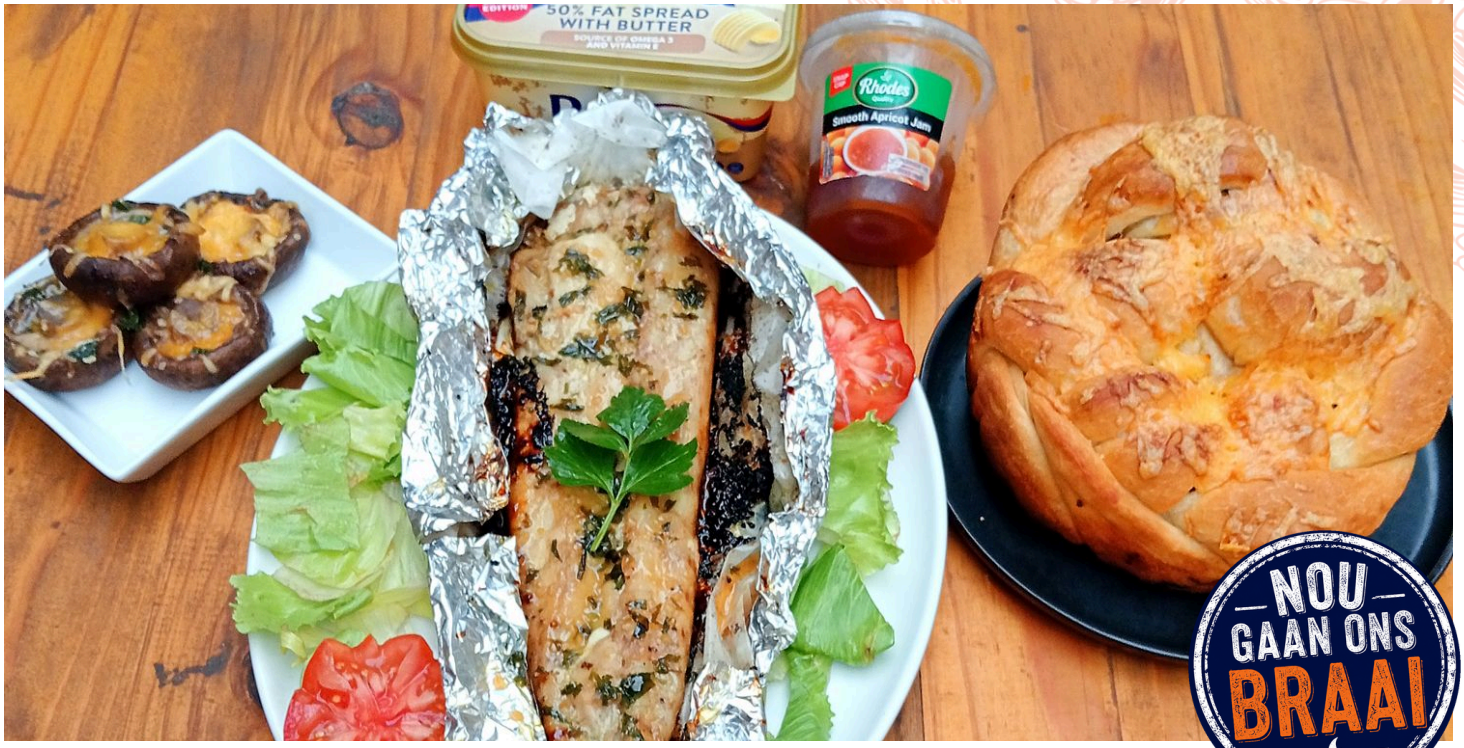
APRICOT MARINATED SNOEK

Serves 8 | Prep time: 15 min | Cook time: 20 min



Passed down from Jessemy's grandfather to her father and then to her. It brings back December holidays camping at the beach.

RECIPE BY JESSEMY FRANCIS, CAPE TOWN

INGREDIENTS:

- [ ] 1 large snoek, butterflied
- [ ] 100g butter or margarine
- [ ] 200g apricot jam
- [ ] Salt and pepper
- [ ] Spray and cook, for the grid

METHOD:

01. Spray a hinged braai grid well with spray and cook. Place the snoek in it skin-side down and season the flesh with salt and pepper.
02. Braai over low coals, skin-side down, for 5 minutes.
03. Meanwhile, melt the butter and apricot jam together in a pan for 3–4 minutes.
04. Turn the grid and braai for another 5–7 minutes.
05. Turn again and baste the flesh generously with the apricot sauce. Flip once more and baste the other side.
06. Lift the snoek onto a platter and pour over the rest of the sauce.