BRAAI CARAPAU

Serves 4 | Prep time: 10 min | Cook time: 10 min



Simple but full of flavour. Wholegrain mustard gives the skin a lovely crunch, and the stuffing perfumes the fish from the inside.

RECIPE BY PALESA THOABALA, SPRINGS

INGREDIENTS:

- [ ] 400–500g whole carapau (mackerel), cleaned
- [ ] 10ml (2 tsp) salt
- [ ] 2.5ml (½ tsp) black pepper
- [ ] 5ml (1 tsp) white pepper
- [ ] 5ml (1 tsp) dried parsley
- [ ] 5ml (1 tsp) lemon zest
- [ ] 30ml (2 tbsp) olive oil
- [ ] 5ml (1 tsp) garlic powder
- [ ] 5ml (1 tsp) paprika
- [ ] 2.5ml (½ tsp) wholegrain mustard
- [ ] Sliced lemon, peppers and onion, for stuffing

METHOD:

01. Prepare a medium-hot fire.
02. Pat the fish dry inside and out.
03. Mix the seasonings, oil and mustard and brush all over the fish, inside and out.
04. Stuff the cavities with sliced lemon, peppers and onion.
05. Place the fish in a hinged braai grid for easy turning.
06. Braai for about 5 minutes per side, until the skin is crisp and the flesh flakes easily.