BRAAIED HARDERS BUTTER BEAN SMOOR

Serves 4 | Prep time: 15 min, plus lighting the fire | Cook time: 25 min



Made by Chanelle and her partner of 15 years. Cooking together over the coals was their love language, and you can taste it.

RECIPE BY CHANELLE TURNER, CAPE TOWN

INGREDIENTS:

FISH

- [ ] 8 harders, scaled and gutted
- [ ] 60ml (4 tbsp) olive oil
- [ ] 4 garlic cloves, crushed
- [ ] 2 lemons, juiced, plus slices to serve
- [ ] Salt, pepper and fish spice (optional)

TOMATO BUTTER BEAN SMOOR

- [ ] 2 onions, roughly chopped
- [ ] 2 peppers (red, green or yellow), chopped
- [ ] 2 garlic cloves, crushed
- [ ] 7.5ml (1½ tsp) curry powder
- [ ] Pinch of chilli flakes
- [ ] 4 tomatoes, blanched and chopped
- [ ] 30ml (2 tbsp) sugar
- [ ] 1 tin butter beans, drained
- [ ] Salt, pepper and chopped parsley

HERBED RICE

- [ ] 250–500ml (1–2 cups) basmati rice
- [ ] Fresh rosemary and thyme, finely chopped
- [ ] Salt, to taste

METHOD:

01. Pat the harders dry and score the thick side of each fish three times. Season with salt, pepper, fish spice and garlic, drizzle with olive oil and set aside.
02. Cook the rice, then mix through the chopped herbs and season.
03. Once the coals are medium, braai the fish for 5–6 minutes per side, squeezing lemon juice over each side.
04. **Smoor:** meanwhile, in a pan on the braai, fry the onions and peppers until soft. Add the garlic, curry powder and chilli, then the tomatoes and sugar. Simmer for 8 minutes, adding a splash of water if needed.
05. Stir in the butter beans, season and add the parsley.
06. Mould the rice in a cup, add the fish, top with the smoor and finish with parsley and a lemon slice.