breco
SEAFOODS



NOU GAAN ONS BRAAI

HERITAGE DAY 2026

YOU'VE GOT BIG FISH TO BRAAI

35 Seafood Braai Recipes.
A collection of 35 entries from the Breco Heritage Day Seafood Braai Recipe Competition, celebrating South Africans' love of seafood on the braai and the traditions that bring us together.

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#CHANGETHEWAYYOUSEAFOOD

NOU GAAN ONS BRAAI

This Heritage Day, South Africa shared how they sea-food on the braai!

From family snoek recipes and potjies to sosaties, skillets and curries, these 35 recipes celebrate our love of seafood, family and fire. Submitted by seafood lovers from across South Africa for our 2026 Seafood Braai Recipe Competition, each recipe has a story to tell.

Light the coals, grab your Breco seafood and get braaiing!

SERVES

How many people each recipe feeds.

TICK AS YOU GO

Use the boxes to check off your ingredients.

BRAAI TIP

Seafood cooks fast. Take it off the coals as soon as it's done.



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WHAT'S ON THE BRAAI

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A NOTE ON THE PHOTOS: The images in this booklet were submitted by our readers alongside their recipes, capturing the dishes as they were made and enjoyed. Some images have been enhanced using AI to improve clarity while preserving the spirit of the original submissions.

SNOEK PANNA COTTA

Serves 4 | Prep time: Start a day ahead | Cook time: About 1 hour



Snoek and apricot jam, the Cape Town pairing Eoin grew up with, turned into a fine-dining starter. Start it the day before.

RECIPE BY EOIN SHIELL, PRETORIA

INGREDIENTS:

PANNA COTTA

- [ ] 400g smoked snoek
- [ ] 45ml (3 tbsp) olive oil
- [ ] 3–4 sprigs thyme
- [ ] 500ml (2 cups) cream
- [ ] 125ml (½ cup) milk
- [ ] 60ml (¼ cup) sugar
- [ ] 30ml (2 tbsp) soy sauce
- [ ] Pinch of salt
- [ ] 5–6 black peppercorns
- [ ] 1 bay leaf
- [ ] 3 gelatine leaves

SESAME AND SOY SPONGE

- [ ] 120g cake flour, sifted
- [ ] 75g icing sugar
- [ ] 1 egg
- [ ] 5ml (1 tsp) baking powder
- [ ] 45ml (3 tbsp) dark soy sauce
- [ ] 120ml milk
- [ ] 15ml (1 tbsp) sesame oil
- [ ] 15ml (1 tbsp) melted butter
- [ ] Black food colouring (optional)

DRUNKEN PINEAPPLE

- [ ] ¼ pineapple
- [ ] 1 tot brandy, plus a splash to finish
- [ ] 60ml (4 tbsp) apricot jam
- [ ] Icing sugar, to taste
- [ ] 125ml (½ cup) water

TO GARNISH

- [ ] Toasted sesame seeds
- [ ] Matcha powder, for dusting
- [ ] Flat-leaf parsley or chives, chopped
- [ ] Edible flowers

METHOD:

01. **Braai the snoek (a day ahead):** place it on oiled foil, drizzle with the rest of the oil and add the thyme. Seal and braai for 8 minutes per side, then rest for 10 minutes.
02. Bone and shred the snoek. Set aside a third for garnish, dressed with a little olive oil, and refrigerate.
03. **Make the panna cotta:** soak the gelatine in cold water. Bring the cream, milk, sugar, soy sauce, salt, peppercorns, bay leaf and remaining snoek to the boil, simmer until the sugar dissolves, then steep off the heat for 7 minutes.
04. Squeeze out the gelatine and whisk it into the hot mixture. Strain, pressing the fish to extract the flavour. Pour into dariole moulds, cool, cover and refrigerate overnight.
05. **Make the sponge:** heat the oven to 180°C. Whisk the egg, icing sugar, butter and sesame oil until doubled, then whisk in the milk and soy sauce, followed by the flour, baking powder and colouring. Chill for 30 minutes.
06. Fill greased muffin tins two-thirds full and bake for about 20 minutes, until a skewer comes out clean. Cool on a rack.
07. **Make the pineapple:** cut the pineapple into cubes. Simmer the jam, brandy, water and icing sugar into a sauce, add the pineapple and simmer for 8–10 minutes. Cool, add a splash of brandy and chill for at least 2 hours.
08. **Plate up:** dust the plates with matcha. Dip each mould in hot water for a few seconds and turn out the panna cotta. Add torn sponge, sesame seeds, the reserved snoek mixed with herbs, the pineapple and a little syrup. Finish with edible flowers.

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.

LEMON & GARLIC SNOEK WITH MEDITERRANEAN SALSA

Serves 6 | Prep time: 15 min | Cook time: 20 min



Kim keeps it fresh and simple. Lemon, garlic and butter let the snoek be the hero, with a bright tomato and olive topping.

RECIPE BY KIM BAGLEY, KEMPTON PARK

INGREDIENTS:

SNOEK

- [ ] 1 whole snoek
- [ ] 30ml (2 tbsp) fish spice

LEMON AND GARLIC BUTTER

- [ ] 100g salted butter
- [ ] 30ml (2 tbsp) olive oil
- [ ] 6 garlic cloves, crushed
- [ ] Zest and juice of 1 lemon
- [ ] 30ml (2 tbsp) parsley, chopped
- [ ] 15ml (1 tbsp) fish spice

MEDITERRANEAN TOPPING

- [ ] 200g cocktail tomatoes, halved
- [ ] 1 red onion, finely sliced
- [ ] 120g olives
- [ ] 45ml (3 tbsp) capers
- [ ] Zest and juice of 1 lemon
- [ ] 60ml (¼ cup) olive oil
- [ ] 60ml (4 tbsp) parsley, chopped
- [ ] Salt and black pepper

METHOD:

01. Season the snoek well with fish spice on both sides.
02. Put all the lemon and garlic butter ingredients in a braai-safe pot over the coals. Let the butter melt, stir well and set aside.
03. Rub the grid with a cut lemon and brush lightly with oil so the fish doesn't stick.
04. Braai the snoek skin-side up over medium-hot coals for about 10 minutes.
05. Turn carefully and brush generously with the lemon butter. Braai for another 10 minutes, until the fish flakes easily.
06. Mix the topping ingredients, spoon over the snoek and serve straight away with crusty bread.

APRICOT-GLAZED SNOEK WITH GARLIC CREAM

Serves 6 | Prep time: 45 min | Cook time: 30 min



A sticky apricot, garlic and butter glaze passed down in Wesaal's family, served with a creamy garlic sauce.

RECIPE BY WESAAL ABRAHAMS, CAPE TOWN

INGREDIENTS:

SNOEK

- [ ] 1 Breco Braai Snoek, butterflied
- [ ] 85–125g butter
- [ ] 125ml (½ cup) apricot jam
- [ ] 10ml (2 tsp) crushed garlic
- [ ] 30ml (2 tbsp) apricot chutney (optional)
- [ ] Juice of 1 lemon
- [ ] Salt and black pepper
- [ ] Fresh coriander or parsley, to garnish

CREAMY GARLIC SAUCE

- [ ] 30ml (2 tbsp) butter
- [ ] 2 garlic cloves, crushed
- [ ] 125ml (½ cup) fresh cream
- [ ] 2.5ml (½ tsp) Portuguese chicken spice
- [ ] 5ml (1 tsp) dried parsley
- [ ] 5ml (1 tsp) lemon juice
- [ ] Salt, to taste

METHOD:

01. **Make the glaze:** melt the butter, then stir in the garlic, apricot jam, chutney and lemon juice. Season.
02. Lay the snoek on a large sheet of foil and brush generously with the glaze. Fold the foil around it and wrap in a second layer.
03. **Braai** over medium coals for 20–30 minutes, depending on size, turning halfway. Open the foil for the last 5 minutes to caramelise the glaze. It's ready when the flesh flakes easily.
04. **Make the sauce:** melt the butter and gently cook the garlic until fragrant. Add the cream, chicken spice and parsley and simmer for 2–3 minutes. Season with salt and lemon juice.
05. Unwrap the snoek, garnish with herbs and serve hot with the garlic sauce.

BRAAIED SNOEK
STICKY APRICOT GLAZE

Serves 4 | Prep time: 35 min | Cook time: 45 min



Mark's best snoek, cooked slowly over medium coals with a sweet and savoury apricot basting and braaied veg on the side.

RECIPE BY MARK GAVIN SYLVESTER, CAPE TOWN

INGREDIENTS:

- [ ] 1 whole snoek, butterflied, cleaned and scaled
- [ ] 45ml (3 tbsp) butter
- [ ] 2 garlic cloves, chopped
- [ ] 75–90ml (5–6 tbsp) apricot jam
- [ ] 22ml (1½ tbsp) chutney
- [ ] 5ml (1 tsp) chilli
- [ ] Salt and pepper
- [ ] Handful fresh coriander, chopped
- [ ] Tomatoes, green peppers and onions, sliced, for braaiing

METHOD:

01. Light the coals and let them burn down to medium heat.
02. **Make the glaze:** melt the butter, add the garlic and cook briefly. Stir in the jam, chutney and chilli until smooth, then season.
03. Pat the snoek dry and season with salt and pepper.
04. Braai skin-side down over medium coals, basting often with the glaze, until the flesh flakes easily. Keep the heat moderate so the glaze doesn't burn.
05. Braai the sliced tomatoes, peppers and onions alongside until soft and lightly charred.
06. Sprinkle the snoek with coriander and serve hot with the braaied vegetables.

HAKE YEAH!
BRAAI HAKE BURGERS

Serves 3 | Prep time: 20 min | Cook time: 15 min



Charlotte's seafood answer to the boerewors roll: braaied hake in garlic-buttered sourdough with tartare, chakalaka and coriander.

RECIPE BY CHARLOTTE MOSENA, JOHANNESBURG SOUTH · COMPETITION RUNNER-UP

INGREDIENTS:

HAKE

- [ ] 3 hake fillets (about 150g each)
- [ ] 5ml (1 tsp) lemon pepper
- [ ] 5ml (1 tsp) fish spice
- [ ] 2.5ml (½ tsp) paprika
- [ ] 2.5ml (½ tsp) garlic seasoning
- [ ] 2.5ml (½ tsp) garlic and butter seasoning
- [ ] 15ml (1 tbsp) cooking oil, plus extra for the grid

GARLIC BUTTER ROLLS

- [ ] 3 seeded sourdough burger rolls
- [ ] 30ml (2 tbsp) butter, softened
- [ ] 5ml (1 tsp) garlic seasoning
- [ ] 2.5ml (½ tsp) garlic and butter seasoning

TARTARE SAUCE

- [ ] 60ml (4 tbsp) mayonnaise
- [ ] 15ml (1 tbsp) gherkins, finely chopped
- [ ] 2.5ml (½ tsp) mustard
- [ ] 5ml (1 tsp) lemon juice
- [ ] 2.5ml (½ tsp) fresh coriander, chopped

TO BUILD

- [ ] 45ml (3 tbsp) chakalaka or braai relish
- [ ] 60ml (¼ cup) coriander salsa
- [ ] ½ small red onion, thinly sliced
- [ ] 6–9 gherkin slices
- [ ] Fresh coriander leaves and a lemon wedge

METHOD:

01. **Get the fire ready:** let the coals burn until covered in grey ash and set up a medium-low to medium heat zone. Clean the grid well and rub it with oil.
02. **Season the hake:** pat the fillets dry, season both sides with the spices and brush lightly with oil.
03. **Make the sauces:** mix the tartare ingredients and set aside. In another bowl, mix the butter with the garlic seasonings.
04. **Braai the hake:** don't move it for 4–5 minutes, until it releases on its own. Turn once with a wide spatula and cook for another 4–5 minutes, until it flakes easily.
05. Meanwhile, warm the chakalaka in a braai-safe pan.
06. **Toast the rolls:** spread the garlic butter on the cut sides and toast butter-side down until golden.
07. **Build the burgers:** tartare on the bottom bun, then the hake, chakalaka, salsa, onion, gherkins and coriander. Add a squeeze of lemon and the top bun. Serve straight away.

BRAAI SALMON IN A FOIL PARCEL

Serves 10 | Prep time: 1 hr 30 min | Cook time: 20 min



Zakiyya's husband and son fish every weekend, and this healthy grilled salmon parcel has become a family favourite.

RECIPE BY ZAKIYYA GAFOOR, DURBAN

INGREDIENTS:

- [ ] 3kg fresh salmon
- [ ] 20ml (4 tsp) fish spice
- [ ] 15ml (3 tsp) Cajun spice
- [ ] 15ml (3 tsp) chilli flakes
- [ ] 4 garlic cloves, finely chopped
- [ ] Salt and pepper
- [ ] Olive oil
- [ ] Bunch of thyme
- [ ] 1 large red onion, sliced into rings
- [ ] 1 lemon, thinly sliced
- [ ] 1 tub cherry tomatoes, halved
- [ ] 30ml (2 tbsp) butter

METHOD:

01. Fillet the salmon into two sides.
02. Mix the spices and garlic into a little olive oil. Rub over the salmon and marinate for about an hour, or overnight.
03. Lay the fillets skin-side down, side by side, on a large sheet of foil.
04. Top with the onion rings, lemon slices, tomatoes and thyme, and dot with butter.
05. Close the fish by placing one fillet on top of the other, skin on the outside, and wrap the foil tightly.
06. Braai over medium-hot coals for 15–20 minutes, turning halfway. Rest for a minute. It's done when the flesh is light pink and flakes easily.

CAPE MALAY SMOORSNOEK JAFFLES

Serves 4 | Prep time: 15 min | Cook time: 35 min



Celeste remembers Saturday school sports with a comic book in one hand and a smoorsnoek jaffle in the other. Perfect for leftover braaied snoek.

RECIPE BY CELESTE BROWN, DE KELDERS, GANSBAAI

INGREDIENTS:

- [ ] 30ml (2 tbsp) oil
- [ ] 15ml (1 tbsp) butter, plus extra for the bread
- [ ] 1 large onion, thinly sliced
- [ ] 2 large firm tomatoes, grated
- [ ] 30ml (2 tbsp) crushed garlic
- [ ] 1 red chilli, chopped
- [ ] 2 potatoes, peeled and cubed
- [ ] 15ml (1 tbsp) soy sauce
- [ ] 15ml (1 tbsp) brown sugar
- [ ] 5ml (1 tsp) lemon juice
- [ ] 600g leftover braaied snoek, flaked
- [ ] 8 slices brown bread
- [ ] 250ml (1 cup) grated mozzarella

METHOD:

01. Heat the oil and butter in a cast-iron potjie over medium coals and sauté the onion until golden.
02. Add the tomatoes, garlic, chilli, potatoes, soy sauce, sugar, lemon juice and snoek. Cover and simmer for about 15 minutes, until the potatoes are tender. Let the filling cool.
03. Butter the bread on one side. Place four slices butter-side down, top with mozzarella and a large spoonful of smoorsnoek, and close with the remaining slices, butter-side up.
04. Put the sandwiches in a jaffle iron and trim the edges.
05. Toast over medium-hot coals until golden and crisp on both sides.

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.

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.

KUITE ROLLS WITH GUAVA SALSA

Serves 6 | Prep time: 10 min | Cook time: 20 min



Move over boerewors rolls. Johann's curried snoek roe, a holiday treat from his uncle in Hout Bay, served in a roll with a tart guava salsa.

RECIPE BY JOHANN DE BRUYN, GREAT BRAK

INGREDIENTS:

KUITE

- [ ] 500g snoek kuite (roe)
- [ ] 125ml (½ cup) flour
- [ ] 15ml (1 tbsp) chicken spice
- [ ] 5ml (1 tsp) salt
- [ ] 10ml (2 tsp) white pepper
- [ ] 15ml (1 tbsp) oil and 15ml (1 tbsp) butter

CURRY SAUCE

- [ ] 1 large onion, sliced
- [ ] 1 large jalapeño, seeded and chopped
- [ ] 10ml (2 tsp) black garlic paste
- [ ] 10ml (2 tsp) coriander seeds
- [ ] 5ml (1 tsp) cumin
- [ ] 5ml (1 tsp) ground cardamom
- [ ] 15ml (1 tbsp) mild curry powder
- [ ] 5ml (1 tsp) turmeric
- [ ] 1 large tomato, chopped
- [ ] 30ml (2 tbsp) apricot jam
- [ ] 15ml (1 tbsp) lemon juice

TO SERVE

- [ ] Guava salsa: red onion, red chilli, fresh guavas, tomato and coriander, chopped, with olive oil and lime juice
- [ ] 6 hot dog rolls, buttered

METHOD:

01. Heat the oil and butter in a cast-iron pan over medium-hot coals.
02. Mix the flour with the spices, coat the kuite and shake off the excess. Fry on both sides until golden, then set aside.
03. In the same pan, cook the onion until soft. Add the rest of the curry ingredients and stir through.
04. Put the kuite in a heavy-duty foil parcel, cover with the curry sauce and seal. Simmer over medium coals for 15 minutes.
05. Mix the salsa ingredients and toast the buttered rolls.
06. Spoon some curry into each roll, add a kuit and top with salsa.

GARLIC BUTTER SNOEK & PRAWNS

Serves 15 | Prep time: 30 min | Cook time: 20 min



Inspired by Thato's late granny, for whom snoek on the coals meant family, laughter and Heritage Day pride. Apricot jam is the secret SA touch.

RECIPE BY THATO MATAMELA, SOWETO

INGREDIENTS:

- [ ] 1 whole snoek, butterflied
- [ ] 12 large prawns, deveined
- [ ] 100g butter, melted
- [ ] 4 garlic cloves, crushed
- [ ] Juice of 1 lemon, plus wedges to serve
- [ ] 30ml (2 tbsp) apricot jam
- [ ] 5ml (1 tsp) smoked paprika
- [ ] Salt and pepper
- [ ] Fresh coriander or parsley, to finish
- [ ] Braaied mielies, to serve

METHOD:

01. Light the braai and wait for medium coals: you should be able to hold your hand above the grid for 4–5 seconds.
02. Mix the butter, garlic, lemon juice, apricot jam, paprika, salt and pepper.
03. Pat the snoek and prawns dry, brush all over with the butter mix and leave for 20 minutes.
04. Braai the snoek skin-side down on a clean, oiled grid for 12–15 minutes, basting every 3–4 minutes. Don't flip it.
05. Add the prawns for the last 4–5 minutes, turning once, until pink with charred edges. Baste again.
06. Squeeze over lemon, scatter with herbs and serve hot with braaied mielies.

LEKKER SNOEK ON THE COALS

Serves 10 | Prep time: 30 min | Cook time: 25 min



Nuraan's famous smoky snoek braai, served with homemade tomato chutney, creamy mash and a fresh salad. It's the food that brings her family together.

RECIPE BY NURAAN NANIE ABRAHAMS, DELFT

INGREDIENTS:

SNOEK

- [ ] 1 whole snoek, butterflied
- [ ] Salt and black pepper
- [ ] Juice of 1 lemon
- [ ] 2–3 garlic cloves, crushed
- [ ] 5–10ml (1–2 tsp) Cape Malay spice
- [ ] 30ml (2 tbsp) melted butter or oil
- [ ] Extra melted butter and lemon juice, for basting

TOMATO CHUTNEY

- [ ] 15ml (1 tbsp) cooking oil
- [ ] 1 large onion, finely chopped
- [ ] 4–5 ripe tomatoes, chopped
- [ ] 15–30ml (1–2 tbsp) sugar
- [ ] 5ml (1 tsp) chilli powder, masala or chilli flakes
- [ ] Salt and black pepper

TO SERVE

- [ ] Creamy mash and a fresh salad

METHOD:

01. Pat the snoek dry and season with salt, pepper, lemon juice, garlic and Cape Malay spice. Marinate for about 30 minutes.
02. **Make the chutney:** fry the onion until soft. Add the tomatoes, sugar, chilli and seasoning and simmer until thick.
03. Get the coals hot and glowing, with no large flames.
04. Braai the snoek skin-side down on an oiled grid over medium-hot coals, turning carefully when needed, until cooked through and lightly charred.
05. Baste often with melted butter and lemon to keep it juicy.
06. Serve on a platter with the chutney, creamy mash and a fresh salad.

ORANGE GLAZED MASALA SNOEK

Serves 4 | Prep time: 10 min | Cook time: 15 min



Inspired by her mom's dislike of lemons, Rashika's snoek brings together a Mzansi braai and the warm spices of the Indian South African kitchen.

RECIPE BY RASHIKA HARDUTH, RANDBURG

INGREDIENTS:

- ☐ 1 Breco Braai Snoek
- ☐ 45ml (3 tbsp) butter
- ☐ 15–30ml (1–2 tbsp) crushed garlic
- ☐ 15ml (1 tbsp) mixed masala
- ☐ 80ml (⅓ cup) mixed fruit jam
- ☐ 30ml (2 tbsp) chicken stock granules
- ☐ Juice of ½ orange, plus orange slices
- ☐ Fresh thyme and a few onion rings
- ☐ Salt and pepper

METHOD:

01. Combine the butter, garlic, masala, jam, stock granules and orange juice in a small saucepan.
02. Bring to the boil, stirring, and cook for 3–5 minutes until the glaze coats the back of a spoon.
03. Pat the snoek dry and season with salt and pepper.
04. Spoon the glaze over the flesh and top with onion rings and thyme.
05. Braai skin-side down on a bed of orange slices over moderately hot coals, brushing with the rest of the glaze every few minutes, until the flesh flakes easily.

SNOEK & PRAWN SOSATIES
APRICOT-CHILLI GLAZE

Serves 4 | Prep time: 20 min | Cook time: 8 min



Caroline grew up with apricot-glazed snoek at Sunday braais on the Cape Flats. Here she threads it onto skewers with juicy tiger prawns.

RECIPE BY CAROLINE VALENCIA ROSS, CAPE TOWN

INGREDIENTS:

- ☐ 1kg fresh snoek fillets, cut into large cubes
- ☐ 16 large tiger prawns, peeled and deveined (tails on)
- ☐ 125g salted butter, melted
- ☐ 45ml (3 tbsp) smooth apricot jam
- ☐ 30ml (2 tbsp) fresh lemon juice
- ☐ 5ml (1 tsp) fresh ginger, finely grated
- ☐ 15ml (1 tbsp) crushed garlic
- ☐ 5ml (1 tsp) smoked paprika
- ☐ 1 red chilli, finely chopped
- ☐ Fresh coriander and lemon wedges, to serve

METHOD:

01. **Make the glaze:** whisk the melted butter, apricot jam, lemon juice, ginger, garlic, smoked paprika and chilli until smooth.
02. **Thread the skewers:** alternate cubes of snoek and prawns on metal or soaked wooden skewers.
03. Build a medium-hot fire with hardekool or rooikrans and let it burn down to glowing coals.
04. **Braai:** cook the sosaties over medium heat for 3–4 minutes per side, brushing generously with the glaze as you turn them so it caramelises at the edges.
05. Take them off the fire when the prawns are pink and the snoek flakes easily. Garnish with coriander and serve with lemon wedges.

CAPE MALAY CRAYFISH CURRY

Serves 10 | Prep time: 30 min | Cook time: 30 min



A pot of crayfish curry over the coals brings West Coast kreef and Cape Malay spice together. For Abeda, it tastes like Cape Town summers.

RECIPE BY ABEDA ALBERTYN, CAPE TOWN

INGREDIENTS:

- ☐ 15–20 crayfish tails
- ☐ 2 x 240g Breco All Purpose Shrimp
- ☐ Olive oil, for frying
- ☐ 10ml (2 tsp) crushed garlic
- ☐ 10ml (2 tsp) red chilli flakes
- ☐ 5 onions, finely chopped
- ☐ 1 green pepper, grated
- ☐ 2 tomatoes, grated
- ☐ 5ml (1 tsp) cumin seeds
- ☐ 10ml (2 tsp) brown mustard seeds
- ☐ 5ml (1 tsp) turmeric
- ☐ 10ml (2 tsp) ground cumin
- ☐ 10ml (2 tsp) fish masala
- ☐ 5ml (1 tsp) seafood masala
- ☐ 5ml (1 tsp) ground ginger
- ☐ 10ml (2 tsp) lemon juice
- ☐ 5ml (1 tsp) salt, or to taste
- ☐ 250ml (1 cup) fresh coriander, chopped

METHOD:

01. Devein the crayfish tails and slit them lengthways. Rinse and drain the crayfish and shrimp.
02. Heat oil in a large pot over medium-high heat. Fry the garlic and chilli flakes for about 5 minutes, stirring so they don't burn. Add the onions and fry until soft and lightly browned.
03. Add the green pepper and tomatoes and simmer for 7–10 minutes until thick, adding a little water if needed.
04. Stir in all the spices and cook until well blended, adding water to get the consistency you like. Add the coriander and simmer for 2 minutes.
05. Add the crayfish, shrimp, lemon juice and salt. Cook over medium heat for about 10 minutes, until the crayfish is cooked through.
06. Serve over hot basmati rice, garnished with coriander.

SPICY PRAWN & CALAMARI SKEWERS WITH TWO DIPS

Serves 5 | Prep time: 30 min, plus marinating | Cook time: 10 min



Asian heat and cool Greek freshness on a South African braai. It's become the dish Bernadette's family asks for most.

RECIPE BY BERNADETTE HALL, KEIMOES

INGREDIENTS:

SKEWERS

- [ ] 800g Breco Black Tiger Prawns
- [ ] 400g Breco Squid Strips
- [ ] 250ml (1 cup) olive oil
- [ ] 45ml (3 tbsp) smoked paprika
- [ ] 30ml (2 tbsp) peri-peri spice
- [ ] 30ml (2 tbsp) chilli flakes
- [ ] 15ml (1 tbsp) origanum
- [ ] 30ml (2 tbsp) garlic salt
- [ ] Mini sweet peppers
- [ ] 4 lemons

TZATZIKI-STYLE DIP

- [ ] 700g Greek yoghurt
- [ ] 250g sour cream
- [ ] 15ml (1 heaped tbsp) crushed garlic
- [ ] Handful fresh coriander, chopped
- [ ] 1 small English cucumber, grated and strained
- [ ] Juice of ¼ lemon

GARLIC BUTTER DIP

- [ ] 250g salted butter
- [ ] 10ml (2 tsp) crushed garlic
- [ ] 5ml (1 tsp) salt
- [ ] Juice of 1 lemon
- [ ] Chilli flakes and smoked paprika, to taste

METHOD:

01. **Marinate:** thaw the seafood completely. Mix the olive oil with the paprika, peri-peri spice, chilli, garlic salt and origanum. Toss with the seafood, cover and refrigerate for 30–60 minutes.
02. **Make the tzatziki:** mix all the dip ingredients, season and refrigerate.
03. **Make the garlic butter:** melt half the butter, add the garlic and cook for 30–60 seconds without browning. Add the rest of the butter, then the salt, lemon juice, chilli and paprika. Keep warm.
04. **Build the skewers:** thread the prawns, calamari, thick slices of sweet pepper and lemon wedges onto skewers. Keep the marinade for basting.
05. **Braai** over a very hot fire for 5–10 minutes, turning and basting often, until the prawns are pink and the calamari is just opaque. Don't overcook the calamari.
06. Serve hot with the cold tzatziki and warm garlic butter.

GARLIC & SPRING ONION OLIVE OIL PRAWNS

Serves 6 | Prep time: 30 min | Cook time: 10 min



Born at one of Rafael's unplanned Sunday cookouts, these quick pan prawns were an instant hit with his wife and kids.

RECIPE BY RAFAEL DANIEL, MARLANDS

INGREDIENTS:

- ☐ 400g whole prawns, cleaned and deveined (tails on)
- ☐ 60ml (4 tbsp) olive oil, plus extra to finish
- ☐ 3 spring onions, sliced (white and green parts separate)
- ☐ 3 garlic cloves, crushed
- ☐ 2.5ml (½ tsp) chilli flakes (optional)
- ☐ Juice of ½ lemon
- ☐ Salt and black pepper
- ☐ Handful fresh parsley, chopped

METHOD:

01. Heat the olive oil in a large pan on the braai over medium-high heat, without letting it smoke.
02. Add the white parts of the spring onion, the garlic and chilli. Fry for 30 seconds until fragrant.
03. Add the prawns in a single layer and season. Cook for 2 minutes per side, until pink. Don't overcook them.
04. Take the pan off the heat. Add the lemon juice and spring onion greens and toss.
05. Drizzle with fresh olive oil and scatter over the parsley.
06. Serve with crusty bread and a tomato salad, or over rice or pasta. For a richer version, add a knob of butter at the end and a splash of white wine with the prawns.

breco SEAFOODS

COAST & EMBER
COCONUT PERI-PERI PRAWNS

Serves 4 | Prep time: 45 min | Cook time: 40 min



Inspired by Iden's journey from Nampula in Mozambique to South Africa. Coconut, citrus and peri-peri meet the South African braai.

RECIPE BY IDEN MUTIMBA, PRETORIA

INGREDIENTS:

SEAFOOD AND MARINADE

- [ ] 4 large shell-on prawns (about 800g)
- [ ] 400g calamari, cleaned
- [ ] 45ml (3 tbsp) olive oil
- [ ] 3 garlic cloves, grated
- [ ] 1–2 bird's-eye chillies, chopped
- [ ] 15ml (1 tbsp) lemon juice and zest of ½ lemon
- [ ] 5ml (1 tsp) smoked paprika
- [ ] 2.5ml (½ tsp) sweet paprika
- [ ] 15ml (1 tbsp) parsley, chopped
- [ ] 2.5ml (½ tsp) salt and black pepper

CRISPY POTATOES

- [ ] 600g baby potatoes
- [ ] 15ml (1 tbsp) olive oil
- [ ] 2.5ml (½ tsp) smoked paprika
- [ ] Zest of ½ lemon, salt and pepper

COCONUT PERI-PERI SAUCE

- [ ] 15g butter
- [ ] 2 garlic cloves, grated
- [ ] 1 bird's-eye chilli, chopped
- [ ] 200ml coconut cream
- [ ] 15ml (1 tbsp) lemon juice
- [ ] 2.5ml (½ tsp) smoked paprika
- [ ] 5ml (1 tsp) honey
- [ ] 10ml (2 tsp) parsley, chopped
- [ ] Salt, to taste

CITRUS GARNISH

- [ ] 2 naartjies or small oranges, segmented
- [ ] 80g red onion, thinly sliced
- [ ] ½ bunch parsley
- [ ] 10ml (2 tsp) lemon juice
- [ ] 1 lemon, thinly sliced and dried

METHOD:

01. Dry the lemon slices slowly in a low oven until firm. Set aside for garnish.
02. Make a fire with hot and medium zones. Butterfly the prawns through the shell (keep heads and tails on) and devein. Lightly score the calamari.
03. **Marinate:** mix the marinade ingredients, coat the seafood and refrigerate for 20–30 minutes.
04. **Potatoes:** boil until just tender, drain and gently flatten. Brush with oil and season with paprika, salt and pepper.
05. **Sauce:** melt the butter and gently cook the garlic and chilli. Add the coconut cream, lemon juice, paprika, honey and salt and simmer until slightly thick. Stir in the parsley and keep warm.
06. **Braai:** crisp the potatoes over medium heat and finish with lemon zest. Cook the prawns shell-side down over hot coals until charred, then briefly on the flesh side. Sear the calamari over high heat just until opaque.
07. Toss the citrus, onion and parsley with lemon juice and a pinch of salt.
08. **Plate:** sweep the sauce across the plate, add the potatoes, prawns and calamari, and top with the citrus salad and dried lemon.

GREEN THAI SEAFOOD POT

Serves 4 | Prep time: 10 min | Cook time: 15 min



Food blogger Pieter's quick twist on the usual garlic and lemon seafood potjie. Few ingredients, big flavour.

RECIPE BY PIETER VELDMAN, VANDERBIJLPARK

INGREDIENTS:

- ☐ Breco Prawn Meat
- ☐ Breco Squid Rings
- ☐ 45ml (3 tbsp) butter
- ☐ 60ml (4 tbsp) Thai green curry paste
- ☐ 30ml (2 tbsp) fish sauce
- ☐ 15ml (1 tbsp) lime juice
- ☐ 5ml (1 tsp) mixed Italian herbs
- ☐ 5ml (1 tsp) garlic powder
- ☐ 2.5ml (½ tsp) oregano
- ☐ 250ml (1 cup) fresh cream
- ☐ Jalapeño sauce, to taste
- ☐ Fresh basil, chopped
- ☐ Fresh mini rolls, to serve

METHOD:

01. Melt the butter in a potjie and fry the seafood for about 4 minutes, until the prawn meat turns pink.
02. Stir in the curry paste, fish sauce, lime juice, herbs and garlic powder.
03. Lower the heat and simmer for about 5 minutes so the flavours come together.
04. Add the jalapeño sauce and cream and simmer for 2 minutes.
05. Scatter with basil and serve with freshly baked mini rolls.

GARLIC BUTTER PRAWN BRAAI SKILLET

Serves 6 | Prep time: 15 min | Cook time: 6 min



Sellwane put a sizzling skillet of garlic butter prawns on her dad's Heritage Day braai, and it brought everyone to the fire. Now it's a family tradition.

RECIPE BY SELLWANE MOFOKENG, VEREENIGING

INGREDIENTS:

- ☐ 1kg Breco Prawns, cleaned and deveined
- ☐ 100g butter
- ☐ 4 garlic cloves, crushed
- ☐ 1 red chilli, finely chopped (optional)
- ☐ Zest and juice of 1 lemon
- ☐ Salt and pepper
- ☐ Fresh parsley, chopped
- ☐ Braaibroodjies or crusty bread, to serve

METHOD:

01. Light the braai and wait for medium coals. Put a cast-iron skillet, or a strong double-layer foil tray, directly on the grid.
02. Add the butter, garlic and chilli and let it sizzle for 1 minute.
03. Add the prawns and braai for 4–5 minutes, turning once, until pink and just cooked.
04. While the butter is still bubbling, add the lemon juice, zest and parsley, and season.
05. Serve straight from the skillet with toasted braaibrood to mop up the sauce.

CAPE MALAY CHILLI BUTTER PRAWNS

Serves 4 | Prep time: 30 min | Cook time: 10 min



Cape Malay spice, a Durban-style atchar and an Asian chilli glaze. For Cecil, heritage is a table where everyone's food is welcome.

RECIPE BY CECIL DANIELS-DU PLESSIS, JOHANNESBURG · COMPETITION WINNER

INGREDIENTS:

PRAWNS

- [ ] 1kg large shell-on prawns, butterflied
- [ ] 80g butter
- [ ] 30ml (2 tbsp) sesame oil
- [ ] 4 garlic cloves, finely chopped
- [ ] 15ml (1 tbsp) fresh ginger, grated
- [ ] 30ml (2 tbsp) sweet chilli sauce
- [ ] 15ml (1 tbsp) soy sauce
- [ ] 5ml (1 tsp) fish sauce (optional)
- [ ] 5ml (1 tsp) each smoked paprika, turmeric and ground coriander
- [ ] 2.5ml (½ tsp) cumin
- [ ] 5ml (1 tsp) chilli flakes
- [ ] Juice of 1 lime
- [ ] Fresh coriander

CHARRED PINEAPPLE ATCHAR SALSA

- [ ] ½ pineapple, sliced
- [ ] ½ red onion, finely diced
- [ ] 1 green chilli, chopped
- [ ] 1 carrot, grated
- [ ] 10ml (2 tsp) sugar
- [ ] 30ml (2 tbsp) white vinegar
- [ ] 2.5ml (½ tsp) turmeric
- [ ] Pinch of salt and fresh coriander

METHOD:

01. Butterfly the prawns and season lightly.
02. Braai the pineapple until caramelised, then chop and mix with the rest of the salsa ingredients.
03. Melt the butter with the sesame oil and cook the garlic and ginger until fragrant.
04. Stir in the sweet chilli, soy, fish sauce and spices, then finish with the lime juice.
05. Braai the prawns over hot coals for about 2 minutes per side. In the last minute, baste generously with the chilli butter until glossy.
06. Scatter with coriander and serve with the pineapple atchar salsa.

GARLIC BUTTER BRAAI PRAWN SKEWERS

Serves 4 | Prep time: 30 min | Cook time: 6 min



Sasha's dad taught her this recipe in East London, where her favourite memories were made at the sea. She'll pass it down to her children.

RECIPE BY SASHA BIERMAN, PRETORIA

INGREDIENTS:

PRAWNS

- [ ] 500g large prawns, peeled and deveined (tails on)
- [ ] 45ml (3 tbsp) melted butter
- [ ] 30ml (2 tbsp) olive oil
- [ ] 4 garlic cloves, crushed
- [ ] Juice of 1 lemon
- [ ] 5ml (1 tsp) smoked paprika
- [ ] 5ml (1 tsp) dried parsley
- [ ] 2.5ml (½ tsp) chilli flakes (optional)
- [ ] Salt and black pepper
- [ ] Wooden or metal skewers

GARLIC BUTTER FOR BASTING

- [ ] 50g butter
- [ ] 2 garlic cloves, crushed
- [ ] 15ml (1 tbsp) lemon juice
- [ ] Fresh parsley and a pinch of chilli

METHOD:

01. Mix the melted butter, olive oil, garlic, lemon juice, paprika, parsley, chilli and seasoning.
02. Thread 3–5 prawns onto each skewer, brush with the marinade and refrigerate for 15–30 minutes.
03. Melt the basting butter ingredients together.
04. Braai over medium-hot coals for 2–3 minutes per side, brushing with marinade, until pink and curled into a loose C. Don't overcook them.
05. Squeeze over lemon and serve straight away with the garlic butter for dipping.

BUTTER CRAYFISH & PRAWN CURRY

Serves 12 | Prep time: 30 min | Cook time: 30 min



Gelian gave the family's favourite butter chicken a seafood twist for their Easter seafood weekend. It's now part of their Christmas feast too.

RECIPE BY GELIAN DAVIDS, PNIEL

INGREDIENTS:

- [ ] 30 crayfish tails
- [ ] 2 x 800g Breco Prawn Meat
- [ ] 250g butter
- [ ] 2 onions, diced
- [ ] 2 cinnamon sticks
- [ ] 2 star anise
- [ ] 1 packet butter chicken spice
- [ ] 2 sachets tomato paste
- [ ] 15ml (1 tbsp) sugar
- [ ] 2 packets dry butter chicken sauce mix
- [ ] 2 x 250ml fresh cream
- [ ] Fresh coriander, chopped

METHOD:

01. Remove the crayfish meat from the shells and cut it into pieces.
02. Heat a cast-iron pot on the coals. Melt the butter and fry the onions with the cinnamon and star anise until soft.
03. Add the butter chicken spice, sugar and tomato paste and fry for 2 minutes.
04. Add the crayfish and prawn meat and cook over moderate heat for 15 minutes.
05. Mix the dry sauce mix with the cream, add to the pot and cook for 10 minutes.
06. Take off the coals, stir in the coriander and rest for 5 minutes before serving.

MANIE'S WESKUS SEAFOOD POTJIE

Serves 8 | Prep time: 30 min | Cook time: 30 min



A generous, creamy West Coast pot packed with prawns, mussels, calamari, hake and crab sticks.

RECIPE BY MANIE MOSTERT, PLUMSTEAD

INGREDIENTS:

- ☐ 80ml butter
- ☐ 8 garlic cloves, chopped
- ☐ 2 onions, chopped
- ☐ 4 spring onions, chopped
- ☐ 1 green pepper, chopped
- ☐ 2 chillies, chopped (optional)
- ☐ 1 punnet mushrooms, sliced
- ☐ 500g prawns, cleaned
- ☐ 500g whole shell mussels
- ☐ 500g Breco Squid Rings
- ☐ 500g hake, cut into pieces
- ☐ 500g crab sticks
- ☐ 40ml lemon juice
- ☐ 200ml cream
- ☐ 50ml white wine
- ☐ 5ml (1 tsp) salt
- ☐ 2.5ml (½ tsp) black pepper
- ☐ 5ml (1 tsp) lemon pepper
- ☐ 10ml (2 tsp) fresh parsley, chopped

METHOD:

01. Melt the butter in a large potjie. Add the garlic, onions, spring onions, green pepper, chillies and mushrooms and fry until soft.
02. Stir in the prawns, mussels, calamari, hake and crab sticks.
03. Add the lemon juice, cream, wine, salt, pepper and lemon pepper and stir gently.
04. Simmer uncovered over medium-low coals, stirring now and then, until the seafood is just cooked and the sauce has thickened.
05. Stir through the parsley and serve hot with savoury rice or pasta.

LEKKER WESKUS SEAFOOD FEAST

Serves 8 | Prep time: 30 min | Cook time: 1 hr 30 min



Alizia's family has won potjiekos competitions with their seafood. This West Coast spread of braaied snoek, king prawns and creamy mussel soup is a celebration of her late mom's cooking.

RECIPE BY ALIZIA VILJOEN, CAPE TOWN

INGREDIENTS:

CREAMY MUSSEL SOUP

- [ ] 1 block (250g) butter
- [ ] 2 large onions, finely chopped
- [ ] 30ml (2 heaped tbsp) crushed garlic
- [ ] 500ml fresh cream
- [ ] 500g whole shell mussels
- [ ] 500g Breco Mussel Meat
- [ ] 1 packet seafood soup powder
- [ ] 1 tot brandy
- [ ] Seafood salt, to taste

BRAAI KING PRAWNS

- [ ] 1kg king prawns, heads on
- [ ] Melted butter and crushed garlic, for basting
- [ ] Seafood spice and peri-peri basting sauce, to taste

BRAAI SNOEK

- [ ] 1 medium snoek, butterflied
- [ ] 100ml lemon juice
- [ ] Melted butter and crushed garlic, for basting
- [ ] Seafood spice, to taste

METHOD:

01. **Make the soup:** melt the butter in a potjie and fry the onions until soft. Add the garlic and cook briefly.
02. Pour in the cream and bring to a gentle boil. Add the mussels and simmer until cooked. Stir in the seafood soup powder and seasoning until rich and creamy.
03. Stir in the brandy and take the pot off the heat.
04. **Braai the prawns** over medium coals, basting often with butter, garlic, seafood spice and peri-peri sauce, until cooked through.
05. **Braai the snoek** over medium coals, basting with lemon juice, garlic, butter and seafood spice, until the flesh flakes easily.
06. Serve the snoek and prawns on a platter with the mussel soup alongside.

CAPE COASTAL SEAFOOD POTJIE PASTA

Serves 8 | Prep time: 20 min | Cook time: 45 min



Letitia's family loves seafood and a good potjie, so she put them together in one creamy, cheesy pot made for sharing.

RECIPE BY LETITIA FREEMAN, CAPE TOWN

INGREDIENTS:

- ☐ Oil, for frying
- ☐ 1 onion, chopped
- ☐ 2 garlic cloves, crushed
- ☐ 1 green pepper, chopped
- ☐ 30ml (2 tbsp) tomato paste
- ☐ 250ml (1 cup) stock
- ☐ 5ml (1 tsp) paprika
- ☐ Lemon pepper, mixed herbs and salt, to taste
- ☐ 1kg pasta
- ☐ 800g Breco Seafood Mix
- ☐ 250ml fresh cream
- ☐ 250ml (1 cup) grated cheese
- ☐ Fresh parsley, to garnish

METHOD:

01. Heat a little oil in the potjie and fry the onion, garlic and green pepper until soft.
02. Add the tomato paste, stock, paprika, lemon pepper and herbs. Season with salt and bring to a simmer.
03. Add the pasta and cook until nearly tender, adding water if needed.
04. Add the seafood mix and cream and cook gently until the seafood is cooked through and the pasta is tender.
05. Stir in the cheese, garnish with parsley and serve.

CAPE COAST BRAAI CALAMARI SALAD

Serves 4 | Prep time: 20 min | Cook time: 25 min



Tender poached calamari, flash-braaied for a smoky char, with charred peppers, braaied strawberries, feta and a bright green herb purée.

RECIPE BY BEVAN OLIVER, CAPE TOWN

INGREDIENTS:

SALAD

- ☐ 350g Breco Squid Strips
- ☐ 180g spinach
- ☐ 1 red and 1 yellow pepper
- ☐ 1 white onion
- ☐ 10 strawberries
- ☐ 100g olives
- ☐ 85g feta cheese
- ☐ Olive oil, for drizzling
- ☐ 2 lemons, to serve

POACHING LIQUID

- ☐ 4 bay leaves
- ☐ 4 sprigs fresh thyme
- ☐ 15g (1 tbsp) black peppercorns
- ☐ 8g (1½ tsp) sea salt
- ☐ Juice of 1 lemon

GREEN HERB PURÉE

- ☐ 125ml (½ cup) vegetable oil
- ☐ 30ml (2 tbsp) olive oil
- ☐ 100ml apple cider vinegar
- ☐ 20ml (4 tsp) crushed garlic
- ☐ 10ml (2 tsp) mild mustard
- ☐ 60ml (¼ cup) chopped fresh herbs (parsley, oregano, fennel and dill)
- ☐ 20ml (4 tsp) water
- ☐ Pinch of salt

METHOD:

01. **Make the purée:** blend all the purée ingredients until smooth and bright green. Season and set aside.
02. **Prep:** slice the peppers and onion, halve the olives, and wash and dry the spinach. Halve the strawberries, leaving the tops on.
03. **Poach the calamari:** bring water, the bay leaves, thyme, peppercorns, salt and lemon juice to the boil. Add the calamari and poach gently for 60–90 seconds. Move to iced water, then drain and dry well. Toss in a little olive oil.
04. **Braai:** over medium-high coals, char the onion and peppers until soft. Grill the strawberries for 1–2 minutes per side. Flash-braai the calamari for 30–45 seconds per side.
05. Arrange the spinach on plates and top with the warm calamari, vegetables, olives, strawberries and crumbled feta.
06. Drizzle with the herb purée and squeeze over fresh lemon.

PETRA'S TWIST ON A SEAFOOD BOIL

Serves 8 | Prep time: 2 hours | Cook time: 1 hour



Petra's kids saw a seafood boil online and asked her to make one. It was such a hit there was enough left to share with the neighbours.

RECIPE BY PETRA PETERSEN, CAPE TOWN

INGREDIENTS:

SEAFOOD AND SIDES

- [ ] 500g calamari steaks, cut into strips
- [ ] 800g whole prawns
- [ ] 750g Breco Half Shell Mussels
- [ ] 20 lobster tails, grilled on the fire
- [ ] 8 lobsters, grilled on the fire
- [ ] 2kg baby potatoes, boiled
- [ ] 5 corn cobs, each cut into 4
- [ ] 12 eggs, boiled
- [ ] 3 large onions, diced
- [ ] 1 bunch parsley, chopped

BUTTER SAUCE

- [ ] 750g butter
- [ ] 60ml (4 tbsp) crushed garlic
- [ ] 60ml (¼ cup) lemon juice
- [ ] 30ml (2 tbsp) seafood spice
- [ ] 30ml (2 tbsp) prawn spice
- [ ] 30ml (2 tbsp) hot seasoning
- [ ] 15ml (1 tbsp) Aromat
- [ ] 30ml (2 tbsp) chilli flakes
- [ ] 15ml (1 tbsp) paprika
- [ ] 30ml (2 tbsp) red curry paste
- [ ] 10ml (2 tsp) onion powder
- [ ] 500ml (2 cups) white wine (optional)
- [ ] 3 lemons, quartered

METHOD:

01. Melt the butter with the garlic and half the parsley in a large pot over gentle coals. Stir in the lemon juice.
02. Add the onions and simmer for 10 minutes. Add the chilli flakes, spices and curry paste and simmer gently so the flavours blend. Don't let the butter brown.
03. Add the wine, if using, and let it simmer off.
04. Add the calamari and simmer for 10 minutes.
05. Add the prawns, mussels and lobster tails and simmer for another 5–10 minutes.
06. Add the potatoes and corn and cook for 10 minutes. Place the eggs on top and stir very gently so they don't break.
07. Tip everything into a large serving dish, top with the grilled lobsters and pour over the rest of the sauce. Garnish with the remaining parsley and lemon quarters.

SURF & TURF MUSSEL POTJIE

Serves 6 | Prep time: 10 min | Cook time: 30 min



A creamy mussel pot by the fire is a winner with Chantel's whole family, kids included. Serve it with potbrood for dipping.

RECIPE BY CHANTEL BEHR, PORT ELIZABETH

INGREDIENTS:

- ☐ 800g mussels, cleaned
- ☐ 150g garlic and parsley butter
- ☐ 1 medium onion, grated
- ☐ 6 garlic cloves, crushed
- ☐ 1 chicken stock cube, dissolved in 50ml hot water
- ☐ 50ml dry white wine
- ☐ Lemon pepper and Aromat, to taste
- ☐ 1 packet cream cheese and chives potato bake mix
- ☐ 500ml (2 cups) milk
- ☐ 250ml (1 cup) sour cream
- ☐ Fresh lemon juice and Tabasco, to taste
- ☐ Chopped parsley, to garnish

METHOD:

01. Set a flat-bottomed potjie over medium coals.
02. Melt half the garlic and parsley butter and sauté the onion until soft. Add the garlic and cook for 1 minute.
03. Add the wine and stock and simmer until glossy.
04. Add the mussels and the rest of the butter. Season with lemon pepper and Aromat and sauté for 6 minutes.
05. Mix the potato bake powder with the milk, add to the potjie and stir until it thickens. Stir in the sour cream.
06. Season with lemon and Tabasco, garnish with parsley and serve with potbrood.

BRAAIED CRAYFISH LEMON GARLIC BUTTER

Serves 5 | Prep time: 10 min | Cook time: 25 min



Shantal's mum's famous lemon garlic butter crayfish, with sticky sweet-chilli legs and a cheesy chilli sauce. A recipe for her kids to cherish too.

RECIPE BY SHANTAL CHUNDER, KWAZULU-NATAL

INGREDIENTS:

CRAYFISH

- ☐ Crayfish, halved lengthways and cleaned (legs set aside)
- ☐ Salt and pepper

LEMON GARLIC BUTTER

- ☐ 100g butter, melted
- ☐ 4 garlic cloves, chopped
- ☐ Juice of 1 large lemon
- ☐ Handful fresh parsley, chopped
- ☐ Salt and pepper

STICKY CRAYFISH LEGS

- ☐ Knob of butter
- ☐ 30ml (2 tbsp) sweet chilli sauce
- ☐ 15ml (1 tbsp) honey
- ☐ Splash of soy sauce

CHEESY CHILLI SAUCE

- ☐ Grated cheese
- ☐ A little milk
- ☐ Fresh chilli, chopped

TO SERVE

- ☐ Hot chips and a Greek salad

METHOD:

01. Mix the melted butter with the garlic, lemon juice, parsley, salt and pepper. Brush it generously over the crayfish meat.
02. Braai the crayfish flesh-side down on a medium-hot grid for 4–5 minutes. Turn, brush with more butter and braai for 3–4 minutes more, until the meat is white and lightly charred. Don't overcook it.
03. **Sticky legs:** in a pan or foil tray on the braai, melt the butter with the sweet chilli, honey and soy. Add the legs and toss for 3–4 minutes until sticky.
04. **Cheesy chilli sauce:** melt the cheese with a little milk in a small potjie and stir in the chilli.
05. Pour the cheese sauce over the crayfish as it comes off the braai. Serve with the sticky legs, hot chips and a Greek salad.

MZANSI OCEAN BOMBS

Serves 4 | Prep time: 20 min | Cook time: 15 min



Charmaine is from inland, but her heart is at the coast. Her foil-parcel "bombs" mix Portuguese garlic prawns, a Highveld braai and sweet chilli.

RECIPE BY CHARMAINE MALAIKA, HAZYVIEW

INGREDIENTS:

- ☐ 100g butter, melted
- ☐ 60ml (4 tbsp) olive oil
- ☐ 6 garlic cloves, finely chopped
- ☐ Zest and juice of 1 lemon, plus wedges to serve
- ☐ 30ml (2 tbsp) sweet chilli sauce
- ☐ 5ml (1 tsp) smoked paprika
- ☐ 5ml (1 tsp) peri-peri spice or chilli flakes
- ☐ Salt and black pepper
- ☐ Handful each fresh parsley and coriander, chopped
- ☐ 500g prawns, cleaned and deveined
- ☐ 300g Breco Squid Rings
- ☐ 300g Breco Half Shell Mussels (or mussel meat)
- ☐ 1 garlic loaf or crusty bread, to serve

METHOD:

01. Mix the butter, olive oil, garlic, lemon juice and zest, sweet chilli, paprika, peri-peri, seasoning and most of the herbs.
02. Add the prawns, calamari and mussels, mix well and leave for 10 minutes.
03. Divide between 4 large sheets of foil and fold into sealed parcels so no sauce can leak.
04. Braai over medium-hot coals (not direct flames) for 12–15 minutes, turning once.
05. Open carefully, squeeze over extra lemon and scatter with the rest of the herbs. Serve in the foil with warm garlic bread.

TIELLE DE SÈTE
BRAAI OCTOPUS PIE

Serves 8 | Prep time: 2 hours | Cook time: 1 hour



A French harbour-town classic gets the braai treatment: a smoky, spicy octopus and tomato filling baked in a golden pie in a cast-iron pan.

RECIPE BY EUGENE BRITOU, JOHANNESBURG

INGREDIENTS:

DOUGH

- ☐ 250g (2 cups) cake flour
- ☐ 5g (1 tsp) salt
- ☐ 15ml (1 tbsp) tomato paste
- ☐ Pinch of smoked paprika
- ☐ 45ml (3 tbsp) olive oil
- ☐ 100–120ml warm water

OCTOPUS FILLING

- ☐ 300g cooked octopus
- ☐ 1 small onion (about 100g)
- ☐ 1 red pepper
- ☐ 2 garlic cloves, chopped
- ☐ 30ml (2 tbsp) olive oil
- ☐ 250g crushed tomatoes
- ☐ 30ml (2 tbsp) tomato paste
- ☐ 5ml (1 tsp) smoked paprika
- ☐ Pinch of cayenne pepper
- ☐ 4g (¾ tsp) salt
- ☐ Pinch of black pepper
- ☐ 10g fresh parsley, chopped
- ☐ Zest of ½ lemon

TO FINISH

- ☐ 1 egg, beaten
- ☐ 10ml (2 tsp) olive oil
- ☐ Smoked paprika, for dusting
- ☐ Lemon wedges, to serve

METHOD:

01. **Make the dough:** mix the flour, salt, tomato paste and paprika. Add the oil, then enough warm water for a soft dough. Knead for 5–7 minutes and rest for 30 minutes.
02. Over hot coals, lightly char the onion, red pepper and octopus, then chop finely.
03. **Make the filling:** heat the oil in a cast-iron pan and soften the onion and garlic. Add the tomatoes, tomato paste and spices and simmer until thick.
04. Add the octopus and red pepper and cook for 5 minutes. Off the heat, stir in the parsley and lemon zest and let it cool slightly.
05. **Build the pie:** roll out half the dough to line a greased cast-iron pan. Add the filling, top with the rest of the dough and pinch the edges. Cut a small steam hole.
06. Brush with egg, drizzle with oil and dust with paprika.
07. Cook over indirect medium heat with the lid closed for 25–35 minutes, until golden. Rest for 10 minutes, then slice and serve with lemon.

CREAMY GARLIC & PARMESAN CLAMS

Serves 4 | Prep time: 10 min | Cook time: 25 min



A dish for the middle of the table. Grayson says to add fresh bread for the sauce, pour another glass of wine and share it with your people.

RECIPE BY GRAYSON VADIVAL, BREEDE VALLEY

INGREDIENTS:

- ☐ 900g Breco Clam Meat, thawed and well drained
- ☐ Olive oil, for cooking
- ☐ 150g crushed garlic
- ☐ 250ml (1 cup) dry white wine
- ☐ 30g fish spice
- ☐ 250ml (1 cup) fresh cream
- ☐ 15ml (1 tbsp) cornflour, mixed with a little water
- ☐ 50g Parmesan, finely grated
- ☐ Sourdough bread, to serve

METHOD:

01. Heat a cast-iron pan on the braai with a generous drizzle of olive oil.
02. Add the garlic and cook gently without letting it burn.
03. Pour in the wine and simmer for a few minutes to reduce slightly.
04. Stir in the clam meat and fish spice.
05. Add the cream and simmer gently for a few minutes. Stir in the cornflour mixture until the sauce is thick and creamy.
06. Stir through the Parmesan until melted. Serve straight from the pan with sourdough.

COASTAL SEAFOOD BRAAI MIX

Serves 6 | Prep time: 30 min | Cook time: 25 min



A seafood boil meets the braai: prawns, mussels and crab tossed in garlic lemon butter, straight from the fire, with braai garlic bread.

RECIPE BY VALENCIA PRINS, WESTERN CAPE

INGREDIENTS:

SEAFOOD AND VEG

- [ ] 500g large prawns, cleaned and deveined
- [ ] 500g fresh black mussels, scrubbed and debearded
- [ ] 4 medium crabs, cleaned and halved
- [ ] 4 baby potatoes, boiled and halved
- [ ] 2 mielies, cut into thick rounds
- [ ] 250g unsalted butter
- [ ] 4 garlic cloves, crushed
- [ ] 15ml (1 tbsp) smoked paprika
- [ ] Zest and juice of 2 large lemons
- [ ] 125ml (½ cup) fresh parsley or dill, chopped
- [ ] Salt and black pepper

GARLIC BREAD

- [ ] 1 large French loaf
- [ ] 125g butter, softened
- [ ] 3 garlic cloves, crushed
- [ ] 60ml (¼ cup) grated mozzarella or cheddar (optional)
- [ ] Fresh parsley, chopped

METHOD:

01. Let the coals burn down to a steady medium heat.
02. Melt the butter in a cast-iron pot on the edge of the grid. Add the garlic, paprika, lemon zest and half the lemon juice and cook for 2 minutes.
03. Add the potatoes and mielies and let them char at the edges for 5 minutes.
04. Move the pot over hotter coals. Add the crabs and prawns and sear for 3–4 minutes per side, until the prawns are pink.
05. Add the mussels and the rest of the lemon juice, cover and steam for 4–5 minutes until they open (discard any that stay closed). Toss everything in the butter with the herbs and season.
06. **Garlic bread:** slice the loaf without cutting through, spread with the garlic butter, add cheese and herbs, wrap in foil and braai for 8–10 minutes, opening the foil for the last 2.

MY BRAAI NOTES



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CHANGE THE WAY YOU SEAFOOD

A big thank you to everyone who shared their seafood braai recipes for Heritage Day. Find more delicious seafood recipes at **www.breco.co.za**.

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