

# Traditional Easter Pickled Fish Recipe



Origin: South Africa



Also known as *Ingelegde Vis* which is Cape Town slang for Pickled Fish.

Pickled Fish is a traditional South African recipe for a classic dish of fish pickled in white wine vinegar flavoured with curry spices. Slaves from Dutch territories in the East Indies brought this traditional method of pickling fish to South Africa. This became very popular in the days before refrigeration and though refrigeration has made this method of preservation obsolete pickled fish are still popular throughout South Africa.

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## Preparation

- Time 30 minutes
- Serves 8 - 10

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## Ingredients

- 1 kg yellowtail, scaled and filleted, leave skin on (traditionally snoek or hake, but any firm white fish will do)
- coarse salt
- oil for pan frying
- 2 large onions, sliced
- 5 cloves garlic, chopped
- 10 ml ginger paste
- 1 cup grape vinegar
- half cup water
- half cup sugar

### Spices

- 20 ml mustard seeds
- 2 tsp coriander, ground
- 2 tsp cumin, ground
- 1 tbs masala
- 1 tsp turmeric
- 2 bay leaves
- 4 allspice berries
- 4 cloves
- 8 peppercorns

**\*\*Alternatively you can use the ready mixed pickle fish spices available in most stores\*\***

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### How to make it

- To firm up the flesh, clean and sprinkle coarse salt on both sides of the fillets and let it stand in bowl for 20 minutes. Rinse under running water and pat dry with a paper towel. Cut the fish in portions with the skin attached. Do not cover fish with flour or butter but pan-fry pieces in oil till cooked through.
  - Heat enough oil in a large pan and sauté the onions, mustard seeds, ginger paste, garlic and chillies for about 4 minutes.
  - To make the sauce, simply boil then simmer the rest of the ingredients together till the onions are cooked but still crisp to the bite (about 7 minutes).
  - Layer the fish pieces in a ceramic or glass serving dish and cover each layer with the sauce and some onion. Be sure that the last layer is covered with sauce.
  - Let it cool, then refrigerate. Will keep for a week in a cool place and longer in a fridge. Serve with hot cross buns and enjoy!!
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