

BRAAIED MASALA FISH

Prep time: 15 minutes

Cook time: 15-20 minutes

Serves 4 people



INGREDIENTS

1kg fish

2 tablespoons coriander seeds

1 tablespoon cumin seeds

1 teaspoon whole black peppercorns

5-7 dried red chillis

2 stems of curry leaf

1/4 cup of peri-peri oil

1 tablespoon ground garlic

1/2 teaspoon turmeric powder

1/4 cup lemon juice

FOR ALMOND AND RAISIN PILAF:

750ml water

1 cup rice

1 tablespoon salt

2 tablespoons clarified butter or ghee

1/2 cup crushed vermicelli

1/2 cup water

2 tablespoons raisins

2 tablespoons almonds, toasted and finely sliced

1 teaspoon parsley, chopped

INSTRUCTIONS

1. Before preheating your Megamaster Apex Series 6 Burner Patio Gas Braai, brush the cast iron grids lightly with oil. This will prevent your fish from sticking to the grid when cooking.
2. Warning: do not let oil come into contact with the gas flame as this can be dangerous.
3. Dry roast the spices in a pan on the side burner. Once a fragrant aroma is emitted, grind into a fine powder and mix with the peri-peri oil.
4. Stir in the garlic, turmeric and lemon juice.
5. Using your hands, smear this over the fish. Remember to rub inside the cavity too.
6. Grind a good amount of salt on top and spread on the body of the fish.
7. Place the fish on the braai and close the lid.
8. The fish needs approximately 15 minutes to braai on a medium setting. Increase the flames towards the end to lightly char the fish.

ALMOND AND RAISIN PILAF

1. To make the pilaf, bring a pot of water to boil. Add salt and rice, and boil until soft. Drain the rice.
2. In the same pot, melt the ghee and add the vermicelli. Lightly brown and remove from the heat.
3. Add water to soften the vermicelli. Once soft, stir in raisins, almonds and parsley.
4. Stir into the rice and serve.

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INGREDIENTS

FOR HERBED MIXED POTATO:

500g each of 3 varieties of potato (we recommend baby, roasting and sweet potato)

Salt and freshly ground black pepper

1 teaspoon oregano

2 stalks thyme

3 tablespoons butter

1 tablespoon olive oil

1 teaspoon maple syrup

FOR YOGHURT AND MINT SAUCE:

Yoghurt

Handful of mint leaves

Salt to taste

1 clove garlic

Pinch of sugar

Pinch of red pepper flakes

INSTRUCTIONS

HERBED MIXED POTATO WITH YOGHURT AND MINT SAUCE

1. In a pot, bring potatoes to boil. Cook until a knife can slide through easily. Drain and slice horizontally.
2. Add salt, pepper, oregano and thyme to potatoes. Drizzle with butter, olive oil and maple syrup.
3. Place on the braai and cook alongside the fish.
4. Blend mint sauce ingredients in a food processor until smooth (you can also purchase a bottle of ready-made mint sauce if preferred).
5. Once potatoes are done, coat in yoghurt and mint sauce..