

Pickled fish with courgette ribbons and yoghurt & coriander dressing



This WWF-SASSI recipe is courtesy of chef, Pete Goffe-Wood, from Kitchen Cowboys in Salt River and a Master chef SA judge.

Ingredients

- 2kg Angelfish
- 750ml verjuice
- 250ml white wine vinegar
- 150g sugar
- 1 tblsp sugar
- 2 tblsp curry powder
- 1 tsp salt
- 1 tblsp black peppercorns
- 1 tblsp coriander seeds
- 4 onions sliced
- 6 cloves garlic, finely chopped
- 100g ginger root thinly sliced
- 6 bay leaves
- 2 red chillies, finely chopped
- 25g flour
- 6 courgettes
- 500ml plain yoghurt
- 30g coriander



Method

Cut the fish into 5cm cubes. Season the fish with salt & pepper and fry in a pan in hot oil. Remove from the pan and keep to one side. Heat some oil in a large saucepan. Add the coriander seeds and bay leaves and fry for 30 sec. Add the onions, chillies, ginger and garlic and fry until they begin to soften. Add the flour, curry powder and turmeric and fry for 30 sec. Pour in the white wine vinegar, water and sugar and bring to the boil, turn down the heat and simmer for 10 min. Remove from the heat. Place the fish in a glass or stainless steel dish and pour over the hot marinade. Leave to cool and then refrigerate. Slice the courgettes lengthways into broad noodles with a vegetable peeler.

Finely chop the coriander and add it to the yoghurt, season with salt & pep-per. Arrange a pile of courgette ribbons in the middle of a plate and place a piece of pickled fish on top of the vegetables. Spoon a little of the marinade on top of the fish. Drizzle the yoghurt dressing around the outside the plate.



You have a choice. Make it green.

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