

Fish (pickled, or 'engelegte') 🇰🇪



Adapted from Hildagonda Duckitt (1896) *Hilda's 'Where is it?' of Recipes*, London: Chapman and Hall Ltd.

(Cape way of preserving fish.)

Should fill about 8 x 500 ml jars

¼ cup oil, lard or butter

2 kg firm-fleshed white fish fillets, cut into 6 cm pieces

6 large onions, sliced in rings

60 g turmeric

30 g mango relish (or chutney)

4 large chillies, deseeded and finely chopped

½ tsp coriander seeds, crushed

15 g ground ginger

a few lemon leaves

30 g sugar

salt to taste

750 ml brown vinegar

250 ml water

Fry the fish a nice brown in lard, butter, or olive oil; drain, and cool.

Put the onions, turmeric, mango relish, chillies, coriander seeds, ginger, lemon leaves, sugar and about a dessertspoonful of salt in a pot.

Pour in the vinegar and water and bring to the boil over medium heat.

Take the cooked fish pieces and put them carefully into the boiling curry mixture.

Briefly return to the boil before turning off the heat.

Let the pot stand till cool.

Add the mixture to 500 ml sterilised jars and seal.

Refrigerate for a minimum of three days before serving.

Is a delicious breakfast or lunch dish and will keep for months if well sealed in small jars.