

Traditional pickled fish

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-style-pickled-fish-recipe>

Ingredients:

- 1 batch fish deep-fried, or pan-fried fish
- 5 cups water
- 4 cups vinegar white spirit
- 4 bay leaves
- 3 tablespoons curry powder
- 1 tablespoon spice mix fish masala
- 2 tablespoons ground turmeric
- 1 tablespoon black peppercorns
- 1 tablespoon coriander seeds
- 2 cups brown sugar
- 290 grams apricot jam
- 2 tablespoons cornflour
- 8 onions sliced into rings

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 74 grams
3. Fat: 0.5 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. Sodium: 70 milligrams
7. Sugar: 55 grams

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