

BISTRO
sixteen & 2
— AT STEENBERG —

PICKLED FISH TACOS

12 x Wonton wrappers – deep fried and shaped to form a shell
200ml aioli
50g wild rocket

Salsa

150g chopped tomatoes
1 x red onion chopped finely
25g coriander chopped
Salt and pepper
15ml olive oil

Combine all the salsa ingredients in a bowl and season to taste.

Pickled Cape Bream

1kg Cape Bream, cut into portions
150 g sugar
500ml white vinegar
5ml whole cumin
5ml coriander seeds, toasted & crushed
10ml fish spice
3 x bay leaves
5ml turmeric
5ml mild curry powder
3 x crushed garlic cloves
5ml grated ginger
3 x chopped onions
10ml corn flour
2 tbsp sunflower oil for frying
Flour, for dusting
Salt and black pepper

In a pan over a medium heat, add 1 tbsp oil and gently sauté the onion until translucent. Add the ginger, garlic and spices and fry gently for a few minutes, until fragrant.

Add the vinegar and sugar and stir until the sugar has dissolved. Simmer for 20 minutes. Thicken with corn flour to a nice coating consistency. Season to taste.

Dust the fish with the seasoned flour and pat off any excess.

Heat 1 tbsp oil in a heavy-based frying pan and, when hot, fry the fish until golden.

Place a layer of fish in a deep sterile glass or non-metallic container and pour a little of the hot sauce over it, to cover.

Continue layering fish and sauce until all the fish is covered. Cool, then chill until ready to serve. Best made at least 24 hours in advance.

To Assemble

Flake the pickled fish and combine with the onions and a little sauce. Season to taste.

Fill the “taco” shells with a little wild rocket, pickled fish and top with salsa and aioli. Garnish with fresh coriander leaves.