

VISMAN'S HOUTBAAI SNOEK

EPISODE 3 / *Sue-Ann*

METHOD

STEP 1 – CLEAN AND DRY THE SNOEK

- Wash the snoek well under cold running.
- Salt the snoek with coarse sea salt that will absorb excess water.
- Blot it with paper kitchen towel.

STEP 2 – BASTING SAUCE

- Using a small pot on the fire or on a stove, melt the butter and add the apricot jam and lemon juice.
- Add the crushed garlic.
- Heat and stir until everything is melted and mixed.

STEP 3 – MAKING THE FIRE AND COOKING THE SNOEK

- In the braai area, make a direct fire using the charcoal and firelighters.
- Shake off all the coarse sea salt from the snoek.
- Brush the skin side of the snoek with the olive oil to prevent it from sticking to the grid.
- Place the snoek skin side down onto the box braai grid. Basting the flesh side of the grid liberally with the apricot jam mixture and lay with lemon slices.
- Close the grid.
- Braai skin side down for 9min until skin is crispy. Rotate and cooked flesh side down for a further 6min until the flesh just starts to flakes.

STEP 4 – FINISHING THE RICE ACCOMPANIMENT

- Place the butter in a small pot with the spices onto the fire to melt.
- Combine the rice, peppers, peas and corn and stir the fragrant butter through until well combined.
- Serve the snoek flesh side and garnish with lots of fresh lemon.

INGREDIENTS

1 fresh snoek, cleaned with head and tail cut off

salt and pepper

olive oil

FOR THE MARINADE:

½ cup PnP butter

½ cup PnP apricot jam

juice of a lemon

4 chopped garlic cloves

PnP salt and pepper

1 lemon, cut into slices

FOR THE RICE:

125g butter

1 tbsp steak and chops seasoning

2 cups long grain rice cooked

1 cup mixed peppers chopped

1 small tin of sweet corn

400g frozen peas boiled until tender

EQUIPMENT:

Weber

4kg bag PnP Charcoal

1 box PnP firelighters

1 x large box braai grid