



FRESH & SIMPLE RECIPES – EPISODE FOUR

Theme: “Fish Braai to Thai for”

Whole Red Snappers in a Thai marinade

Papaya Salsa

Potato, avocado and biltong salad

Granadilla Cheesecakes

Whole Red snappers in Thai Marinade

Ingredients

- 1 Fresh whole red snapper (or any other similar fish) cleaned and gutted
- 1 cup olive oil
- 1 bunch each coriander and mint leaves
- 3 sticks lemongrass, sliced and pounded
- 1 big knob ginger, peeled and sliced
- 2 large red chillies, sliced
- 3 cloves garlic
- Salt and pepper
- Juice and grated zest of 2 lemons
- Kaffir lime leaves, shredded



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Preparation

Combine all the marinade ingredients one at a time in a large pestle and mortar – give each ingredient a good grinding to release and infuse the flavours.

Cut 3 slashes in each side of the fish and rub the marinade over them well, especially into the slashes. Be very liberal here. Spread the rest of the paste into the inside of the fish and pour the liquid over the fish. Season with Salt & Pepper.

Wrap in tin-foil and braai for about 15 minutes on each side. This will vary quite a lot depending on the size of the fish and the heat of the coals. The fish can be tested by inserting a skewer or small knife into the thickest part of the flesh and holding it there for 5 seconds. If it comes out and is hot to the touch, that side of the fish is done.

Plating Up

Serve whole on a banana leaf-lined wooden board, with extra marinade poured generously over. Serve the Papaya Salsa in a small bowl next to the fish and garnish with grilled lemon halves, lime chunks, whole chillies (for the vibrant colour) and some coriander

Papaya Salsa

Ingredients

Flesh of 1 large papaya, peeled, seeded and finely cubed
3 red peppers, diced
2 spring onions, finely sliced
½ a red onion, finely diced
1 red chilli, finely chopped
A few slices dried mango chopped into small chunks
Small bunch coriander leaves or mint leaves or a combination
Olive oil and balsamic vinegar to taste
Salt and pepper



Preparation

Combine all ingredients carefully in a bowl and drizzle the olive oil and balsamic juice over – checking taste and seasoning.



Potato, avocado and biltong salad

Ingredients

1kg potatoes, scrubbed
100g soft, moist biltong, thinly sliced
100g sweet peppadews
1 packet watercress or baby leaf salad, rinsed
1 avocado, sliced or cut into chunky cubes

For the dressing

½ cup of Sour Cream
6 tablespoons red wine vinegar
4 tablespoons prepared horseradish
2 tablespoons Worcestershire sauce
6 tablespoons olive oil
Salt and pepper

Plating Up:

Quarter the potatoes and boil in salted water until tender but still firm. Allow to cool.

Combine all dressing ingredients and whisk to combine. Pour over potatoes and gently toss to coat all ingredients in the dressing. On a large, flat platter make a generous bed of watercress or baby leaf salad, around the edge of the plate. Place the avocado slices onto the bed of leaves. Spoon the potato salad into the middle of the plate and scatter with peppadews and biltong. Give the dish a good grinding of salt and pepper to really finish it off.

Mini Granadilla cheesecakes

Ingredients

Shortbread biscuits for the base
250g ricotta cheese
250g cream cheese
2 eggs
½ cup sugar
2 tablespoons lime juice
2/3 cup of fresh or tinned passionfruit pulp



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Preparation

Preheat oven to 160°C. Place the shortbread biscuit in the bottom of the ramekins.
Process the ricotta, cream cheese, eggs, sugar and lime juice into a food processor until smooth and creamy. Stir through the passionfruit pulp and spoon the mixture evenly into each ramekin.
Bake for 15 minutes or until the topping is firm. Serve warm or cold

Table décor ideas

