



NOTHING FRESHES UNDER THE SUN



## INGREDIENTS

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- 1 Sunbake white bread unsliced loaf
- 500g skinless hake - cut into large cubes
- Seasoned flour
- 10ml oil
- 2 onions - thinly sliced
- 185ml brown vinegar
- 3 bay leaves
- 95ml sugar
- 10ml turmeric
- 20ml curry powder
- 20ml corn flour
- 2,5ml salt
- 5 mixed pepper corns
- Freshly chopped coriander to garnish

## MAKES

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2 half-loaf bunnies

# Pickled Fish Bunny Chow

## DIRECTIONS

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### Filling

Dust hake cubes in the seasoned flour and fry in hot oil until golden brown and cooked. Drain on absorbent paper. In a pot, cook onions in vinegar, 1 cup of water, bay leaves, sugar, turmeric, curry powder, salt and peppercorns until soft. Mix the corn flour in a little water and add to the sauce mixture. Stir well and simmer until the sauce thickens. Layer the fish and sauce in a container, cover and refrigerate for 1 - 2 days for the flavours to develop.

### Bunny Chow Loaf

Cut the loaf in half. Working from the cut side, scoop out the bread from the centre of each half, leaving enough bread on the side walls and base. Fill pocket with prepared pickled fish filling and garnish with coriander. Serve with the scooped out bread on the side.