

sweet and sour fish souvlakia

summer



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EST 1981, SYDNEY FISH MARKETS PYRMONT

Sweet and sour fish souvlakia

Makes 12 skewers

750 g (1 lb 10 oz) thick ling fillets
225 g (8 oz) tin pineapple pieces
1 large red capsicum (pepper)
1 tablespoon soy sauce
1 1/2 tablespoons soft brown sugar
2 tablespoons white vinegar
2 tablespoons tomato sauce

Fish substitution

Blue-eye cod, marlin, tuna, atlantic salmon

Soak 12 wooden skewers in cold water for 30 minutes. This is to ensure they don't burn during cooking. Meanwhile, cut the fish into 2.5 cm (1 inch) cubes. Drain the pineapple, reserving 2 tablespoons of liquid. Cut the capsicum into 2.5 cm (1 inch) pieces. Thread the capsicum, fish and pineapple alternately onto the skewers.

Place the souvlakia in a shallow non-metallic dish. Combine the soy sauce, reserved pineapple juice, sugar, vinegar and tomato sauce in a small bowl. Mix well and pour over the souvlakia. Cover and refrigerate for 1 hour.

Preheat the barbecue or chargrill pan. Cook the souvlakia on a lightly greased barbecue, brushing frequently with the marinade, for 2-3 minutes each side, or until just cooked through. Serve immediately with a green salad.

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SYDNEY FISH MARKETS PYRMONT

BROADWAY

GALERIES VICTORIA (COOKED)

BONDI JUNCTION (COOKED)

BONDI JUNCTION (FRESH)

GLADESVILLE

RHODES

MACQUARIE

NORTH ROCKS

RICHMOND

DEE WHY

NEUTRAL BAY

MONA VALE

CHATSWOOD CHASE

KOTARA

CHARLESTOWN

LAKE HAVEN

TUGGERAH

BELCONNEN (ACT)

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