



ZAMBEZI BEER BATTERED BREAM FILLETS WITH BEAN SALSA

Bream fillets

In a mixing bowl, combine the dry ingredients. Mix in the lager (the batter should not be too thick). Heat oil in a deep-fryer to 160°C. Dust the fish fillets with seasoned flour, dip into the batter and deep-fry until golden in colour. Serve with bean salsa.

100 g cake wheat flour
30 g cornflour
5 ml baking powder
salt and pepper to taste
330 ml Zambezi Lager
or any pale lager of your choice
oil for deep-frying
4 bream fillets
100 g cake wheat flour,
seasoned with salt and pepper
for dusting the fish

Bean salsa

In a saucepan, stir-fry onion in olive oil. Add garlic and curry powder, and continue to cook over low heat. Add tomatoes and simmer for a further 10 minutes. Add sugar and water, and simmer for 10 minutes. Add beans and simmer for a further 10 minutes, stirring often and taking care not to burn the salsa.

1 onion, finely chopped
30 ml olive oil
2 garlic cloves, crushed
30 ml curry powder
1 tin (400 g) whole peeled
tomatoes
30 ml sugar
125 ml water
1 tin (400 g) borlotti beans, rinsed
and drained
1 tin (400 g) red kidney beans,
rinsed and drained

Serves 2