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Escabeche of Tommy Ruff

Semaphore Pantry

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Ingredients

1kg tommy ruffs

Flour for dusting

Oil for frying

Marinade

2 medium onions, sliced

3 cloves garlic, sliced

8 Tbs olive oil

1 Tbs white sugar

2 wine glasses of wine vinegar

1 glass white wine

4 bay leaves

1 sprig fresh rosemary

1 Tbs whole peppercorns

Salt

Method

Tommy ruffs

Roll the tommies in flour and fry in oil until they are crisp and golden.

Drain well on paper towel.

Marinade

Heat the olive oil, then fry the sliced onion until transparent.

Add garlic and cook but don't brown.

Add sugar, vinegar, wine, bay leaves, rosemary, salt and peppercorns.

Bring to the boil and remove from heat.

Pour hot marinade over fish and leave 24 hours before serving.