

# COOKING CUISINE

03 August 2022

## Sarde in Saor (Classic Venetian Sardines)

Serves 6

### Equipment

- Rectangular or square baking dish (glass or ceramic)
- Frying pan

### Ingredients

- 600 gr Sardines
- 600gr onions (yellow or white)
- 200ml white wine or apple cider vinegar
- Flour for dusting sardine fillets
- 2 Laurel leaves
- 1 tbsp sugar
- (40gr) Pine kernels
- 40 gr Raisins
- 3 tbsp extra virgin olive oil
- Pink pepper
- Salt for seasoning
- Peanut or vegetable oil for frying the fish



### Directions

- skin and half the onions
- Place onions in a bowl with water and leave to soak for 30 min
- Soak the raisins in a bowl of water
- If necessary, clean the sardines – remove the heads and open up in the middle, removing the intestines (or buy gutted and butterflied).
- Put the flour on a plate and cover both sides of the sardines well with the flour. Shake off any excess flour
- Heat up some vegetable or peanut oil in a frying pan.
- Fry the sardines briefly on both sides, remove with a slotted spon and set aside on some kitchen towel or frying paper to absorb the oil
- Salt the sardines when fried and let cool down
- In the meantime, cut the onion into fine strips
- Drain the vegetable oil from the pan and add the olive oil.

- Heat the olive oil to a low heat (make sure it doesn't smoke) and add the sliced onions
- Stir the onions well to coat and leave to cook on a very low heat for approx. 20-25 min, making sure the onions don't brown but turn translucent instead.
- Turn up the heat slightly and add the vinegar and sugar and a pinch of salt.
- Leave to cook until the vinegar has dissimintated.
- In a baking dish, place a layer of sardines, followee by a layer of onions, add a few pine kernels and raisins
- Continue layering with the sardines and onion, pinekernels and raisins and finish with a layer of onions.
- Top with the laurel leaves, pinekernels and raisins. Finish with some pink peppercorns.
- Cover with plastic clingfilm and leave in the fridge for at least 24 hours.

**Note: You can keep the sardines in the fridge for up to 5 days.**

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