

THE BOAT HOUSE

≈≈≈ RIVERSIDE DINING & BAR ≈≈≈

Grilled Sardines with fennel salsa verde & tomato



Ingredients

- 12 sardines
- 250g ricotta
- 3 vine ripened tomatoes
- 3 cloves garlic
- 1 bulb fennel
- 100g jar capers
- 50g cornichon gherkins
- 2 banana shallots
- fresh mint & parsley
- cider vinegar
- quality rapeseed oil
- salt & pepper
- lemon

Directions

Salsa Verde; Finely chop Capers, Conichons, a Shallot, Parsley & Mint. Combine with Rapeseed oil for a loose consistency

Marninated Tomatoes; Roughly slice tomates, crush garlic & toss together with a little rapeseed oil, salt & pepper

Fennel slaw; Finely shave Fennel (ideally with a Japanese mandolin). thinly slice a shallot. Add salt, pepper, a splash of rapeseed oil and vinegar & squeeze of lemon. Firmly mix with your fingers

Sardines; Brush de-scaled sardines with oil, season with salt & pepper. Cook for 2 to 4 minutes on either side in a griddle pan or under the grill

To serve; Layer ricotta, fennel & tomatoes. Place sardines on top. Scatter salsa verde. Serve with a wedge of lemon and sourdough bread

The Boathouse, Swans Nest Lane, Stratford upon Avon, CV377LS

www.thestratfordboathouse.co.uk - 01789414960

@thestratfordboathouse