



Sardine Escabeche

The Hilton

Serves 4

Ingredients

2-3 Carrots
1 Red Onion
½ cup White Wine Vinegar
½ cup Water
50 grams Sugar
Coriander Seeds
1 bunch of Tarragon
8 fresh Sardines
1 clove of Garlic
Witlof, Rocket and Olive Oil for salad
4 slices of Sourdough

Method

Peel carrots and cut into desired size. Slice red onion and sauté over low heat for around 1-2 minutes.

Add vinegar, water, tarragon, coriander seeds, sugar and cook until soft. Drain and reserve liquid then add carrots to warm them up.

Pan fry sardines skin side down until half cooked then add the reserved liquid and cook for around 1-2 minutes.

Meanwhile char grill some sourdough and witlof then toss through some nice rocket with olive oil and place on plate.

To plate up: place salad and sourdough on a plate then add sardines and poached carrot. Pour a little bit of the poaching liquid over the fish.

Note

<http://en.wikipedia.org/wiki/Escabeche>