

FRESH SARDINES

INGREDIENTS (for 4 people)

- 1 kg of clean sardines without spines
- Salt and lemon
- ½ fresh onion
- Extra virgin olive oil
- 2 large red tomatoes
- ¼ of red pepper
- Flaked sea salt
- A dash of sherry vinegar



PREPARATION:

1. Boil the tomatoes in water for a few seconds and pass them in cold water so that they can be easily removed from the skin. Remove excess water.
2. Let's make a kind of "salmorejo", but it has to be thick, so it's best if the tomato is well dried. In a whisk, toss the onion and pepper and beat on high speed. When well crushed, add the extra virgin olive oil, vinegar and salt to taste, stir gently and set aside in the fridge.
3. Clean the sardines by removing the intestines, head and central spine, leaving only the loins, if we do not have them already cleaned from the fishmonger.
4. Preheat the oven to 220°C.
5. On the baking tray, place a sheet of kitchen paper. Place the sardines and top with a few drops of lemon in each and a little flaked salt. Add a little olive oil on top of each loin. Cover with another parchment paper so they don't dry out.
6. Put them in the oven and in about 8 minutes they are ready: they are done and on time. This way they also don't leave us smelling when cooking them.
7. Place the cold tomato sauce on a plate as a base, and top the sardine loins as soon as they come out of the oven.
8. Garnish with a little parsley and lemon.

