

Sardine and Anchovy Dip

Printed from Sardine Recipes at <http://www.sardinerecipes.co.uk/>

This wonderfully flavourful Italian-inspired dip is perfect for serving with some warm crusty ciabatta as part of an Italian spread or just as a tasty lunch. Sardines are combined with oil, lots of garlic and anchovies to create a flavourful dip that will definitely get people talking.

Ingredients:

3 120g tins sardines in oil
4 50g tins anchovies in oil
100g garlic
250ml vegetable oil
250g butter

Directions:

1. Heat the oil in a large pan. Meanwhile, finely chop or mince the garlic. Put into the oil and heat through until golden brown, then add the sardines, anchovies and butter.
2. Stir thoroughly until the fish have all broken up into smaller pieces.
3. Cook for around 15 minutes or until everything is fully combined, then serve.

Author: Laura Young