

Sardine, Leek and Tomato Gratin

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Cooked sardines combine with soft leeks, flavourful tomatoes, white wine and parmesan cheese in this well-flavoured dish. All you need to serve it with is a bit of bread to mop up all the delicious flavours.

Ingredients:

1kg fresh sardines, cleaned, scaled and gutted
2 leeks, white part only
250g tomatoes
150ml white wine
Small handful each freshly chopped basil and parsley
Salt and pepper
60g fresh breadcrumbs
60g grated parmesan cheese
Oil

Directions:

1. Thinly slice the leeks. Skin the tomatoes and chop them into quarters.
2. Heat oil in a frying pan and fry the sardines in batches on either side until golden brown. Remove from the pan and set to one side on kitchen paper to drain the fat.
3. Cook the leeks in the sardine oil and fry gently until soft and sweet. When soft, add the wine and bring to the boil. Cook, stirring any sticky bits off the bottom of the pan, until the wine has reduced by at least two thirds.
4. Add the tomatoes, basil, parsley and salt and pepper. Stir to combine. Spoon into an oven dish. Cover with the sardines and sprinkle with breadcrumbs and parmesan cheese. Bake in a 230C oven for 5 minutes until browned on top.

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