



PESCE IN SAOR - SWEET & SOUR

SERVES 6-8

1kg sardines, tommy ruff or small fillets

40g of plain flour, sifted

EVOO, for frying

500 g white onion, peeled and finely sliced

1-2 cloves garlic, cut into slivers

stem of rosemary & 2-4 leaves of bay leaves

160ml of white wine vinegar

1 tsp caster sugar

raisins, soaked for 30 minutes in warm water

fine sea salt

freshly ground black pepper

Place the flour in a large bowl, add the fish, toss to dust evenly. Shake off any excess.

Shallow fry the fish in EVOO.

Drain and transfer to a container in one layer. Discard the oil leaving just enough to coat the bottom of the frying pan. Set this back over a medium heat, add the onions and sweat gently until very soft, stirring often so they don't brown. They should just be transparent. Add the garlic and warm through. Put in the rosemary and bay leaves.

Next whisk the vinegar and sugar and pour in.

Reduce the liquid to about half its volume, remove from the heat. Add the raisins.

Taste. You are looking for a delicate sweet and sour flavour, so adjust if necessary with more sugar and season with salt and pepper

Arrange a layer of fish in a large glass bowl.

Cover with a layer of white onions and then repeat in layers until you have finished all the ingredients, finishing with onions. Pour any remaining cooking liquid on top. Leave to cool before setting in the fridge to marinate for 24 hours.