



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

JUNE 2018
Recipe 109

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Grilled Sardines with Salsa Verde

PREPARATION

- 1 - Preheat the grill or barbecue.
- 2 - In a medium bowl, mash the garlic, capers, shallot and anchovies to a rough paste. Add the lemon zest and half the juice, then stir in the olive oil and herbs. Season well.
- 3 - Stuff the sardines with the mixture, reserving a little for serving. Squeeze over the remaining lemon juice (plus 1 tablespoon of olive oil if barbecuing) and grill or barbecue for 2–3 minutes each side.
- 4 - Transfer to a serving plate and spoon over the remaining salsa verde. Serve with the whole capers and some extra lemon wedges.



Grilled Sardines with Salsa Verde

Cooks Note: With summer BBQ season soon approaching, I recommend trying these delicious grilled sardines. Featuring wonderfully crispy skin on the outside and succulently soft fish on the inside, they make a wonderful starter dish.

Bon Appétit
George

(photo by Marc-Henri)

INGREDIENTS

- 2 garlic cloves, crushed
- 2 tbsp capers, finely chopped, plus 1 tbsp whole capers to serve
- 1 shallot, diced
- 4 anchovy fillets, finely chopped
- 1 lemon, zested and juiced, plus extra wedges for serving
- 4 tablespoons olive oil
- handful of parsley, finely chopped
- handful of basil, finely chopped
- handful of mint, finely chopped
- 4–6 whole sardines (depending on size), gutted and cleaned

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