



Miele

Sardines on sourdough toast

By Shannon Bennett

12 hours, including salting

Preparation time

30 minutes

Cooking time

6 servings

Serves

INGREDIENTS

1 sourdough loaf, thickly sliced
12 fresh sardines, gutted, boned and cleaned
2 tablespoons olive oil

Brandade

500 g large flathead fillets
100 g salt
Leaves picked from 5 sprigs parsley, chopped
200 g (peeled weight) Desiree potatoes
1 tablespoon parsley, very finely chopped
Finely grated zest and juice of ½ a lemon
Sea Salt to taste

Crispy Kale

1 tablespoon olive oil
18 pieces kale

To Serve

18 pieces crispy Kale
18 pieces pigs face bush Umibudo sea grapes (optional)
1 tablespoon olive oil

METHOD

Brandade

1. Place fish fillets in a dish large enough to keep the fish flat and in a single layer. Cover the fish with the salt and set aside in the refrigerator, covered with plastic wrap for 4-6 hours.
2. Roughly chop the potatoes, place in a perforated tray and steam at 100°C for 15-20 minutes, or until just cooked through. Drain and push through a potato ricer into a glass bowl. Cover and set aside until required.
3. Wash the salt from the fish and pat dry with paper towel and then lay the fish in the base of a solid tray.
4. Steam at 85°C for 7-8 minutes, depending on thickness. Remove fish from the tray and place in a glass dish, flake with a fork.
5. Add the mashed potato and parsley, mix to combine.
6. Add zest and lemon juice and a little cream if required. Mix well to combine and season to taste with salt.

Crispy Kale

1. Remove spine from kale, wash and pat dry.
2. Heat the olive oil in a pan over medium-high heat, Induction setting 7-8, until hot. Add the kale and cook for 1 minute or until crisp. Reducing the heat if necessary.
3. Place kale on baking paper lined baking tray and place in a pre-warmed warming drawer on cook or an oven set to the Drying function.

Sardines

1. Pre-heat oven on Fan Grill at 200°C with Crisp function on.
2. Cut the sour dough into desired portions, brush one side with olive oil and grill for 3 minutes. Set aside whilst you cook the sardines.
3. Brush sardines with olive oil and place on grilling and roasting insert, placed in the universal tray. Grill for 3-5 minutes, depending on size of fish

To Serve

1. Place a spoonful of Brandade mix on the toast, top with a piece of pigs face bush and sea grapes. Place three pieces on each plate.
2. Remove the eyes from the cooked sardines and place 2 sardines on each plate.
3. Place 3 pieces of crispy kale around the plate and drizzle with olive oil and serve immediately.