

Family Recipes



Sardines with pine nut and spinach stuffing

- 8 sardines, fresh. (2 per person)
- Salt and black pepper
- 2 tablespoons olive oil
- 1 onion or shallot
- 1 tablespoon pine nut kernels
- 6oz leaf spinach, (frozen-defrosted and any moisture squeezed out)
- 1 tablespoon sultanas
- 2 tablespoons bread crumbs, fresh
- 1 tablespoon lime or lemon juice

Scale, gut and de-head the fish. Place on a flat surface skin-side up opening out the fish to lie as flat as possible then press down very firmly on the backbone the entire length of the fish with thumb or fingers. Then turn the fish over and ease out the backbone. If you want to leave the tail on for appearance cut the backbone out at the tail. Rinse the fish clean and dry with paper kitchen towel. Place in bowl season and oil.

Fry the onion/shallot and pine kernels in the remaining oil for 2-3 minutes until golden brown. Remove the pan from the heat and mix in the sultanas, lime/lemon juice, half the breadcrumbs and spinach, season and then stuff the mixture into the sardines.

Place these stuffed sardines on a baking tray and sprinkle with the remaining breadcrumbs. Bake in an oven, pre-heated to 220C/425F/Gas mark7, for 10 minutes or until a golden colour and well cooked through.



This recipe is designed with a spinach, sultana and pine nut stuffing but I much prefer to use spinach as an accompanying vegetable, rather than in the stuffing, and use slightly larger quantities of the other ingredients in the stuffing. It is said of the original recipe that this stuffing "will change your view of them (sardines) forever!" It did mine. It does well served with rice and a light white wine.