

Swimming with Sardines

By Kurt Ganapathy

FRESH, CANNED OR DRIED, THE HUMBLE SARDINE IS AN EVER-PRESENT FISH ON PLATES AROUND THE WORLD. BEING RICH IN VITAMINS, MINERALS AND OMEGA-3 FATTY ACIDS, THEY ARE OFTEN THOUGHT OF AS AN UNCOMPLICATED FORM OF SUSTENANCE, BUT SARDINES CAN HOLD THEIR OWN AS THE FOCAL POINT OF A DISH. AS CHEFS JOSE ALONSO AND PEPE MONCAYO SHOW US, SPAIN IS PERHAPS WHERE THE FISH REACH THEIR FULL POTENTIAL.

西班牙名厨配沙丁鱼料理

倘若你生活在大都市，而又是一个普普通通的上班族，付担不起昂贵的汽车贷款；那你每天早上搭公共交通工具时便会用以下我们要为你介绍的食材来形容公交车上的情况了——挤到像“沙丁鱼”一样。当然这次我们大老远从西班牙请来两位名厨不是教你如何挤上像沙丁鱼的公车而是教你如何让沙丁鱼变成美味的一餐。来自巴塞罗那的Pepe师傅做出来的料理口味层次分明且摆盘精致；来自拉里奥哈的Jose师傅，他的沙丁鱼料理就符合爱吃原汁原味的食客了。如果今早你又挤在沙丁鱼的公车上，那么就去找他们为你料理一道美味的沙丁鱼吧！志伟



For this recipe, Chef Jose Alonso from Binomio takes us to Malaga, on Spain's Mediterranean coast. While Chef Alonso is a native of La Rioja, Malaga is a place close to his heart; it's his wife's hometown. "All of Spain eats sardines, not only one area," says Chef Alonso. "And in the south, they grill it with charcoal." Benefiting from easier access to sardines fresh from the sea, very little needs to be done to embellish the fish. Grilling it locks in its flavours which are accentuated by the aromatic garlic and parsley sauce. Chef Alonso tells us that the philosophy is simple. "Sit on the beach with a big bottle of beer and sardines, and enjoy life."

sardine in “espeto” (skewered sardines)

By Chef Jose Alonso

30g	parsley leaves, minced
5	garlic cloves, peeled and minced
50ml	olive oil
2	sardines

- Mix the minced parsley leaves and minced garlic in a mixing bowl with the olive oil. Set aside the herb dressing. Skewer the sardines, with bamboo sticks, and char-grill on a pre-heated open flame grill for about 4 minutes on each side. Sprinkle the char-grilled sardines with the herb dressing and char-grill again for a few seconds. Serves 1



Nutritional Profile For Sardines

According to the George Mateljan Foundation for the World's Healthiest Foods, 90 grammes of sardines provides you with a substantial percentage of the recommended daily intake for a number of key nutrients:

calcium	34.6% DV
choline	16% DV
omega-3 fatty acids	55.8% DV
phosphorus	44.4% DV
protein	44.6% DV
selenium	68.3% DV
tryptophan	78.1% DV
vitamin B3	23.8% DV
vitamin B12	135.1% DV
vitamin D	43.7% DV

This corresponds with benefits to cardiovascular health (vitamin B12 and omega-3 fatty acids), bone health (vitamin D, phosphorus and vitamin B12) and, possibly, cancer prevention (vitamin D).



Char-grill ten-cm away from a prepared, hot, open flame charcoal grill.





Headng up to La Rioja, located inland in Spain's north, Chef Alonso's next recipe is a confluence of flavours of the sea and flavours of the land. La Rioja cuisine is known for its simplicity, with many dishes driven by its vegetables, and it is also famous for its distinct chorizo which is mild and made with more pork loin than those from other regions. The crispy brisa pasta, the runny egg yolk, the smoky, salty and succulent Riojan chorizo and fresh, simply prepared vegetables are perfect companions for the seared and baked sardine.

baked sardine with sautéed green beans & deep-fried brisa pasta

By Chef Jose Alonso

40ml	olive oil, divided
1	sardine, scaled, tripe removed and filleted
15g	chorizo, cubed
2	egg yolks
100g	brisas pasta
30g	green beans, trimmed and sautéed
5g	chopped chives

- Heat the olive oil in a sauté pan and sear the sardine fillet skin side down until lightly browned. Transfer the seared sardine fillet into a pre-heated oven at 180°C and bake for about 2 minutes. Keep warm.
 - Heat the remaining olive oil in a frying pan and confit the chorizo cubes until aromatic. Keep warm.
 - Wrap the egg yolks with the brisa pasta. Set aside. Heat a pot of cooking oil to smoking point and deep-fry the brisa pasta until golden browned.
 - Place the sautéed green beans onto the centre of a serving plate. Add in the deep-fried brisa pasta and top with the baked sardine fillet. Sprinkle with chopped chives and confit chorizo around the serving plate.
- Serves 1

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Again, simple flavours come together in great style with sardines con pan; the lightness of the vegetables, the briny caviar, and the fish, flavoured with vinegar and salt, complemented by the crunchy bread. "Basically, it's tomatoes, bread and sardines with modern presentation," says Chef Alonso.

sardine con pan (sardines with toasted bread)

By Chef Jose Alonso

700ml	water
300ml	vinegar
15g	salt
10	sardines, scaled, tripe removed and filleted (keep in ice water-bath for about 5 minutes)
	Olive oil, for marinating
10	bread slices, toasted

Herring Caviar

100g	herring caviar
50g	chopped chives
2	shallots, peeled and diced
1	(each) carrot and leek, peeled and diced

Tomato Purée

1kg	tomatoes, pulp removed
100ml	olive oil
10g	salt

- For the herring caviar: Mix the herring caviar with the chopped chives, diced shallots, diced carrots and leeks in a mixing bowl.
- For the tomato purée: Place the tomato pulp into a food processor and pulse into a purée. Strain the tomato purée to remove any excess water. Add in the olive oil and salt and mix well.
- Mix 700ml water, vinegar and salt in a saucepan. Add in the sardine fillets and set aside to brine for about 12 hours. Remove the brined sardine fillets from the vinegar solution and pat-dry with absorbent paper towels. Marinate the brined sardine fillets in a bowl of olive oil. Roll the olive oil-brined sardine fillets into cylindrical rolls and stuff with the herring caviar mixture.
- Place the sardine rolls onto each serving plate and top with the tomato purée. Add a piece of toasted bread on top and drizzle with olive oil. Serves 10



All of Spain eats

Sardines

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