

FILETS DE SARDINES GRILLEES, SON TARTINE AU BROCCIU ET SA SAUCE AUX TOMATES, AU SAFRAN ET AUX CAPRES

Chef James Drohman



Ingredients:

2 large sardines, fresh
Olive oil
1 lemon
4 slices country bread
1 cup brocciu (or substitute whole milk ricotta)
1 shallot
1 T red wine vinegar
2# ripe tomatoes
1 onion
1 small fennel bulb
3 cloves garlic
3 T olive oil
1/2 cup orange juice
2T red wine vinegar
2 T pastis
3 T brandy
1 c white wine
1 pinch red flaked chili
1 pinch saffron
2 T capers
Fennel top
2 T butter, cold

Directions:

- 1) For the brocciu: Drain the fresh cheese in a sieve lined with cheese cloth overnight to remove some of the moisture. Peel and chop the shallot finely. Mix the fresh cheese with the shallots, red vinegar and salt and pepper to taste.
- 2) For the sardines: Remove the filets from the two fish. Trim up the filets and remove the pin bones. Score the skin in a crosshatch pattern.

- 3) For the sauce: Peel, seed and dice the tomatoes (or simply remove the seeds and dice, according to your taste). Peel and dice the onion. Trim up and dice the fennel. Peel the garlic and slice finely.
- 4) In a large sauté pan, sauté the onion, garlic and fennel with a bit of olive oil until it begins to soften. Add the chili flake and diced tomato. Add the orange juice, vinegar, pastis and brandy and cook over high heat until almost dry. Add the white wine and reduce to a sauce consistency. Add the saffron, capers and chopped fennel tops. Return to a simmer and cook over very low heat while cooking the fish.
- 5) Salt and pepper the fish filets. Drizzle the filets with a little olive oil. Cook the fish: either sauté quickly until just cooked through and the skin is crispy, or grill over high heat.
- 6) While the fish is cooking, toast or grill the country bread. Spread each slice with brocciu. Finish with a grind of black pepper.
- 7) Finish the sauce with the butter. Spoon sauce in the middle of 4 plates. Put the bread with brocciu in the center of the sauce. Place a sardine filet on each slice of bread. Drizzle the sardine filet with a squeeze of lemon juice.

Note: Brocciu is a fresh sheep's milk cheese made in Corsica. The aromatic undergrowth eaten by the sheep's in the countryside of Corsica gives the cheese a characteristic herbal flavor.

