

**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

### Miele Accessories

Steam tray  
Universal tray

## **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.