



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Sardines Venetian style

Suggestions: rich in vitamin B2, B12, D, in omega-3 fatty acids, phosphorus, potassium, calcium, iron and selenium, this very tasty and inspiring dish has the flavour of the sea and the warmth of the sun, perfect for the sparky energy of Spring.

Instructions

olive oil



flour



sea salt



sardines

Fry in extra virgin olive oil some sardines that you have put in flour first. When they are nicely fried and getting a golden colour take them out of the saucepan and put them on some kitchen roll to drain the excess oil and salt them.



raisins



In another pan cook some finely sliced onions in extra virgin olive oil, add some raisins or sultanas that you have previously put in hot water to soak. Add some finely chopped lemon zest, salt and some lemon juice.

balsamic vinegar



saffron



Let it all cook for a while then grind some saffron in a mortar, add some hot water to it and after a while pour it in the saucepan. Let it cook at medium heat for a while and then add some balsamic vinegar. Let it cook until the sauce reduces and gets thick.

Add the sardines that you have fried earlier to the sauce and let them soak in it at very low heat for at least half an hour so that they will get the sweet and sour flavour. You can serve them either hot or cold as you prefer.



If you like this recipe, I would like to read your comments!
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