

## ***Stuffed Cornish Sardines (Sarade alla Beccafico)***

*This is a dish of butterflied sardines sandwiched with a breadcrumb, parsley and parmesan stuffing. The plump stuffed fish with their tails sticking out are said to resemble the beccafico, a little bird found in Italy that loves to eat figs (fico).*

Serves 4

### **Ingredients**

- 16 Sardines, Scaled and Butterflied (Ask us to do this for you)
- 100g Fresh Breadcrumbs
- 30g Flat Leaf Parsley
- 1 Garlic Clove
- 50g Freshly Grated Parmesan
- 1 Large Egg, beaten
- Salt and Pepper
- 75g Plain flour
- Good Olive oil

### **Method**

- Put the breadcrumbs, parsley and garlic in a food processor and process finely. Place in a bowl with the parmesan, egg and salt and pepper and mix well.
- Place a sardine in the palm of your hand skin-side down and put a tablespoon of breadcrumb stuffing in the centre. Flatten it out across the sardine without going right to the edges. Place another sardine on top and press it lightly to the stuffing. Repeat with the remaining sardines and stuffing.
- Place the flour in a bowl and season with a little salt and pepper. Lightly dust the stuffed sardines in flour.
- Heat some olive oil in a frying pan and fry the sardines for about 3 minutes on each side over a medium heat, until golden. Alternatively you can lay them on a greased tray, drizzle with olive oil and cook in an oven at 200c for 8-10 minutes.
- Best served with a simple dressed salad, toasted ciabatta and a glass or two of chilled Prosecco or other white such as Albariño.

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