



SARDINE PORRIDGE

INGREDIENTS (serves 4)

300 gr "Xerém" (maize porridge) medium grind
 16 medium sardines
 3dl olive oil
 3 garlic cloves
 1 bunch of oregano
 Fleur de sel, to taste
 200 gr onions
 500 gr ripe tomatoes

PREPARATION

Preparation of the tomato fritata: Dice the onions, and place in a frying pan with 1dl of olive oil. When the onions are golden, add the minced ripe tomatoes, without the skins and seeds, and cook slowly to enhance the flavour, for 40 minutes. Rectify the salt seasoning.

Preparation of the sardines: Scale and fillet the sardines. Season the fillets with fleur de sel and set aside. Clean the sardine bones and open the heads, season with salt and dip in the "xerém" that is left over from the porridge, so that they are coated. Fry in hot olive oil, and place on absorbent paper to remove any excess grease. Place the sardine guts in a pot, with the crushed garlic cloves, the oregano and the olive oil and cook in very low heat, in order for them to cook and infuse the olive oil. Strain, in order to filter the aromatized olive oil.

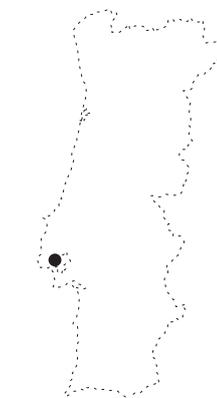
Preparation of the porridge: Mix 200 gr of "xerém" with 1l of water and place it on the heat. Add a drizzle of infused olive oil and salt, and keep stirring to prevent the formation of lumps. The cooking time is approximately 20 to 30 minutes, depending on the grinding of the corn. After the porridge is cooked, place the tomato fritata on top, and add the sardine fillets so that they cook with the heat from the porridge.

Serve the porridge with the fillets and the crunchy fried fishbones and heads.

CHEF **BERTÍLIO GOMES**
 PLACE **CHAPITÔ À MESA**
 REGION **LISBOA**

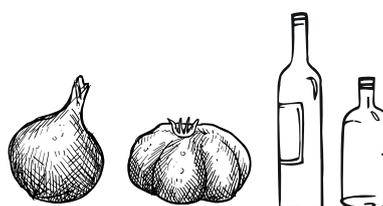
Recipe inspired on the teachings of
MATILDE ROMÃO

OLIVE OIL **OLIVAL DOS ARRIFES**
 WINE **ESPORÃO RESERVA WHITE 2014**



Madeira

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