

Episode #16

Sarde Impanate, Patate Prezzemolate con Salsa di Porro (Boneless Breaded Sardines, Potatoes with Parsley and Leek Sauce)

(Serves 4)

Ingredients:

16	sardines, bone removed and butterfly
5 med.	potatoes, boiled with peel
3+5 Tbsp.	Evo
1 small	leek; cleaned, trimmed and finely sliced (<i>light green portion only</i>)
1 med.	potato, peeled and cut in small cubes
4 Tbsp.	parsley chopped
	Salt and pepper
2 whole	eggs
4 Tbsp.	flour
2 cups or 320 gr.	dry bread crumbs
	Vegetable oil to fry

Method:

1. In sauce pan over medium high heat add 3 tablespoons of **Evo** and the sliced leeks.
2. Cook for 5 minutes until they become translucent, then add the cubed potatoes and a cup of water. Simmer until the potatoes begin to breakdown. Purée with a hand blender, add salt and pepper to taste
3. In a bowl combine egg and flour, mix well to create a light batter. Dip the sardines in egg mix and dredge in bread crumbs.
4. Cut the boiled potatoes in cubes, place in a bowl and season with parsley and olive oil. Season with salt and pepper.
5. Heat vegetable oil to **325° F** and fry the breaded sardines until golden.
6. **To Serve:** Place the potato salad in the centre of the plate and place Sardines on top. Drizzle leek sauce on top before serving.

EVOO = Extra Virgin Olive Oil

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