



Sardines on a skewer

Even a thousand years ago, or even two thousand, people came on to roast sardines on skewers, espetones. Along the boardwalk, you can see how restaurants grill sardines on skewers. The fishermen used the sand and placed the skewers to windward - upwind – so that the smoke would not flavor the fish.

If you do not have a fire you can use your grill:

- Cut off the tail and cut open the abdomen, clean inside Sardinia and rinse
- Add sardines in a casserole dish. Salt and pepper. Sprinkle with thyme, rosemary, bay leaves and pour over the olive oil.
- Let marinate for a few hours in the fridge.
- Turn on the grill in the oven
- Fortify sardines on a barbecue stick and put the dish in the oven for about 10 minutes

Ready to eat.

You can use olive oil by adding a little sherry vinegar and cherry tomatoes cut into wedges. Put this on sardines and you have a lovely dish.

Bon appetite

Pernilla