

Recipe of "Pickled Sardines"

It is an old Venetian recipe mainly dictated by the need to preserve food during long periods at the sea for sailors and fishermen.

Ingredients:

500 gr. Fresh sardines

700 gr. White onions

100 ml white vinegar

100 ml dry white wine

Some Pine nuts and raisins

10 gr. Sugar

Flour, vegetables oil, salt, pepper

Preparation:

Cut onions into strips, pour into a saucepan and brown them in vegetables oil, add salt and pepper and vinegar, white wine and sugar, keeping a flame going until it evaporates. Once they are cooked, add the raisins and pine nuts.

Wash and clean the sardines very well, taking care to leave the tail attached. Flour them and fry in abundant vegetables oil. Once fried and drained, place the sardines in a terracotta bowl, alternating them with layers of onion, raisin and pine nut mixture.

The dish is ready, but in order to fully savour this ancient recipe, it is recommended to let it marinate for at least one day before serving.