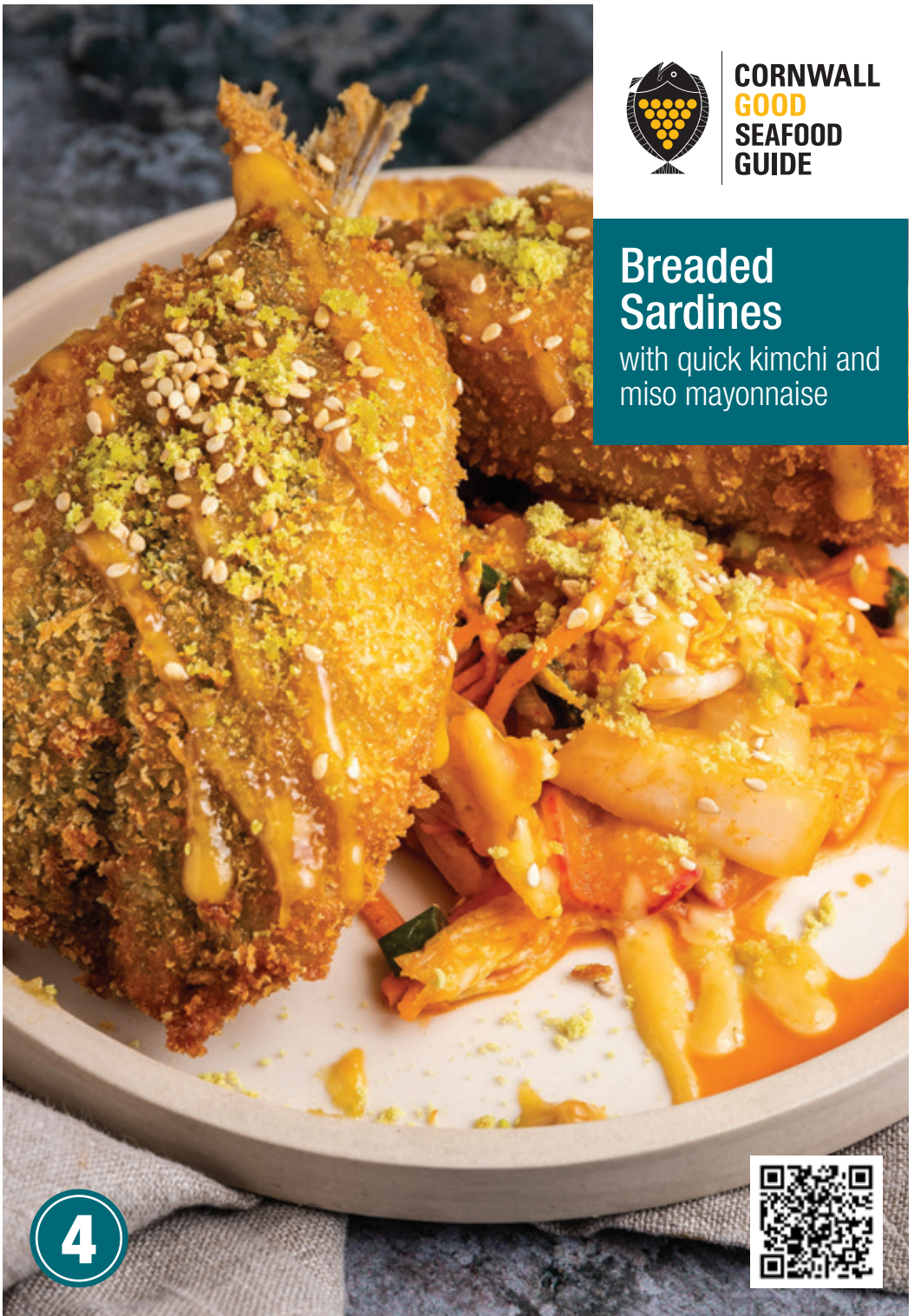




CORNWALL
GOOD
SEAFOOD
GUIDE

Breaded Sardines

with quick kimchi and
miso mayonnaise



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Andy Lowe Verdant Seafood Bar, Falmouth 2020



Cornish sardines are not just a summertime dish, they are caught from August to January and are very good for you as well as being sustainably caught. This delicious recipe is perfect for cooler autumn and winter days and pairs breaded butterfly-filleted sardines with kimchi (spicy Korean pickled cabbage) and miso mayonnaise.

If you prefer not to bread the sardines they are also great grilled or barbecued. The recipe can be doubled for a main or would make a great filling for a roll. And it goes exceptionally well with a craft ale from Verdant brewery.



Breaded Sardines

with quick kimchi and miso mayonnaise

Ingredients

Preparation time: 30 minutes

Cooking time: 5 minutes

Serves: four

- 12 butterflied sardines
- 2 eggs
- 100g plain flour
- 100g panko breadcrumbs
- 1 Chinese cabbage
- 1 tbsp salt
- 1 carrot, peeled and sliced into matchsticks
- 4 spring onions, finely chopped
- 8 radishes, finely sliced
- 4 cloves garlic
- 50g grated ginger
- 2 tbsp fish sauce
- 2 tbsp gochujang paste or 1 tbsp gochugaru chilli flakes
- 1 tbsp caster sugar
- 3 tbsp vinegar
- 200g mayonnaise
- 1 tbsp white miso paste

Method

Quarter, core and shred the cabbage. Sprinkle over the salt.

Place the ginger, garlic, chilli paste/flakes, fish sauce, sugar and vinegar in a blender, or pestle and mortar.

Blend or mix to a smooth paste.

Add to the cabbage along with the spring onions, carrot and radish. Mix all together.

Stir miso paste into the mayonnaise.

Place flour, panko breadcrumbs and beaten egg in separate bowls.

Dust the sardine with the flour then place into egg, then breadcrumbs.

Place on a tray, keeping the sardines separate. Heat oil in a saucepan or deep fryer to 180°C and fry the sardines a minute each side. Alternatively, these can be pan fried in a small amount of oil, or if not breaded grill at a high heat for one minute each side.

Place a pile of kimchi in the centre of 4 plates, top each pile with 3 sardines and drizzle with miso mayonnaise.

Follow the QR code overleaf to find out more about Cornish Sardines

Cornwall Good Seafood Guide is a website that aims to help us all make good seafood choices, by providing detailed sustainability information on all of Cornwall's seafood.

www.cornwallgoodseafoodguide.org.uk

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