

## **Sardines on toast with a fresh tomato sauce (serves 6)**

6 slices of white bread  
12 fresh medium sized sardines, filleted  
1 recipe tapenade (see below)  
1 recipe tomato compote (see below)  
250g unsalted butter  
Picked flat leaf parsley

### Tapenade

250g good black olives, stoned  
50g anchovies  
25g capers, drained  
1 clove garlic, peeled  
2 tbsp olive oil

1. Place all the ingredients, apart from the olive oil, into the blender. Blend for about five minutes then add the oil
2. Decant into small clean jars with screw-on lids and store in the fridge. It will keep for up to three months.

### Tomato Compôte

4 large shallots, very finely chopped  
Olive oil  
200ml white wine vinegar  
1 tin chopped tomatoes  
2tbsp tomato puree  
400ml tomato juice  
1tbsp sugar  
Salt and pepper

1. Reduce the shallots, olive oil and white wine vinegar to a couple of teaspoons of liquid.
2. Add the chopped tomatoes, tomato puree, tomato juice and sugar and reduce the mixture by half.
3. Add salt and pepper to taste.

### Recipe

1. Melt 150g of the butter in a frying pan and gently fry the bread until golden then remove from the pan onto kitchen paper and set aside to keep warm.
2. Meanwhile, heat up the tomato compote and grill the sardine fillets.
3. To serve; place the bread croutons on six warmed plates and spread with a thin layer of tapenade then top with a spoonful of warm tomato compote and lay two sardine fillets on top of each crouton. Finish with a squeeze of lemon and garnish with the parsley leaves.