Kitchen | GREAT ITALIAN CHEFS

Chefs

How to Cook → Features

20

Competitions

VISIT OUR SHOP

Join our club / Members Area

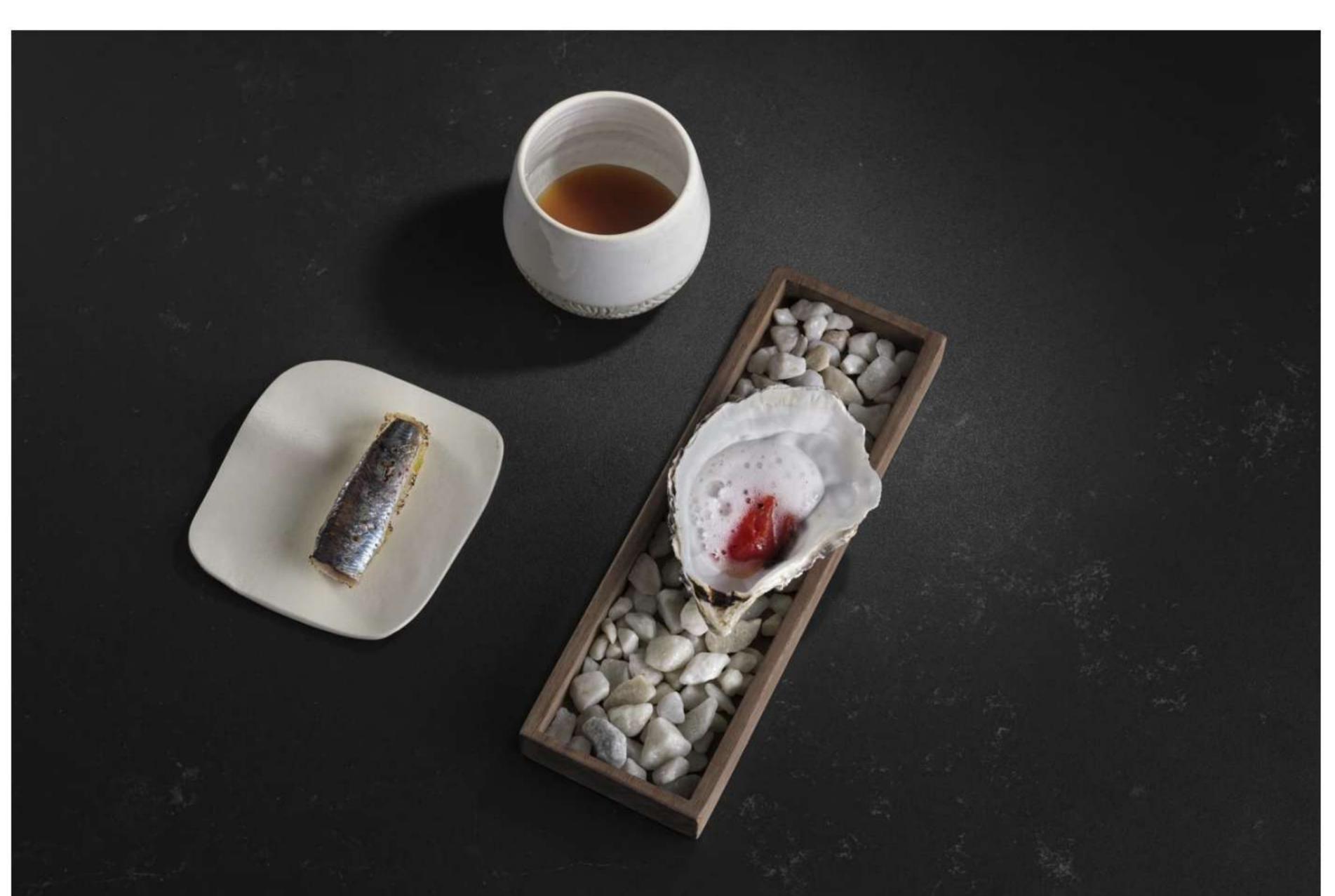
Search

Register

Sign in

Moraga de sardina

by Dani Carnero



Side Medium 4 0 2 hours 30 minutes

In this recipe from Dani Carnero, fresh sardines are cooked on

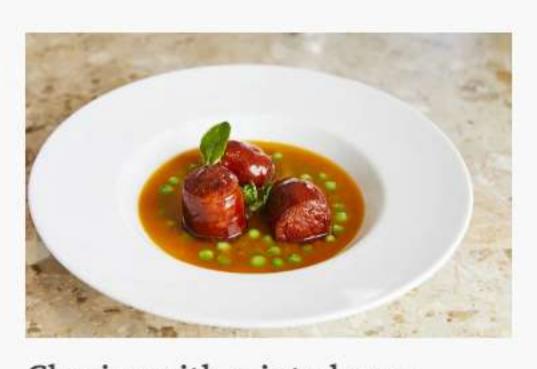
Spanish pan de aceite, and served with a side of sweet <u>onion</u> broth, macerated tomatoes and an <u>oyster</u> water foam. This recipe tastes best cooked over an open fire, but can also be replicated using a grill.

First published in 2023

DISCOVER MORE:

Sardine Recipes	Onion Recipes
Oyster Recipes	Tomato Recipes

SHARE RECIPE:



Chorizo with minted peas

by Angel Zapata Martin



Ensaladilla rusa

<u>by Angel Zapata Martin</u>



Related Recipes

Patatas Bravísimas

<u>by Angel Zapata Martin</u>



Bacalao a la Riojana with crispy garlic

by José Pizarro



Spicy gazpacho

by Agnar Sverrisson

Ingredients



METRIC IMPERIAL

ONION BROTH

1kg onion, peeled and left whole

500ml of water

salt, to taste

50g of cane sugar

ESPUMA

4 tinned plum tomatoes

1 pinch of juniper berries

olive oil

500ml of oyster water

2 gelatine leaves, bloomed in water

coriander leaves, torn up

SARDINES

whole sardines, very fresh
white bread, preferably pan de aceite,

Spanish olive oil bread

○ SAVE RECIPE

□ PRINT RECIPE

Equipment

Siphon bottle or cream whipper

Method

1 Char the onions over a gas flame until blackened. Add them to a pan with the remaining onion broth ingredients. Simmer the broth very gently for 2 hours

1kg onion, peeled and left whole 500ml of water

salt, to taste

50g of cane sugar

While the onion broth cooks, macerate the tinned plum tomatoes for 1 hour with some juniper berries and enough olive oil to cover

4 tinned plum tomatoes

1 pinch of juniper berries

olive oil

3 Add the gelatine leaves to the oyster water, and warm it very gently until the gelatine dissolves. Add this liquid to the siphon

500ml of oyster water

2 gelatine leaves, bloomed in water

2 geratine reaves, proonted in water

sardine fillets

Gut and fillet the sardines, and cut the pan de aceite into slices the size of the

whole sardines, very fresh
white bread, preferably pan de aceite, Spanish olive oil bread

are cooked through

To serve, plate up the sardine and toasted bread, and place the onion broth in a

5 Lay the sardines on top of the bread and cook in a pan gently until the sardines

small bowl. Add some of the marinated tomato into an oyster shell and garnish with the coriander. Finish with some of the oyster water from the siphon

coriander leaves, torn up



In association with



f

Follow foods & wines from Spain

In association with FWS | Foods and Wines from Spain # alimentos despair



Dani Carnero

Spain's greatest kitchens, including under Ferran Adrià at El Bulli and has since gone on to open a number of restaurants of his own in Málaga, including the Michelin-starred Kaleja. There, he aims to showcase the traditional cookery style of Málaga, using the exquisite local produce to do so.

Dani Carnero began his career working in some of

