

# Grilled Fresh Sardines

with Preserved Lemon Salsa Verde

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## INGREDIENTS

### For the Sardines

16 to 24 fresh sardines,  
scaled and gutted  
Extra virgin olive oil  
Sea salt

### TIP

If you can't find preserved lemons (available at specialty food stores), use the zest of three regular lemons. The sardines can also be cooked under the broiler or in a very hot oven.

### For the Salsa Verde

1 preserved lemon, seeds removed,  
finely chopped  
1/2 cup parsley, chopped  
2 tablespoons mint, chopped  
1/4 cup shallots, chopped  
1 clove garlic, chopped finely  
1 tablespoon capers, chopped  
1 teaspoon white wine or  
champagne vinegar  
1 cup extra virgin olive oil

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### PREPARATION

1. Combine all ingredients for salsa verde.
2. Season the sardines with a bit of extra virgin olive oil and a sprinkling of coarse sea salt.
3. Heat the grill until the coals are gray and the grill is quite hot. Lay the sardines out and grill quickly on each side, about one minute or so. They should pull away from the grill easily, and the flesh should be firm to the touch when done.
4. Remove the sardines from the grill and arrange them on a platter. Spoon salsa verde over each fish. Serve with a crisp spicy salad, such as arugula or watercress, simply dressed. A crisp white wine completes the package.

Serves 4.



*Did You  
Know?*

**More than half the U.S. population lives  
within 50 miles of the coastline.**