How to Make Delicious Grilled Portuguese Sardines by James Blee

Article published on January 18th 2012 | Food

Sardines are a delicious mouth watering cuisine that probably needs no special introduction. These are prepared and consumed nowadays in almost ninety percent of the countries around the world but the dish originated from Portugal years ago in the late seventeenth century. Using these items, several tasty dishes can be prepared which makes them highly preferable. Furthermore, these are real simple to prepare and even a kitchen novice can manage to get them cooked without much problem.

In case you have not tasted it, its time you get on with your kitchen aprons. For the starters, here is the recipe for preparing grilled portugese sardines, a dish that is surely going to drive you crazy and indulge you in retrying the recipe again and again in the years to follow.

Ingredients- The main ingredients that you will need to prepare this item include fresh/canned sardines- 1kg, olive oil- 250ml, crushed garlic- 10 flakes and tomato ketchup- 250ml. For people operating with a limited, refined or salad oil can also be used instead of the more expensive olive oil.

Preparation- First, take out the fishes from the cans and wash them thoroughly in a proper manner. Remove the fins, head and entrails of the fishes carefully. Again, wash the residual fishes and get them rinsed with salt. Pour a little oil in a saucepan or a pressure cooker and heat the oil. When the oil gets heated up, add the garlic paste and tomato ketchup to the oil. Next, add a couple of cups of water and stir it till all the ingredients are properly blended and a uniform mixture is formed.

Oil the fish, add garlic cloves to the heated mixture and cook it in a pressure for an hour. After cooking, serve hot with tomato ketchup and a couple of teaspoons of vinegar.

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Article Keywords:
Sardines, Portuguese Sardines

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