



Nov. 3, Mon. 2014

Authentic Japanese Cooking

Kabayaki-style Sardines



Seafood

Difficulty



Ingredients (Serves 3~4)

3 large fresh sardines
1 *naganegi* (Japanese long onion)
1 1/2 tbsps vegetable oil
flour, for dusting

Kabayaki sauce:

30 ml sake
50 ml soy sauce
50 ml *mirin*
1 tbsp juice from grated ginger

powdered *sansho* pepper

Directions



1. Remove the sardines' heads and the hard parts from their undersides, then remove their innards and rinse clean with salt water (about as salty as sea water). Rinse 2–3 times, then blot dry.



2. Open the sardines by hand. Slide your thumb in along the backbone, then move it left and right to spread the sardine open. Work slowly and carefully to remove the bones and prevent them from sticking in the meat as you break the joints.



3. Use a knife to remove the bone along the fish's belly, as well as the dorsal (top) fin.



4. Mix the **Kabayaki** sauce ingredients in a tray, then let the sardines rest in the sauce for 15 minutes.



5. Make small cuts into the **naganegi** onion, then cut it into 4 cm-long pieces.



6. Drain the sardines, but reserve the **Kabayaki** sauce for later. Lightly dredge the sardines in flour.



7. Heat the vegetable oil in a frying pan, then place the sardines in to fry, making sure to place them meat-side-down. Add the **naganegi** onion and fry until browned.



8. Turn the sardines over and fry lightly. Repeatedly spoon the **Kabayaki** sauce over top to coat, and cook until it develops a shiny finish.



9. Cut the sardines in half. Arrange on a long plate, adding the naganegi onions, then spoon on **Kabayaki** sauce and add powdered sansho pepper.

Tips

It's best to select big sardines, because they're easier to work with. When spreading open the sardines, be sure to firmly slide your thumb deep enough into the meat along the backbone.

Take care not to let the **Kabayaki** sauce burn while coating the sardines — it burns very easily!



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