

## Barbecued Sardines with Summer Herb Sauce

Fresh sardine season is around the corner. Here's a recipe you can prepare ahead of time and pop on the barbecue at the last minute. Delia Smith's cookbook, *Delia's Summer Collection*.

— Mia Stainsby

2 pounds (900 g) fresh sardines (about 12)

6 ounces (175 g) fresh sorrel leaves, stalks removed, washed, dried

2 tablespoons olive oil

Salt and freshly ground black pepper

### **Sauce:**

3 shallots, finely chopped

1 large garlic clove, finely chopped

3 tablespoons (45 mL) cider vinegar

2 tablespoons (30 mL) balsamic vinegar

1 tablespoon (15 mL) snipped fresh chives



1 tablespoon (15 mL) chopped fresh tarragon

1 tablespoon (15 mL) chopped fresh basil

1 tablespoon (15 mL) fresh flat-leaf parsley or chervil

Salt and freshly ground black pepper

**Sardines:** With small kitchen scissors, cut open bellies, remove innards; wipe inside and out with paper towel.

Chop sorrel leaves finely, then season and use three-quarters of them to stuff inside fish bel-

lies. Sprinkle oil over the fish and rub in to coat.

**Sauce:** Place remaining sorrel leaves along with other herbs, shallots and garlic in bowl and add five tablespoons boiling water followed by the vinegars. Stir well; season with salt and pepper.

Cook sardines (placed in hand-held, two-sided screen) on barbecue grill on medium for two minutes on each side. Serve with the sauce.

*Makes 4 servings*