



**RECIPE OF THE WEEK: 06/02/2023**

**Sardelles Ladorigani Sto Fournio  
(Baked Sardines with Oregano)**

This is an easy, beautiful, traditional recipe for baked sardines with oregano, olive oil and fresh parsley. You may follow the same method to bake whitebait or fresh anchovies.

**Ingredients**

**(Serves 4)**

1kg sardines, whitebait or fresh anchovies  
3-4 garlic cloves, finely sliced  
3 tbsp fresh flat-leaf parsley, finely chopped  
90ml extra virgin olive oil  
175ml dry white wine  
2 tbsp white wine vinegar or juice of 1 lemon  
1 tsp smoked paprika  
1 tbsp dried oregano or 2 tbsp fresh oregano, finely chopped  
sea salt and freshly ground black pepper



**To Serve**

125ml extra-virgin olive oil  
a small bunch of fresh flat-leaf parsley, finely chopped  
lemon wedges

**Method**

1. Pre-heat the oven to 180°C/160°C fan/gas 4.
2. Using a small, sharp knife remove the scales of the sardines and cut off their heads by cutting diagonally through their necks. Open the fish on its side from the head to the tail and remove the guts and the spine. Place them in a colander and wash them under cold running water. Allow them to drain thoroughly.
3. In a shallow baking dish, place the sardines next to each other in rows. Evenly distribute the garlic and parsley on top of them.
4. Mix the olive oil, wine, vinegar or lemon juice, smoked paprika, oregano and seasoning in a bowl and pour over the sardines.
5. Bake in the pre-heated oven for 20-25 minutes. Transfer from the oven and sprinkle the fish with fresh flat-leaf parsley. Serve hot or cold with lemon wedges.