



## **Marinated Sardines in Santa Lucía olive oil sauce and Telde oranges, by chefs Jenisse Ferrari and Mario Rodríguez Ureña**

### ***INGREDIENTS***

#### **For the marinated sardines**

*100 gramos sea salt*  
*1 lime*  
*1 lemon*  
*1 orange*  
*Olive oil*  
*Organic herb leaves*

#### **For the olive oil sauce**

*Olives*  
*Xanthan gum*

#### **To set up the dish**

*Orange segments*  
*Organic herb leaves*  
*Marinated sardines*  
*Olive juice*  
*Salt flakes*

### **COOKING METHOD**

- 1.- Clean the innards of the sardines with salt water and ice so the blood can be drawn out.
- 2.- Fillet the sardines, take out the bones and store.
- 3.- Chop up all the citric fruits and add salt.
- 4.- Marinade the fillets and cover them with the salt and citric fruits for between an hour and an hour and a half, depending on their size.

- 5.- De-salt the fillets in water and place in olive oil aromatized with organic herb leaves and citric fruit skins.
- 6.- Blend the olives on a slow speed to draw out the bones.
- 7.- Take out all the bones and blend the olive mix to make as thin a puré as possible.
- 8.- Filter the puré with a superbag to draw out all its juice
- 9.- Mix the juice with xanthan gum in a proportion of 0.2 gr for every 100 ml of juice.
- 10.- Store in a cool place and allow to settle.
- 11- Cover the bottom of the dish with the juice.
- 12.- Take out the oil aromatized fillets and place them over the olive juice.
- 13.- Place an orange segment over each fillet and place an organic herb leaf and a salt flake on the top.