




MAS LA CHEVALIÈRE
SUD DE LA FRANCE

Toasts topped with stewed tomatoes and sardines

Serves 4

4 thick slices of good bread
8 large tomatoes
4 sardines (or 8 marinated anchovies)
1 clove of garlic
2 tablespoons olive oil
1 tablespoon fresh thyme
fleur de sel / freshly ground pepper
½ lime

Peel, de-seed and dice the tomatoes.

Heat 1 tablespoon of olive oil in a saucepan then add tomatoes. Cook over low heat until the tomatoes become a purée. Take off the heat and stir in some salt and freshly ground pepper.

Remove the scales from the sardines and then fillet each fish. Place the fillets on a plate in a single layer and pour over the rest of the olive oil and sprinkle with the fresh thyme. Add a squeeze of lime juice over the fillets 5 MINUTES BEFORE SERVING.

Toast the bread on both sides then rub one side lightly with the garlic clove.

Divide the tomato sauce over the bread slices, top with the sardine or anchovy fillets and finish with a touch of black pepper and 'fleur de sel'.
You may wish to add a final touch of fresh herbs.

Variation: Top the tomato sauce base with finely sliced Parma style ham and parmesan.

Accompany this dish with a Rosé de la Chevalière

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