

Tipsy Sardines

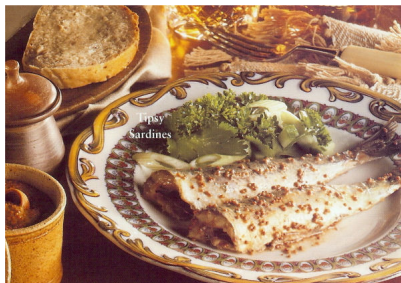
Serves 4

8 sardines, fresh or defrosted, cleaned and heads removed

45ml (3 tablespoons) whisky or brandy

3 x 15ml spoons (3 tablespoons) wholegrain mustard

salt and black pepper



Preheat grill.

1. Mix together the whisky and mustard. Brush over the sardines and season.
2. Cook under a medium grill for 8-10 minutes, turning once, basting with any remaining mustard mixture as necessary.
3. Serve with a salad and brown bread and butter.