



Anchovies in Vinegar with Chilli and Castaño Garlic.



DIFFICULTY
LOW



CUISINE
MEDITERRANEA



SERVES
4



TYPE OF DISH
STARTER



PREPARATION TIME
30 MINUTES



TYPE OF GARLIC
CASTAÑO

Ingredients

- 4 Cloves of Big Garlic Castaño Garlic
- 150g Anchovies in Vinegar
- 2 Fresh Red Chillies
- Salt
- Parsley
- Extra Virgin Olive Oil

Step by Step



1. Peel the garlic cloves and cut into long strips.
2. Finely slice the chillies.
3. Chop the parsley leaves.
4. Add a splash of olive oil to a pan over a medium heat and, when hot, add the chilli and the garlic. Once the garlic begins to brown, remove from the heat.



FINISHING THE DISH:

5. Arrange the anchovies on a flat plate or serving dish in different shapes: rolled up, laid out flat, bunched together, etc.
6. On top of each anchovy, add the strips of garlic and slices of chilli. Dress with the remaining oil.
7. Finally, sprinkle the chopped parsley over the dish and voilà!



CHEF'S TIPS Miguel Ángel Mateos:

- You can either use anchovies in vinegar or alternatively, prepare them yourself at home. In order to do this, get hold of fresh anchovies, which you will then need to scale and gut. Once thoroughly cleaned, rinse the anchovies gently under cold water, pat them dry one by one using kitchen towel, transfer to a container and place in the freezer for at least 72 hours, to prevent anisakis contamination. Once this time is up, leave the anchovies to thaw, lay them out and cover with vinegar or a solution of 1 part vinegar to 3 parts water. Leave to rest for 40 minutes and then drain.
- For a twist on the traditional taste of anchovies, dress the fish with the zest and juice of a lime to add a fresh kick to the dish.