

RESTAURANT LE SPINAKER
LE GRAU DU ROI PORT CAMARGUE
JEAN – PIERRE CAZALS



CHIEF'S SECRETS



'MARINATED SARDINES ...'

Ingredients for 6 people Marinade concombre

Marinade cucumber

Cucumber

3 pièces

White balsamic vinegar

100 gr.

Powdered sugar

8 gr.

Marinade sardines

Sardines fillets

18 fillets

Yusu juice

100 gr.

Olive oil

250 gr.

6 slices bread

Some tarragon leaves

Fleur de Sel de Camargue PM

Pepper PM

Marinate sardine fillets Yusu juice and olive oil.

Peel and cut the cucumber into thin strips.

Season with salt, pepper and Espelette pepper, tarragon leaves crushed and marinade white balsamic vinegar and sugar.

Finely Cut 6 slices of bread and bake in 2 plates for 12 minutes at 180°C.

Arrange the marinated sardines well (fleur de sel de Camargue and pepper) on toast bread.

Serve chilled.

LE SPINAKER

Pointe du Môle - 30240 LE GRAU DU ROI - PORT CAMARGUE

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