



## Fast Sardine Olive Oil Rillettes

Serves 8-10 as an appetizer with bread, crackers or crudite'

Rillettes are a traditional French dish featuring fatty pork or other meats plus generous amounts of added fat and salt—the perfect mix for storage of meats when refrigeration didn't exist. In this version, savory sardines balance tangy mustard which is rounded out by olive oil for a lighter rillettes version.

Rillettes are most often served on slices of baguettes, but this version also looks and tastes refreshing on slices of cucumbers or scooped endive “spoons” or as topping for a tartine.

### Ingredients

7-8 ounces (typically two tins) boneless, skinless sardines in olive oil

½ teaspoon red chili flakes

3 tablespoons extra virgin olive oil

2-3 tablespoons whole grain mustard (or mild mustard of choice—whole grain adds texture)

10 cornichons (1 ½ ounces), diced fine or chopped into similar size pieces

Optional: 2 tablespoons finely chopped red onion

### Steps:

1. Lift the sardines directly from the can into a medium-sized mixing bowl.
2. Add the chili flakes, olive oil and mustard. Mash ingredients with a fork until sardines have a uniform, flakey consistency.
3. Fine dice (fancy) or fine chop (try for similar size pieces) the cornichons, add to the bowl with any other optional ingredients and stir into the mixture.
4. Serve immediately or chill in refrigerator until serving. To store for up to 5 days, press surface flat and pour enough olive oil to cover completely or cover with plastic wrap and press into surface.

### Serving options and other uses:

Serve in a bowl or pour into a ring mold, refrigerate then serve unmolded or serve as a dip, sandwich spread or add to pasta, lentils or beans.