

FRIED SARDINES



WHAT YOU NEED

sardines



salt



flour



oil



serving dish



frying pan



Clean the sardines in cold running water, removing the scales.

Season and flour the sardines.

Fry a few at a time, with plenty of oil.

Fry for 2 to 4 minutes.

DATE	FESTIVAL	PLACE
2nd June	Sardine fair	Las Barzanas, Carstillón
August	Sardine Festival	Avilés
1st August	Sardine Festival	Candas
15th August	Sardine Festival	Gazón