

experience

CREATION

Sardines and Toast

Paired with Creation Chardonnay

Tinned sardines, rosemary, baby spinach, sorrel and
toasted Cape seed loaf



Bright acidity and saline minerality against the
richness of the fish.

SERVES

4

NOURISHING NOSTALGIA · HERITAGE MENU



CREATION

YOU'LL NEED

Oven · mini loaf tins · mixing bowl · whisk · deep-frying pot & thermometer · sharp knife · mandoline · citrus juicer

For the plate

2 tins Woolworths sardines in olive oil, well drained	4 Woolworths limes, 2 zested, all 4 juiced (for the pickle), with 4 neat cheeks reserved
10 g fresh rosemary	1 sheet Woolworths nori, crumbled
60 g Woolworths baby spinach	2 ripe Woolworths avocados
1 Woolworths kohlrabi, peeled	60 ml Woolworths avocado oil
Maldon Salt, to taste	60 ml Creation Estate Chardonnay
8 baby sorrel leaves	40 g Woolworths capers, drained washed and dried
8 chervil sprigs	Woolworths sunflower oil, for deep-frying
8 small Woolworths basil leaves	4 slices toasted gluten-free Cape seed loaf (recipe below)

For the gluten-free Cape seed loaf

746 g Woolworths gluten-free all-purpose flour	80 g Woolworths sesame seeds
106 g Woolworths coconut sugar	80 g Woolworths pumpkin seeds
5 ml Maldon Salt	80 g Woolworths gluten-free oats
30 g Woolworths instant dry yeast	110 ml Woolworths olive oil
80 g Woolworths poppy seeds	852 ml water

Method

- Bake the seed loaf:* Preheat the oven to 180°C. Mix all the dry ingredients, then add the olive oil and water and combine to a thick, waffle-batter consistency. Spoon into mini loaf tins, filling each halfway. Prove in a warm spot until almost doubled in size, then bake for 35 minutes. Cool for 5 minutes before turning out.
- Make the pickle:* Zest 2 of the limes (reserve for garnish) then squeeze all 4 limes and pour the juice over the finely sliced kohlrabi. Leave to infuse.
- Prepare the dressing:* Whisk the Chardonnay and avocado oil together with a pinch of Maldon Salt until emulsified.
- Fry the capers:* Pat the capers completely dry, then deep-fry at 180°C for 30–45 seconds until they burst open and crisp. Drain well.
- Prepare the sardines:* Drain the tinned sardines and gently pat off excess oil, keeping the fillets whole.
- Finish the garnishes:* Slice the avocado. Crumble the nori into fine flakes. Toast the seed loaf slices until golden.
- Plate:* On a textured plate, set the sardine and pickled elements as a compact, off-centre cluster over a little avocado. Scatter with sorrel, chervil and basil, lime zest, nori flakes, rosemary and the fried capers. Drizzle with the Chardonnay-avocado. Serve toast slices alongside, on the heart-shaped wooden board.