

Seafood
Sardine Soufflé on Bond Toast
Yield: 4 toasts

An interesting and sophisticated variant on traditional sardines on toast.

1 can (about 4 ounces) sardines in olive oil*
4 slices of conforming Bond bread (see e.g. Three Flour Bread recipe, page 59)
1 egg white, omega-3
ground black pepper, to taste
ground paprika, to taste

1. Drain the sardines and remove the backbones. Crush sardines with a fork. Set aside.
2. Lightly toast (in toaster) 4 slices of bread. Arrange them on the oven grill shelf.
3. Beat the egg white with an electric hand-mixer in a small mixing bowl to a stiff consistency.
4. Mix the egg white carefully into the sardines. Pepper to taste.
5. Spread the sardine mix uniformly on the bread slices, making sure to cover the edges.
6. Grill for around 10 minutes, or until the top is golden brown.
7. Sprinkle with ground paprika to taste and serve immediately.

* The sardines in oil can be replaced by mackerel or sardines in tomato sauce.