

2 3 3/4 ounce cans sardines
packed in olive oil, drained

2 1/2 ounces cream cheese

2 shallots, minced

2 scallions, white and light green
parts only, halved lengthwise and
thinly sliced

Juice of 2 limes or 1 lemon

2-3 tablespoons minced fresh herbs,
such as chives, cilantro, parsley,
and/or dill

Pinch of cayenne

Salt and freshly ground pepper to
taste

Sardine Rillettes

Usually when you think of rillettes, you think about a rich, salty spread made from pork, goose or duck slowly cooked in its own fat. This rillettes substitutes sardines, combined with shallots, herbs and cream cheese. You can use skinless, boneless sardine fillets, but if you bone them yourself and leave the skin on, they are more flavorful.



If you've chosen sardines that have not been boned, use a paring knife to cut them open down the belly and back and separate the fish into 2 fillets. Lift away the bones and, if there is a little bit of tail still attached to the fish, cut it off.

Put the cream cheese in a medium bowl and, using a rubber spatula, work it until it is smooth. Add everything else except the sardines—holding back some of the lime or lemon juice until the rillettes are blended—and mix with the spatula. Add the sardines to the bowl, switch to a fork, and mash and stir the sardines into the mixture. Taste for seasoning, adding more juice, salt, and/or pepper, if you'd like.

Scrape the rillettes into a bowl and cover, pressing a piece of plastic wrap against the surface. Chill for at least 2 hours, or for as long as overnight.

Serve the rillettes in a bowl surrounded by toasted country bread or crackers (they are perfect with Triscuits), or use as a stuffing for cherry tomatoes or hardboiled eggs.

