

# Italian Sardine and Artichoke Casserole

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## Ingredients:

1  $\frac{3}{4}$  lb of fresh sardines.  
6 artichokes.  
1 lemon, juiced.  
2 tablespoons of parsley, finely chopped.  
Salt and freshly-ground black pepper, to taste.  
Extra virgin olive oil.  
 $\frac{1}{4}$  cup of breadcrumbs.

## Directions:

Preheat your oven to 350°F (180°C).

Clean the sardines, removing their heads but leaving the fillets connected. Rinse the insides and set aside.

Remove the leaves and choke from artichoke and thinly slice, holding slices in water that has been acidulated with the juice of one lemon until ready to cook.

Rub the inside of a non-reactive casserole with the olive oil.

Remove half of the artichoke slices from the water, pat them dry with paper towels and lay them in a single layer on the bottom of the casserole.

Cover the layer of artichokes with a layer of sardines.

Dust the sardines with some of the chopped parsley and some salt and black pepper; then drizzle with some olive oil.

Remove the remaining artichokes from the water, pat them dry, then lay them over the sardines.

Lay a second layer of sardines, sprinkle with the remaining parsley, salt and black pepper; drizzle with olive oil.

Add the breadcrumbs in an even layer across the top.

Bake for 30 minutes.