Sardine and Onion Fritters with Tomato Rice

12 sardine-onion fritters, 3 per person, with one-quarter of the tomato rice · Active 35 min · Total 55 min

Skills: Making small batter fritters and coordinating a rice side

Ingredients

• 1 cup long-grain white rice, rinsed and drained (200 g dry)

• 1 2/3 cups water for rice (400 ml)

• 3 medium onions (300 g prepared), divided: 200 g very thinly sliced for fritters and 100 g finely chopped for sauce

• 4 tablespoons neutral oil (60 ml), divided: 1 tablespoon/15 ml for sauce and 1 tablespoon/15 ml for each of 3 fritter batches

• 1 garlic clove, minced (3 g prepared)

• 1 can crushed tomatoes (14 oz/400 g)

• 1/2 teaspoon dried oregano (0.5 g)

• 3/4 teaspoon fine salt (4.5 g), divided: 1/4 teaspoon/1.5 g each for rice, sauce and batter

• 2 cans plain sardines in water or oil, well drained (240 g drained total)

• 2 large eggs (100 g without shells)

• 2/3 cup all-purpose flour (80 g)

• 1/4 cup milk (60 ml)

• 1/2 teaspoon ground black pepper (1 g)

Set out

2 medium saucepans with lids, 12-inch/30 cm skillet, mixing bowl, knife and board, spatula, measuring jug, food thermometer

Allergens

fish, egg, wheat, milk. Check labels and substitutions.

Make it

1. Put rice, 400 ml water and 1.5 g salt in one saucepan. Bring to a boil, cover and cook over very low heat for 15 minutes. Turn off the heat and rest covered for 10 minutes; check that the rice is tender.

2. Meanwhile, heat 15 ml oil in the second saucepan. Cook the chopped 100 g onion for 5 minutes. Add garlic for 30 seconds, then tomatoes, oregano and 1.5 g salt. Simmer uncovered for 10–12 minutes until thick enough to coat the rice, stirring regularly.

3. Check and roughly flake the drained sardines. In the bowl whisk eggs, flour, milk, the final 1.5 g salt and pepper into a thick batter. Fold in the sliced 200 g onion and sardines. Divide the mixture visually into 12 portions, about 55–60 g each.

4. Heat 15 ml oil in the skillet over medium heat. Add 4 spoonfuls of batter and flatten gently to about 3 inches/8 cm across. Cook for 3–4 minutes per side, until golden and fully set at the center, at least 160°F/71°C. Repeat twice with the remaining batter and the remaining 2 portions of oil, keeping cooked fritters hot in a low oven if needed.

5. Fold cooked rice into the reduced tomato sauce and stir over low heat for 2–3 minutes until steaming throughout. Serve one-quarter of the tomato rice and 3 fritters per person.

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Use drained weight

Two cans is a shopping guide rather than a promise about every brand. Buy enough to supply the stated 240 g drained fish and use plain fish without a costly ready-made sauce.

Ingredient labels

Check sardine and tomato labels for unlisted sauces or allergens. The base uses plain sardines, eggs, wheat flour and milk.

A useful detail

Cook rice in water separately from the tomato sauce. The fritter batter is thick and needs modest spoonfuls so the onion and egg cook through before the outside darkens.

Keep it well

Cool rice promptly in shallow containers, ideally refrigerating within 1 hour. Store fritters separately and refrigerate them within 2 hours, or 1 hour above 90°F/32°C. Keep both at 40°F/4°C or below and use the rice-containing meal within 24 hours. Reheat once to 165°F/74°C throughout and eat promptly; do not save reheated rice for another cycle.