Mashed potatoes with **Sardines and buckwheat**





4 people | 15 min preparation time | 50 min cooking time

All ingredients

2 tins of 115g la belle-iloise Sardines cooked with churned butter and buckwheat
900g potatoes suitable for mashing
150 ml full fat milk
2 teaspoons salt
2 pinches white pepper
1 pinch grated nutmeg
2 pinches chopped parsley

Steps

1- Wash the potatoes and cook in salted water in their skins starting in cold water. When they have come to the boil, lower the heat and simmer for 35 to 40 minutes
2- Drain and allow to cool for a few minutes
3- Peel the potatoes
4- Purée them in a food mill with a bottom plate with large holes
5- Add the hot milk, pepper and nutmeg
6- Mix and adjust the seasoning and texture to taste
7- Put the purée in a gratin dish and score the surface with the tines of a fork
8- Briefly run hot water over the unopened tins of sardines to facilitate removing them whole
9- Distribute the sardines over the potato, pressing them in firmly
10- Add the sauce from the tins
11- Bake in a preheated oven at 220 °C (gas mark 7) for 15 minutes
12- Add the chopped parsley just before serving