

Sardine Puff

Written by Administrator

Tuesday, 21 December 2010 21:04



I am going to share a very simple and delicious sardine puff recipe. I will list down what you need in making the sardine puff.

Ingredients needed:

1. A can of sardine
2. Onion (optional)
3. A pack of puff pastry (I bought "Kawan" brand ready made puff pastry from Tesco)

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PS: pastry (10 pcs per pack) with chopped onion in frying pan.

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"Lock it!"



5. Bake in preheat oven at 210° C for 20 minutes.

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4. Served!

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Since this is my 5th birthday, I decided to make something special for myself. I made a sardine puff, which is a traditional dish from the island of Sardinia. It is a simple, delicious recipe that can be made at home. The puff is made with puff pastry and filled with sardines, which are a staple of the Sardinian diet. The puff is then baked until it is golden brown and crispy. It is a great snack or appetizer that is easy to make and tastes great.