

bon appétit

FEBRUARY 2008

STARTERS

restaurants

THE DISH/ sardines

The humble silver fish has become gastronomic gold in restaurants across the country

what/

● Overcoming years of overfishing and an undeserved reputation for being unfit for anything but canning, the humble sardine has had a makeover. Restaurants across the country are featuring fresh sardines (mostly from the Mediterranean, Maine, and California's Monterey Bay), and consumers are eating them up. And it's about time, considering the sardine's status as a sustainable seafood choice and heart-healthy protein packed with omega-3 fatty acids. Then there's the sweet, rich flesh and flavorful skin of the sardines, which are now being served any number of ways—grilled, braised, pickled, smoked, and even raw.

where/

..Broiled sardines with white beans at NICK'S COVE AND COTTAGES IN TOMALES BAY, CALIFORNIA 23240 Highway 1, Marshall, 415-663-1033; nickscove.com ~ANDREW KNOWLTON

