

# Mashed potatoes with sardines and buckwheat



4 people

15 min preparation time

50 min cooking time

## All ingredients

**2 tins (115 g)** [la belle-iloise sardines cooked with churned butter and buckwheat](#)  
**900 g** 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.