

Fresh Anchovies with Tabbouleh

Servings: 4

Prep time: 40 minutes

Ingredients:

- *3 tomatoes, skinned
- *salt and pepper
- *2 tbsp olive oil
- *1 medium cucumber
- *2 gelatin leaves
- *2 tbsp cracked wheat
- *2 tbsp raisins
- *16 fresh anchovies in oil, rinsed
- *100 ml whipping cream
- *1 tbsp finely chopped coriander

Directions:

1. The day before, die one tomato, season and reserve in a small dish covered in film, in the fridge.
2. Chop remaining tomatoes and place in a bowl.
3. Pour over 1 tbsp olive oil and season.
4. Cover with film and marinate in the fridge for 24 hours.
5. Next day, peel cucumber, halve lengthways, scoop out seeds.
6. Cut 50g piece of cucumber into dice and reserve.
7. Blend the rest to a puree, then push through a sieve into a jug to obtain the juice.
8. Place gelatin leaves in a little cold water to soften.
9. Warm the cucumber juice and add softened and squeezed gelatin leaves and dissolve completely.
10. Steam cracked wheat with 1 tbsp. raisins for 10 minutes or until tender.
11. Drizzle with remaining olive oil.
12. Using 4 shallow square or round molds, place a layer of marinated chopped tomatoes in the bases of each.
13. Pour over cooled cucumber juice mix and leave to set in the fridge.
14. Arrange anchovies over set cucumber and scatter cracked wheat over anchovies.

15. Decorate with remaining raisins, reserved tomatoes, cucumbers and mint leaves.
16. Turn out onto serving plates.
17. Whip cream with coriander and spoon around.