

ACCIUGHE CANTABRICHE SOTTO SALE



CODE	93673
COUNTRY OF ORIGIN	Spain
WEIGHT	1 kg

Cantabrian anchovies preserved in salt

DESCRIPTION	Cantabrian anchovies fished in the Gulf of Vizcaya; they are eviscerated and beheaded by hand by Yurrita, then matured in salt for at least 12 months
APPEARANCE	Anchovies without head and entrails, the meat is fleshy with a good texture
TASTE	The taste depends on the precision of the rinsing and desalting process
PRODUCER	Yurrita e Hijos - Mutriku - Spain
OUR SELECTION	In the Cantabrian Sea, anchovies have the possibility to eat a lot in a water more oxygenated and colder than those of the Mediterranean; this leads them to develop a layer of fat such as to make the meat juicy and firm. The fat is one of the qualities of these anchovies, for this reason, the best catch is between April and June, in the months just after winter
CURIOSITY	Until the late 19th century, in Cantabria, anchovies were not considered valuable fish and were mostly used as bait or thrown back into the sea. Everything changes with the arrival of the first canning companies from Italy, where the tradition of anchovies' conservation is ancient. The first cannery in Cantabria, "La Dolores", was founded in 1908 in Santoña by Giovanni Vella Scatagliota, a "hunter" of anchovies from Trapani,
SUGGESTIONS	To desalt salted anchovies: rinse the anchovy under running water for a few minutes and rub the surface to eliminate the scales as much as possible, then gently remove the central bone and the tail with the finger. Carefully separate the two fillets and rinse again. Dry the fillets freshly obtained with a cloth and sprinkle with extra virgin olive oil. Let rest in oil for at least ten minutes before tasting