

PRODUCTS SHOWCASE



ANCHOVIES IN OIL

BY MEDITERRANEAN



Anchovies are a small saltwater forage fish found in the Atlantic, Mediterranean, Indian and Pacific oceans. Anchovies are usually classified as a rich and nutritious fish, packed with flavor and omegas.

Our anchovies de L'ESCALA are from the Mediterranean sea, small in size and abundant in flavor. They are cured in salt (6 months) or in Vinegar (white anchovies).

SPECIAL FEATURES

- They range from 2 centimeters (0.79 in) to 40 centimeters (16 in) in adult length and the body shape is variable with more slender fish in northern populations.
- The mouth is larger than that of herrings and silversides fish anchovies closely resemble in other respects. The anchovy eats plankton and fry (recently-hatched fish).
- Anchovies were an important piece in the Romans diet. Romans salted their fresh foods to preserve them. Most meals were served with a fermented fish sauce (called *garum* or *liquamen*) as a condiment.



Fishing Area

PACKAGING



Anchovies cured in salt:
2.8oz Tin



White anchovies cured in Vinegar:
2.8oz tray

Artisanal family tradition since 1940



RECIPES



White anchovies “boquerones”
with garlic and parsley



Anchovies salad with fava beans
and tomato