

Gefilte Fish



Serves 3-4

Prep 30 mins

Cook 1 hr 30 mins

Easy



Ingredients

640g white fish fillets

1 onion

1 large egg

salt & pepper

1 tsp sugar

2-4 tbsp matzo meal (depending on the wetness of the fish)

1-2 tbsp iced water

1 large carrot, cut into batons

Cooked beetroot (optional)

Broth Ingredients:

3 pints water

3 bay leaves

5 whole peppercorns

1 large onion

4 sprigs of parsley

1. Make the broth: In a large soup pot, mix the broth ingredients. Bring to a boil, then simmer for at least 30 minutes or so. It should be sort of golden in colour.
2. Grind the fish together with the onions. Add the egg, salt, sugar, pepper and a couple of tablespoons of iced water. Add the matzo meal slowly, mixing very well, until it is almost thick enough to shape into balls, but just a bit softer. Cover the bowl, and refrigerate for at least one hour, or even overnight.
3. At this point, you can shape the mixture into balls or loaves & freeze for future use.
4. Form the fish mixture into balls. Add to broth, bring to a boil again, and then lower to a very slow boil for 1 hour and 30 minutes.
5. Remove the balls and carrots from the broth and discard the rest.
6. Cool slightly before eating or put in the fridge to eat cold.
7. Serve with the carrots, parsley, lemon wedges & some chopped, cooked beetroot.
8. **Note:** I have brought several recipes together for this dish, so please adapt for your own use, if necessary.