

GEFILTE FISH

Yield: Six 3 oz. portions

INGREDIENTS

- 3 qts. fish stock
- ¼ cup sugar (½ cup total)
- 1 tsp. finely ground white pepper
- 1 drop egg shade color
- 1 tbsp. kosher salt
- 18 oz. whitefish, lake trout, haddock, pike (ground**)
- 3 oz. Spanish onions (rough chop)
- ⅛ tsp. finely ground white pepper
- 2 tbsp. sugar
- pinch of salt
- pinch of accent
- 2 tbsp. matzo meal (streitz brand)
- 2 eggs well beaten

***Pre-order fish at your local fish store or high end grocery store.
If you don't have a grinding attachment at home, you can pulse it in a food processor.*

METHOD

1. Bring fish stock to a gentle simmer for 15 minutes. Skim.
2. Add salt, sugar, pepper, accent and egg shade, continue to simmer for 5 minutes while prepping the gefilte fish.
3. Remove skin and bones from fish. Cube into 1" pieces. Combine fish and onions in a mixing bowl.
Grind mixture and reserve in the cooler.
4. In a large mixing bowl whisk together eggs, sugar, salt, white pepper, accent, and matzo meal.
Add ground fish to the mixture. Using a spatula fold mixture until combined.
Allow the ingredients to rest for 10 minutes in the refrigerator.
5. Form into 3 oz. football shapes by hand. Drop directly into the simmering pot of fish stock.
6. Carefully remove fish with a slotted spoon and place into a deep hotel pan. Strain cooking liquid, chill and pour over gefilte fish.
7. Serve with Beet Horseradish.

