

Gefilte Fish – from Cecily Pilzer*

can be made the day of serving or several days ahead

3lbs fish (white fish, pickerel, carp, yellow pike, or any other fresh fish)

2 eggs

½ cup water

3tbs matza meal

Salt and pepper

2 medium-sized to large onions sliced in 1/8" thickness

3-4 large carrots sliced into 1/4" round slices

FISH

Choose two or three kinds of fish (my preference is carp, white fish and pike). Have the fish store filet the fish saving the skeletons (head, bones and tail). Lightly salt, chilling the skeletons for several hours. (This step I often leave out as it is hard to get all the salt off.)

Have the store grind the fish or you can grind it yourself with a food processor. Turn the ground fish out into a chopping bowl and while adding the eggs using a chop and fold method to mix the eggs one at a time into the fish. Add matza meal with 2tps of salt & 1/8tps of pepper. Blend by folding lightly until everything is together. Chill for 5-10 ins and then form into shapes of your choice. (Slightly oval makes a nice shape).

BROTH (Prepare the fish pan before preparing the fish for the cooking part)

If the fish skeletons have been salted thoroughly to remove as much salt as possible. Place the fish skeletons on the bottom of a large tall cooking pan. (I use a canning pot.) Once the fish is in the pan cover the fish skeletons starting with plenty of onions and then carrots making a thick layer to contain the fish parts at the bottom of the pan.

Cover with cold water adding salt and pepper. Cinnamon can be added though if desired. The water should just cover the contents. Bring to a boiling point and cook for 5mins.

Add the prepared fish to boiling broth. Cover. Bring again to boiling turning the heat to low 1 hour. If needed add water so the fish stays moist.

Cool slightly before removing the fish to platter or container to hold the gefilte fish. The fish can be served hot or cold garnished with the carrots. (I just saved enough carrots from the broth for the garnish. Serve the fish with Horse-radish of your choice.

If cooked ahead of time, store in the refrigerator until needed. This recipe makes at least 25 pieces, depending on how large you make them.

*From *The Jewish Festival Cookbook* according to the dietary laws by Fannie Engle and Gertrude Blair, published by David McKay Company, New York 1954.