

The Joy of Jewish Cooking

RECIPE 11: Salmon Gefilte Fish by Sandy Perry



Passover is my favorite Jewish holiday for so many reasons.-the culinary tradition being a large part of it. My grandmother and mom would work so hard to make 2 beautiful seder meals with all the traditional ashkenazi foods. Of course this included gefilte fish made with whitefish, pike and a bit of carp. I also remember my grandmother grating horseradish by hand using a box grater that may be one reason she was an early adopter of Food processors! When I hosted my first Passover meals in Texas I also made the traditional gefilte fish, but some of these northern fish weren't always easy to find. The recipe is extremely time consuming, so when I discovered this salmon recipe and found out how delicious it is; it became my go to recipe for gefilte fish and quickly won my parents approval.

DIRECTIONS:

Line 2 baking sheets with plastic wrap.
Cut Salmon into 1-inch pieces. Working in batches, grind salmon finely in processor, occasionally scraping sides and bottom of work bowl. Transfer fish to large bowl.
Add 3 onions, 1/12 tablespoons salt and pepper to processor. Using on/off turns, finely chop onions. Add onion mixture, eggs and matzo meal to fish. Stir gently until mixture is well blended.

Using moistened hands and working with 1/4 cupful at a time, shape fish mixture into oval dumplings, each about 2 1/2 long by 1 1/2 inches wide. Arrange dumplings on prepared sheets. Cover and chill while preparing stock.

Place reserved salmon head, skin and bones in large pot. Add 4 1/2 quarts cold water, chopped carrots, sugar, remaining 3 onions and remaining 1 tablespoon salt. Bring to boil over high heat. Reduce heat to medium, cover pot and simmer stock 20 minutes. Using large, slotted spoon, remove all the solids from fish stock and discard.

Bring stock back to simmer over medium heat. Gently drop half of fish dumplings into stock. Cover pot. Simmer until dumplings are tender and cooked through, about 30 minutes. Using slotted spoon, transfer dumplings to 13x9x2 inch dish and arrange in single layer.

Ingredients:

7 1/4-7 1/2 pound whole salmon, cleaned, filleted, skinned; head, skin and bones reserved.

6 medium onions peeled, quartered

2 1/2 tablespoons coarse salt

1 1/2 teaspoons ground white pepper

5 large eggs

1/4 cup matza meal

4 1/2 quarts cold water

5 carrots, peeled, coarsely chopped

1 tablespoon sugar

Sliced carrots, cucumbers and radishes (optional)

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Repeat cooking with remaining dumplings, transferring to another shallow dish. Strain stock over dumplings. Refrigerate stock and dumplings until cold about 3 hours (Can be made 5 days ahead. Cover: keep refrigerated).

Arrange 2 fish dumplings on each plate. Spoon just enough chilled stock over to moisten. Garnish with sliced carrots, cucumbers and radishes if desired. Serve with Horseradish-Dill Sauce.

Horseradish-Dill Sauce

Similar to a Thousand Island dressing, this zesty sauce compliments the salmon nicely. There will be extra sauce to go with any leftover gefilte fish: makes 5 cups.

Ingredients:

4 cups mayonnaise
1 1/4 cups Ketchup
3/4 cup prepared white horseradish
1/2 cup chopped fresh dill.

Directions:

Combine mayonnaise, Ketchup, horseradish and dill in large bowl. Stir to blend well. Season to taste with salt and pepper. (Can be prepared 5 days ahead. Cover and refrigerate.)

Source:

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