

Gefilte fish

fish heads and bones

water (about 3 qts)

1 t salt

3 medium carrots, peeled

3 celery stalks

1 large onion, peeled and halved

3 lbs ground whole fish (any combination
of white fish, pike and carp)

2 medium onions

2 cloves garlic

3 eggs

3 t salt

1 t white pepper

1/4 C cold water

3 T matzah meal

Place reserved fish heads and bones in cheesecloth bag and put them in a stockpot with a cover. Add water, 1 teaspoon salt, carrots, celery and onion, and bring to a boil. Turn down to medium flame and simmer while preparing the fish.

Place ground fish in large bowl. In food processor, finely chop 2 medium onions and garlic (or mince finely by hand). Add to ground fish. Add eggs, one at a time, salt, pepper and cold water, and mix thoroughly. Stir in matzah meal. (Consistency of the fish should be light and soft and should hold its shape when formed into a ball. If the consistency seems too stiff, add a little more water; if it's too soft, add a little more matzah meal.*)

With wet hand, create oval shapes from fish mixture, approximately 4 inches long. Gently place gefilte pieces into simmering stock. Cover and simmer 1-1/2 to 2 hours. Stir occasionally with a slotted spoon to ensure that the fish doesn't stick to the pot.

Cool fish and stock. Remove fish using a slotted spoon and place in pan or bowl. Strain some of the stock over the fish. Slice cooked carrots into rounds, enough to serve one with each piece of fish. Add to fish and chill until ready to serve (at least three hours).

Makes about 15 pieces.

*The best way to know if the raw fish mixture is properly seasoned is to taste it. It should taste slightly more seasoned than you like the finished product to taste. If you like sweet fish, add about 1 tablespoon of sugar.