



ARTIFICIAL FISH MADE OF VEGETABLES

Introduction

The author of the recipe, Fania Lewando, was one of the most outstanding precursors of vegetarian cuisine. Her signature dishes can be found in a book published in 1938, containing 400 recipes using vegetables, fruits, cereals and dairy products. The artificial Fish is one of Fani's most unpretentious dishes.

INGREDIENTS (4 PORTIONS)

- ½ cauliflower
- 1 large-sized celery
- 4 onions
- 3 eggs
- approx. 100 g (~3,53 oz) of butter
- breadcrumbs
- salt, pepper
- horseradish, clarified butter for frying

Preparation method

• Step 1

Peel the celery and cut it in half. Cut one half into slices, put in a pot along with the cauliflower, pour water over and boil until tender. Then, strain and leave in a strainer to let the vegetables drip off the water.

• Step 2

Slice 2 onions into feathers, heat 1 tablespoon of clarified butter in a frying pan, sauté the onion. Move it to a roasting dish or ovenproof dish.

• Step 3

In a saucepan, melt the butter.

• Step 4

On a fine grater, grate raw and cooked celery, cauliflower and 1 onion, add 100 g (3,53 oz) of breadcrumbs, eggs, salt, pepper and melted butter. Mix thoroughly and set aside for 5 minutes. If the mass is thin, add more breadcrumbs.

• Step 5

Preheat oven to 180°C (356°F).

- **Step 6**

Shape into patties of the size of a tablespoon.
Fry in clarified butter until golden brown.

- **Step 7**

Place the patties on top of the fried onion, put them in the preheated oven and bake for approx. 20 minutes. They taste delicious with horseradish mixed with cream.

Smaczego!