



Gefilte fisz

TRADITIONAL STUFFED FISH

Introduction

This is a dish that evokes strong emotions and nostalgia. It's associated with the centuries-old tradition of Ashkenazi cuisine. Traditionally, as the name implies, it was stuffed fish. Nowadays, it often happens to be prepared in the form of balls or pate. It is usually prepared for the Sabbath, also on Rosh Hashanah or Pesach, from various types of fish, depending on the latitude, decorated with carrot slices.

INGREDIENTS (APPROX. 25 PIECES)

- 1 kg (2,205 lbs) of raw carp fillets
- 2 slices of stale challah, soaked in water
- 2-3 eggs
- 3 tablespoons of olive oil
- 1 large-sized onion
- 2 teaspoons of salt
- 1 teaspoon of hot paprika
- 40-50 g (1,41-1,76 oz) of sugar
- 2 fish heads and skeletons
- 4 onions
- 3 medium-sized carrots
- 0.75-1 litre (1,45-2,2 lbs) of water

Preparation method

Smacznego!