



Baked Gefilte Fish

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 6 servings horseradish with prepared horseradish for serving boiled
- ☐ 4 large eggs lightly beaten
- ☐ 8 cups fish stock homemade
- ☐ 0.5 pound sushi-grade yellowtail flounder
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 teaspoon lemon zest freshly grated

- ☐ 0.8 cup matzo meal
- ☐ 0.5 pound pike fillet
- ☐ 1.5 pounds clear rock candy
- ☐ 2.5 teaspoons salt
- ☐ 2 tablespoons sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ meat grinder

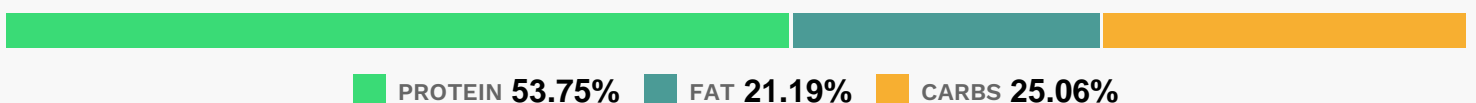
Directions

- ☐ Prep the fish. Working in batches if necessary, place the rockfish, pike, and flounder fillets in the container of a food processor fitted with a metal blade and process until pureed.
- ☐ Transfer the fish to a large bowl. Bring the fish stock to simmering in a large saucepan over medium-high heat.
- ☐ Mix the fish.
- ☐ Add the matzo meal, eggs, sugar, thyme, parsley, lemon zest, salt, and pepper to the bowl with the fish.
- ☐ Mix together with a wooden spoon until well combined. Shape the fish mixture into oval patties about 2 by 4 inches. Carefully lower the patties into the simmering fish stock, return to simmering, lower the heat to medium-low and simmer gently for 20 minutes. Using a slotted spoon, transfer the patties to a paper towel-lined tray. Strain the stock through a fine

mesh strainer into the dish with the patties.

- ☐ Let the stock cool (it will gel) and then refrigerate overnight or at least 8 hours.
- ☐ Bake the fish. Preheat the oven to 350°F. Using a slotted spoon, remove the fish patties from the gelatin and transfer to a lightly oiled baking sheet.
- ☐ Bake the patties until lightly caramelized on edges—about 20 minutes.
- ☐ Serve topped with a dollop of the gelatinous stock and some Boiled Carrots with Prepared Horseradish on the side.
- ☐ Gefilte Fish: Jarred or Fresh?
- ☐ Ellen: The advent of commercial kosher kitchens greatly increased the number of convenience foods available to Jewish households. Among the items that became widely available on grocery store shelves all over America was jarred gefilte fish, those cooked balls of ground fish lovingly referred to as "hot dogs of the sea." Aunt Lil made gefilte fish from scratch, undergoing the laborious and messy process of passing fish through a meat grinder before forming the balls, cooking them slowly in a carefully prepared stock, baking them, and serving them with carrots and horseradish. My mother embraced the jarred version completely, even keeping it on hand as a fridge snack, something that could be eaten cold right out of the jar after school. Nestled on a lettuce leaf and garnished with little piles of white or red horseradish, gefilte fish made regular appearances on our family's table at holiday meals, where attendees invariably divided into two groups: the "I love gefilte fish!" contingent and the "How can you eat that disgusting stuff?" group. Todd: I definitely fell into the latter camp. Once I realized that gefilte fish is really just an interpretation of quenelles de broche (poached ovals of pike mousse), the job was easy. I made a fish purée of rockfish, pike, and flounder, bound it with eggs and matzo meal, and formed the mixture into patties. Poaching them in fish stock imparts flavor. You can serve gefilte fish cold but I like taking the extra step of baking them—it gives them some color and brings out the subtle flavor of the fish.
- ☐ From The New Jewish Table: Modern Seasonal Recipes for Traditional Dishes by Todd Gray and Ellen Kassoff Gray with David Hagedorn. Text copyright © 2013 by Todd Gray and Ellen Kassoff Gray; photographs copyright © 2013 by Renee Comet. Published by St. Martin's Press.

Nutrition Facts



Properties

Glycemic Index:35.68, Glycemic Load:3.01, Inflammation Score:-8, Nutrition Score:26.3100001501%

Flavonoids

Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 350.35kcal (17.52%), Fat: 7.96g (12.25%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 20.24g (7.36%), Sugar: 4.88g (5.43%), Cholesterol: 212.45mg (70.82%), Sodium: 2202.04mg (95.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.43g (90.86%), Vitamin B12: 15.1µg (251.65%), Selenium: 107.44µg (153.49%), Phosphorus: 593.72mg (59.37%), Vitamin B3: 9.2mg (45.99%), Vitamin D: 6.03µg (40.23%), Vitamin B2: 0.57mg (33.38%), Potassium: 969.64mg (27.7%), Vitamin K: 22.84µg (21.75%), Vitamin B6: 0.43mg (21.6%), Calcium: 174.54mg (17.45%), Magnesium: 64.8mg (16.2%), Iron: 2.74mg (15.23%), Copper: 0.3mg (14.86%), Vitamin B5: 1.32mg (13.17%), Folate: 50.71µg (12.68%), Manganese: 0.25mg (12.65%), Zinc: 1.75mg (11.66%), Vitamin E: 1.58mg (10.55%), Vitamin B1: 0.16mg (10.37%), Vitamin A: 417.2IU (8.34%), Vitamin C: 6.75mg (8.18%), Fiber: 0.94g (3.77%)