



## Salmon and Whitefish Cakes with Horseradish Cucumber Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



168 kcal

### Ingredients

- ☐ 3 medium carrots peeled finely chopped
- ☐ 1.8 teaspoons kosher salt
- ☐ 1 cup cucumber english unpeeled finely chopped
- ☐ 2 large eggs
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 0.8 teaspoon pepper white
- ☐ 3 tablespoons horseradish white prepared
- ☐ 1.7 cups leek white green finely chopped ( and pale parts only)

- ☐ 16 servings lemon wedges
- ☐ 6 tablespoons matzo meal unsalted
- ☐ 0.8 cup mayonnaise
- ☐ 3 tablespoons olive oil for frying plus more fish cakes
- ☐ 16 servings parsley fresh italian
- ☐ 2 tablespoons parsley fresh italian finely chopped
- ☐ 9 ounce salmon fillet skinless cut into 1-inch cubes
- ☐ 18 ounces fish fillet skinless cut into 1-inch cubes

## Equipment

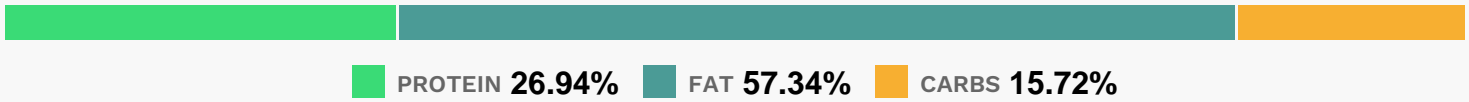
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

## Directions

- ☐ Stir cucumber, mayonnaise, horseradish, parsley, and chives in medium bowl to blend. Season sauce to taste with salt and pepper. DO AHEAD: Sauce can be made 1 day ahead. Cover and refrigerate.
- ☐ Line large rimmed baking sheet with plastic wrap.
- ☐ Heat 3 tablespoons oil in heavy large skillet over medium heat.
- ☐ Add carrots and leeks. Saut&#233 until soft but not brown, about 15 minutes. Cool in skillet.
- ☐ Beat eggs, matzo meal, coarse salt, and white pepper in large bowl to blend. Stir in carrot mixture.
- ☐ Place whitefish and salmon cubes in processor. Using on/off turns, chop fish to coarse paste (small pieces of fish will remain). Stir fish into matzo meal mixture.
- ☐ Using wet hands and about 1/3 cup for each, shape fish mixture into sixteen 1/2-inch-thick cakes. Arrange on prepared baking sheet. DO AHEAD: Can be made 1 day ahead. Cover with plastic and chill.

- ☐ Add enough oil to 2 heavy large skillet to coat bottom.
- ☐ Heat oil over medium-high heat.
- ☐ Add 8 fish cakes to each skillet. Sauté until golden and cooked through, about 3 minutes per side. DO AHEAD: Can be made 2 hours ahead.
- ☐ Transfer to another baking sheet, cover, and refrigerate. Rewarm uncovered in 350°F oven 10 minutes.
- ☐ Arrange 2 fish cakes on each plate. Spoon sauce over or alongside.
- ☐ Garnish with lemon wedges and parsley.
- ☐ A Chardonnay would be delicious with the haroseth and the salmon and whitefish cakes. We like the apple, pear, and vanilla notes of the Baron Herzog 2006 Chardonnay from Herzog Wine Cellars on California's Central Coast. It's a great kosher wine and a good value at \$13.

## Nutrition Facts



## Properties

Glycemic Index:19.58, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:14.255652261817%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 167.99kcal (8.4%), Fat: 10.71g (16.48%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 5.65g (2.05%), Sugar: 1.4g (1.56%), Cholesterol: 52.38mg (17.46%), Sodium: 377.79mg (16.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.64%), Vitamin K: 98.61µg (93.91%), Vitamin A: 2505.75IU (50.12%), Selenium: 22.9µg (32.72%), Vitamin B12: 1.08µg (17.99%), Vitamin B3: 2.87mg (14.37%), Vitamin B6: 0.25mg (12.34%), Phosphorus: 116.94mg (11.69%), Vitamin C: 9.4mg (11.39%), Folate: 33.77µg (8.44%), Potassium: 287.88mg (8.23%), Vitamin B2: 0.14mg (8.19%), Vitamin D: 1.13µg (7.56%), Vitamin B5: 0.64mg (6.38%), Iron: 1.12mg (6.23%), Manganese: 0.12mg (6.23%), Vitamin B1: 0.09mg (5.84%), Magnesium: 23.25mg (5.81%), Vitamin E: 0.81mg (5.43%), Copper: 0.1mg (5.24%), Fiber: 0.96g (3.83%), Zinc: 0.46mg (3.04%), Calcium: 28.97mg

(2.9%)