



## Salmon Gefilte Fish

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 1 tablespoon peppercorns black
- ☐ 2 large carrots cut into 1-in. pieces
- ☐ 2 stalks celery cut into 1-in. pieces
- ☐ 3 chicken bouillon cubes
- ☐ 6 servings dill pickle spears
- ☐ 2 large eggs
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.3 cup horseradish prepared

- ☐ 0.3 cup matzo meal
- ☐ 1 large onion quartered
- ☐ 1 medium onion coarsely chopped
- ☐ 1 qt salad greens mixed dried chilled crisp rinsed
- ☐ 0.8 pound boned and skinned salmon cut into 1-in. chunks (see notes)
- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt to taste
- ☐ 0.8 cup heavy whipping cream sour
- ☐ 0.8 pound boned and skinned white-flesh fish such as lingcod cut into 1-in. chunks

## Equipment

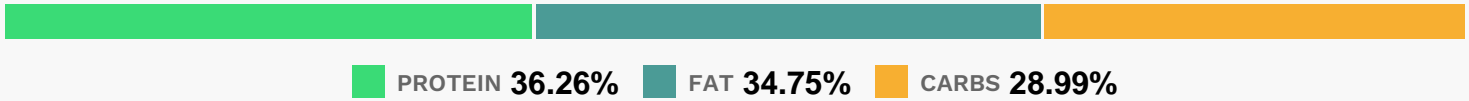
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ colander

## Directions

- ☐ For broth, in a 5- to 6-qt. pan, combine onion, carrots, celery, peppercorns, 2 qt. water, and bouillon cubes. Bring to a boil over high heat, cover, reduce heat, and simmer until vegetables are very soft, about 45 minutes.
- ☐ Pour broth through a colander into a bowl. Discard seasonings and return broth to pan. Set aside.
- ☐ For gefilte fish, pulse half of salmon and lingcod at a time in a food processor until finely chopped; do not pure.
- ☐ Scrape into a large bowl. Whirl onion in processor until smoothly pureed and add to fish with eggs, 1/3 cup matzo meal, pepper, and salt; stir until blended.

- ☐ Mixture should be just firm enough to hold its shape when formed into a ball with your hands. If too soft, stir in 2 to 3 tbsp. more matzo meal.
- ☐ With your hands, pat fish mixture, 2 tbsp. at a time, into smooth balls and set slightly apart on a plate. Rinse hands frequently in cool water to prevent sticking.
- ☐ Bring broth in pan to a boil over high heat; adjust heat to simmer.
- ☐ Add enough fish balls to pan to make a single layer without crowding. Simmer, uncovered, until balls are opaque when cut in center, about 10 minutes.
- ☐ Lift gefilte fish from pan with a slotted spoon and drain on paper towels, draping fish with foil if you'll be serving it warm (see Notes). Repeat to cook remaining fish.
- ☐ For horseradish sauce, in a bowl, combine sour cream, horseradish, and dill.
- ☐ Arrange salad greens on individual plates or a platter.
- ☐ Lay fish on greens and accompany with pickles, horseradish sauce, and salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:41.14, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:31.104347788769%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

## Nutrients (% of daily need)

Calories: 324.11kcal (16.21%), Fat: 12.76g (19.63%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 20.57g (7.48%), Sugar: 6.21g (6.9%), Cholesterol: 138.76mg (46.25%), Sodium: 1589.73mg (69.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.94%), Vitamin A: 6289.91IU (125.8%), Selenium: 55.32µg (79.03%), Vitamin C: 45.82mg (55.54%), Vitamin B12: 2.91µg (48.56%), Vitamin B6: 0.86mg (43.19%), Vitamin B3: 8.39mg (41.96%), Phosphorus: 377.53mg (37.75%), Manganese: 0.75mg (37.43%), Vitamin B2: 0.56mg (33.09%), Folate: 126.62µg (31.66%), Potassium: 1095.67mg (31.3%), Vitamin K: 23.14µg (22.04%), Vitamin B1: 0.32mg (21.03%), Vitamin B5: 2.03mg (20.31%), Magnesium: 76.72mg (19.18%), Copper: 0.37mg (18.46%), Iron: 2.94mg (16.35%), Calcium: 150mg (15%), Vitamin D: 2.09µg (13.94%), Fiber: 3.38g (13.54%), Zinc: 1.58mg (10.51%), Vitamin E: 0.83mg (5.53%)