



Smoked Fish Fritters with Beet Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 3 large eggs beaten to blend
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 tablespoons optional: dill fresh plus more for serving chopped
- ☐ 2 tablespoons horseradish prepared
- ☐ 8 servings kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup matzo crushed finely

- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 12 ounce pike fillet skinless
- ☐ 2 medium beets red (8 ounces total)
- ☐ 1 large shallots finely chopped
- ☐ 1 tablespoon sherry vinegar
- ☐ 5 tablespoons vegetable oil divided ()
- ☐ 8 ounces fish fillet smoked flaked

Equipment

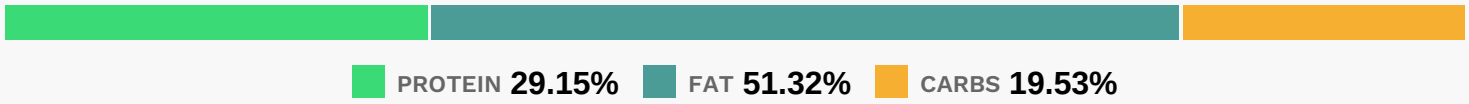
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 400°F.Wrap beets individually in foil, place on a rimmed baking sheet, and roast until tender, 50–60 minutes.
- ☐ Let cool. Peel and cut into 1/4" cubes.
- ☐ Whisk lemon juice, horseradish, and vinegar in a medium bowl; gradually add oil, whisking to blend well. Season with salt. DO AHEAD: Beets and vinaigrette can be made 1 day ahead. Cover separately and chill.
- ☐ Heat oven to 400°F.
- ☐ Place cod on a rimmed baking sheet. Rub with 1 tablespoon oil. Roast until just opaque in center, 10–15 minutes.
- ☐ Let fish cool, then flake with a fork.

- ☐ Mix cod, whitefish, eggs, shallot,matzo, chives, 2 tablespoons dill, and 2 tablespoonswater in a medium bowl. Season withpepper and mix vigorously to combine(mixture will be stiff). DO AHEAD: Frittermixture can be made 1 day ahead; coverand chill.
- ☐ Reduce oven temperature to 200°F;set a wire rack inside a large rimmedbaking sheet.
- ☐ Heat remaining 4 tablespoons oilin a large skillet over medium-high heat.Working in batches, drop scant 1/4-cupfulsof fritter mixture into skillet; press gentlywith a spatula to flatten. Cook, turningonce and adding more oil if needed, untilgolden brown and crispy around edges,about 4 minutes per batch.
- ☐ Transfer toprepared rack. Keep warm in oven whilecooking remaining fritters.
- ☐ Mix beets into vinaigrette.
- ☐ Servefritters with vinaigrette; top with dill.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:2.09, Inflammation Score:-4, Nutrition Score:15.194347816965%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 244.69kcal (12.23%), Fat: 14g (21.54%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 10.27g (3.74%), Sugar: 3.73g (4.14%), Cholesterol: 100.51mg (33.5%), Sodium: 301.42mg (13.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.89g (35.78%), Vitamin B12: 14.65µg (244.13%), Selenium: 28.45µg (40.65%), Phosphorus: 207.2mg (20.72%), Vitamin K: 20.72µg (19.73%), Folate: 71.1µg (17.78%), Manganese: 0.32mg (16.17%), Vitamin B3: 2.57mg (12.83%), Potassium: 402.12mg (11.49%), Vitamin B2: 0.19mg (11.13%), Vitamin C: 8.65mg (10.49%), Vitamin E: 1.52mg (10.12%), Magnesium: 37.67mg (9.42%), Vitamin B6: 0.18mg (8.83%), Vitamin B5: 0.85mg (8.5%), Vitamin D: 1.25µg (8.36%), Iron: 1.4mg (7.75%), Vitamin B1: 0.11mg (7.24%), Fiber: 1.72g (6.87%), Copper: 0.12mg (6.18%), Zinc: 0.89mg (5.93%), Calcium: 51.11mg (5.11%), Vitamin A: 208.38IU (4.17%)