



Smoked Whitefish Gefilte Fish with Lemon-Horseradish Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings boston lettuce leaves
- ☐ 1 large cabbage separated
- ☐ 0.8 cup carrots peeled thinly sliced
- ☐ 4 large eggs
- ☐ 1.5 pounds mild fish fillets white cut into small pieces (such as sole or flounder)
- ☐ 2 garlic cloves
- ☐ 1 cup green onions chopped

- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup horseradish white prepared
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup matzo meal
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 8 ounces whitefish smoked flaked

Equipment

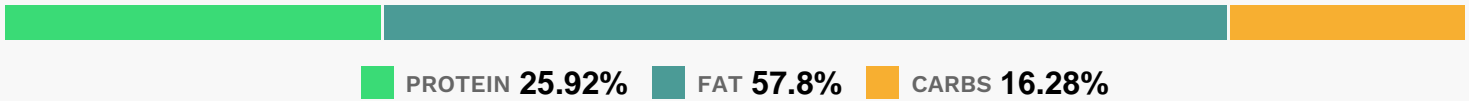
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ hand mixer
- ☐ garlic press

Directions

- ☐ Cook carrots in pan of boiling salted water until very tender, about 8 minutes.
- ☐ Drain, reserving 1/2 cup cooking water in small bowl. Stir matzo meal into water; let stand 10 minutes.
- ☐ Place carrots in processor.
- ☐ Heat olive oil in heavy medium skillet over medium-low heat.
- ☐ Add onion and sauté until soft, about 5 minutes.
- ☐ Add green onions and stir 1 minute.
- ☐ Add onion mixture to carrots in processor.

- ☐ Add matzo meal mixture; blend until mixture is pureed and smooth. Using electric mixer, beat 3 eggs and lemon juice in large bowl until foamy and slightly thickened, about 4 minutes. Stir in mixture from processor; do not clean processor bowl.
- ☐ Blend fish fillets, smoked fish, salt, and pepper in same processor bowl until fish is finely chopped.
- ☐ Add remaining egg and blend to coarse paste.
- ☐ Add fish mixture to matzo meal mixture and mix thoroughly. Cover and refrigerate until very cold, about 2 hours.
- ☐ Line large baking sheet with waxed paper. Using wet hands, shape 1/4 cup fish mixture for each dumpling into egg-shaped oval.
- ☐ Place on prepared sheet. Cover with waxed paper and chill while preparing cabbage and steamer.
- ☐ Set vegetable steamer rack in large pot. Fill pot with enough water to meet, but not cover, bottom of rack. Line rack with cabbage leaves. Arrange 8 fish dumplings on leaves; cover with additional cabbage. Bring water to boil. Cover pot and steam dumplings until cooked through and firm to touch, about 25 minutes.
- ☐ Transfer upper cabbage leaves to platter. Top with cooked dumplings. Cover with bottom cabbage leaves. Steam remaining dumplings in additional cabbage leaves in 2 more batches. Cover and refrigerate gefilte fish until cold, at least 6 hours. (Can be prepared 2 days ahead. Keep refrigerated.)
- ☐ Push garlic through garlic press into small bowl or mince garlic and place in small bowl.
- ☐ Mix in horseradish and lemon juice. Gradually whisk in mayonnaise. Season sauce with salt and pepper. Cover; chill up to 1 day.
- ☐ Line plates with lettuce leaves. Arrange 1 or 2 fish dumplings on each. Spoon lemon-horseradish sauce alongside.

Nutrition Facts



Properties

Glycemic Index:12.37, Glycemic Load:1.21, Inflammation Score:-6, Nutrition Score:11.054782566817%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 148.41kcal (7.42%), Fat: 9.7g (14.93%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 4.36g (1.59%), Sugar: 2.56g (2.85%), Cholesterol: 53.82mg (17.94%), Sodium: 187.11mg (8.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.59%), Vitamin K: 66.27µg (63.11%), Selenium: 19.44µg (27.78%), Vitamin C: 21.77mg (26.38%), Vitamin A: 845.32IU (16.91%), Vitamin B12: 0.68µg (11.38%), Folate: 43.17µg (10.79%), Phosphorus: 104.03mg (10.4%), Vitamin D: 1.36µg (9.05%), Vitamin B3: 1.75mg (8.73%), Vitamin B6: 0.16mg (8.24%), Potassium: 262.71mg (7.51%), Fiber: 1.79g (7.14%), Manganese: 0.14mg (7.14%), Vitamin B2: 0.1mg (5.76%), Vitamin E: 0.85mg (5.64%), Magnesium: 20.86mg (5.22%), Vitamin B5: 0.47mg (4.74%), Vitamin B1: 0.07mg (4.45%), Iron: 0.79mg (4.4%), Calcium: 38.46mg (3.85%), Copper: 0.06mg (2.88%), Zinc: 0.41mg (2.76%)