

JEWISH HOLIDAY COOKBOOK



Zamosc Gefilte Fish

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 3 pounds taramasalata is greek carp roe mayonnaise (meat)
- ☐ 6 carrots sliced
- ☐ 4 stalks celery cut in 4-inch slices
- ☐ 6 eggs
- ☐ 1 heads fish fillet (and if desired)
- ☐ 24 servings horseradish fresh (bottled or)
- ☐ 1 cup matzo meal

- ☐ 3 onion sliced
- ☐ 0.5 tablespoon pepper freshly ground
- ☐ 1.5 pounds pike fillet yellow (meat)
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon sugar
- ☐ 8 cups water with 1 inch to spare (use less rather than more) to cover bones
- ☐ 1.5 pounds fish fillet (meat)

Equipment

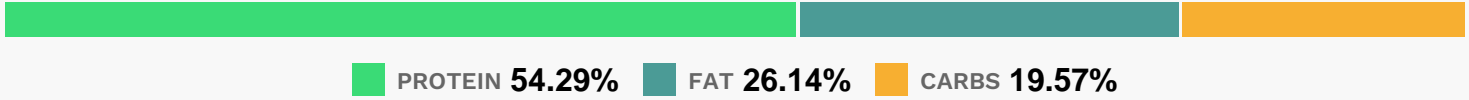
- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Place all the stock ingredients in a large kettle with a cover. Bring to a boil, then partially cover and reduce the heat to a simmer. While waiting for the pot to boil, begin preparing the fish.
- ☐ In a wooden bowl, add to the ground-up fish all the other ingredients listed under Fish, carefully chopping very fine and blending. You can also use the grinder on a mixer. Wet your hands and form the fish into fat, oval-shaped patties, carefully sliding each into the simmering stock.
- ☐ Simmer over a low flame slowly for 20 to 30 minutes or for 2 hours. Allow to cool in the pot and carefully remove all the patties, placing them on a platter.
- ☐ After the fish has been removed, strain off the cooking liquid. This stock should then jell when chilled; if it does not, simply add a package of unflavored gelatin, following instructions on the package.
- ☐ Serve the chilled gefilte fish with the jellied fish stock, horseradish, and of course the carrots.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Joan Nathan's Jewish Holiday Cookbook by Joan Nathan. ©2004 2004 by Joan Nathan. Published by Knopf. Joan Nathan's books include The Jewish Holiday Kitchen, The Children's Jewish Holiday Kitchen, and Jewish Cooking in America, which won the IACP Julia Child Award

for Best Cookbook of the Year in 1995 and the James Beard Award for Best American Cookbook. She contributes articles on international ethnic food and special holiday features to The New York Times, the Los Angeles Times Syndicate, Hadassah Magazine, Food and Wine, and Food Arts. She lives in Washington, D.C., with her husband, Allan Gerson, and their three children.

Nutrition Facts



Properties

Glycemic Index:8.66, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:20.934347899064%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 178.39kcal (8.92%), Fat: 5.05g (7.77%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.53g (2.74%), Sugar: 1.97g (2.19%), Cholesterol: 103.59mg (34.53%), Sodium: 380.3mg (16.53%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 23.6g (47.21%), Vitamin B12: 10.77µg (179.49%), Vitamin D: 15.1µg (100.7%), Vitamin A: 2674.81IU (53.5%), Selenium: 29.76µg (42.52%), Phosphorus: 384.04mg (38.4%), Vitamin B3: 3.11mg (15.57%), Potassium: 457.87mg (13.08%), Vitamin B6: 0.25mg (12.52%), Vitamin B5: 1.03mg (10.33%), Magnesium: 40.64mg (10.16%), Vitamin B1: 0.15mg (10.01%), Manganese: 0.2mg (9.78%), Vitamin B2: 0.16mg (9.5%), Zinc: 1.39mg (9.28%), Iron: 1.48mg (8.24%), Folate: 30.55µg (7.64%), Calcium: 63.15mg (6.31%), Copper: 0.12mg (6.13%), Vitamin E: 0.77mg (5.13%), Vitamin C: 4.11mg (4.98%), Vitamin K: 4.73µg (4.51%), Fiber: 0.97g (3.9%)