

SEDERFISH.COM

GRANDMA'S GEFILTE FISH

3 lbs. whitefish, 3 lbs. pike, 1 lb. carp, filleted and ground together with onions, keep fish heads and bones for stock (some fish stores will fillet and grind the fish for you – make sure you ask them to give you the heads and bones too)

40 oz. water
8 oz. ice water
9 ¼ tsp. salt
1 ¾ tsp. pepper
1 tsp. sugar
2 T matzo meal
2 eggs
4-5 thin carrots
3 medium onions

Make stock:

Peel and slice 3 medium onions, place slices in the bottom of a large pot
Add 40 oz. water, 4 tsp. salt and 1 tsp. pepper, rinse fish heads and bones and add to pot
Bring stock to a boil, let simmer

Make fish cakes:

Peel and slice carrots
Put ground fish in large bowl
Make well in center of fish to add seasoning, matzo meal and eggs
In separate bowl, mix eggs, 5 ¼ tsp salt, ¾ tsp. pepper, add 1 tsp. sugar
Pour egg mixture into fish, add two tablespoons matzo meal, add ice water
Add onions
Beat mixture for 20 minutes
Shape fish by the handful into fish cakes, place in pot on top of stock, let it continue to simmer
Place one carrot slice on top of each fish cake
Put pot lid on, and let layer cook for a minute or two until fish turns white
Repeat process by adding a layer, and continue until all the fish is in the pot
Cover pot and cook fish for 1 ½ hours
Remove fish cakes from pot and refrigerate
Makes about 30 fish cakes