



## Gelfilte Fish

### Ingredients

- 1 pound ground whitefish
- 1 pound ground pike
- 1/2 pound ground carp
- 1 pound ling cod fillets
- 1 large onions
- 1 large carrots
- 3 eggs
- 1 tablespoon white sugar
- 1 tablespoon salt
- 1/4 tablespoon ground white pepper
- 1 cup matzo meal

### Fish Stock

- 4 quarts water
- 3# fish bones & skin
- 1 onion
- 4 bay leaves
- 1 tablespoon salt
- 1/2 tablespoon ground black pepper
- 1 tablespoon white sugar

### Directions

Grind the fish, onion and carrot together. Place fish mixture in a wooden bowl. Using a hand chopper, add eggs one at a time. Add white sugar, salt and white pepper and continue to chop until very well blended. Add matzo meal and chop again. Check to see if mixture is thick enough to bind together to make an oval gefilte fish ball and if not add in more matzo meal.

Fish Stock - Meanwhile, fill two large heavy stock pots half full of water. Into each pot slice one raw onion. Add fish bones & skins. Sprinkle in salt, black pepper and sugar and bay leaves. Bring to a boil over medium heat and let cook for 30-45 minutes. Strain out all extra and return fish stock to pot. (You can buy fish stock premade if desire. This recipe would need about 2 1/2-3 quarts.)

With wet hands shape the fish balls (4oz) and carefully drop into simmering stock. Cover slightly and cook over medium-low heat for 25-30 min. When done, let fish sit in the pot for 10 minutes, then remove pieces carefully to containers and strain remaining stock over fish balls, just barely covering them. Chill and serve. They will now keep in the refrigerator for up to 6 days.

6 servings