



Gefilte Fish courtesy of 2nd Ave. Deli, NYC

Ingredients:

!For the gefilte fish balls

1 1/2 pound filet of whitefish and 1/2 pound filet of carp or pike (At fish store, ask for whole fish, fileted and skinned. Retain the heads and bones. Many stores will also grind the fish for you.)

2 large onions (about 2 cups when grated; don't tamp it down)

1 stalk celery

1/2 medium carrot

6 eggs, beaten

4 teaspoons sugar

2 1/2 teaspoons salt

3/4 cup corn oil

1 cup matzo meal

!For the cooking

heads and bones from fish

4 medium onions, peeled and quartered

2 stalks celery, trimmed and chopped into 3-inch pieces

2 medium carrots, peeled

Directions:

In a food processor or grinder, grind fish (refrigerate heads and bones for later use), 2 onions, 1 stalk of celery, and half a carrot. (If you use a food processor, make sure you leave no large pieces of fish or bones; you may want to transfer the mixture, bit by bit, into a wooden bowl, and go over it vigorously with a hand chopper).

Place fish mixture in a large bowl, and add eggs, sugar, salt, pepper, and corn oil, mixing thoroughly with a wire whisk. Stir in matzo meal, and continue to mix until everything is thoroughly blended. Refrigerate for one hour or more (longer, even overnight, is better).

Fill two large stockpots 3/4 full of water, and bring to a roiling boil. In each, throw in half the fish heads and bones, 2 onions, half the celery, and a carrot. Divide batter into 12 patties of equal size. (Don't worry that your batter is a little loose; it has to be that way to keep your gefilte fish light.) Transfer each patty to a large cooking spoon, shape into an oval, and very gently lower it into the boiling water. Put six in each pot. Lower heat and simmer for 1 1/2 hours.

Remove fish balls and carrots from pots, and refrigerate on a covered plate. Discard everything else. Serve chilled with red and/or white horseradish. Slice carrots for garnish.