

Gefilte Fish

Time 1 hour 25 minutes

Recipe by: Leslie Robbins-Conway

Ingredients (4 servings)

1 lb fish, chopped/ground fish
1 large egg
1/4 cup water or a few tablespoons more if you prefer fish loaf moister
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon sugar
2 tablespoons bread crumbs
2 large carrots, grated
2 medium onions, or one large, chopped
2 Tablespoons light oil



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Preheat oven to 350 degrees f. and grease your loaf pan with a little oil or margarine.
2. Finely chop the onions and grate the carrots, and mix together. (Use a food processor if you have one).
3. Saute grated carrots and onions in the oil until soft and caramelized but not too brown, about 5-10 minutes.
4. Skin fish and grind until like ground meat. (Or purchase ground fish.) Can use a food processor.
5. In a fairly large bowl, beat the eggs, adding water, oil, salt, pepper, sugar and crumbs (of gf flour).
6. Beat, with a hand mixer, a couple of minutes then add carrot/onion mixture.
7. Beat a few more minutes and then add ground fish. Beat for an additional 3-5 minutes.
8. Pour or spoon fish mixture into loaf pan, smoothing out the surface..
9. Bake at 350 for one hour.
10. Let cool, then refrigerate and serve cool with horseradish and parsley to garnish.