

NO CARB GEFILTE FISH



FISH INGREDIENTS

- 1 lb. Whitefish
- 1 lb. Scallops or Pike
- 1 lb. Carp
- 1/2 lb. Cod fish (optional)

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VEGETABLES – to be ground in food processor

- 3 Carrots
- 1 Celery stalk
- 1 Scallion
- 1 Garlic clove
- 1 small Onion
- 1 small can mushrooms (drained)

ADDITIONAL VEGETABLES

- 3 Carrots – sliced
- 2 Celery stalks – cut in thirds
- 1 medium onion – sliced

OTHER INGREDIENTS

- 2 Eggs—beaten (in separate bowl)

*1 packet artificial sweetener (optional)

Seasoning to taste (salt, white pepper, garlic powder, onion salt)

DIRECTIONS

Boil water in 5 quart pot. Add 4 sliced carrots, 1 sliced onion, 2 stalks celery and 1 packet artificial sweetener (if desired). Cover and let simmer. Grind fish in food processor and set aside. Grind remaining vegetables in food processor. Add to ground fish and mix well. Beat eggs in separate bowl and add to fish and vegetable mixture. Mix well and form into oval shapes about 3 inches long. Place in boiling broth and cover. Turn the flame down and simmer for one hour.

TIP: Keep your hands wet for easier handling when shaping the gefilte fish.