Gefilte Fish Loaf

**Ingredients:**
- 3 pounds ground fish, carp, pike, Whitefish, halibut. Or any mixture of these.
- 6 large carrots
- 2 large yellow onions
- ⅓ cup vegetable oil (optional)
- 4 eggs
- 4 tbsp. matzo meal
- 1 cup water
- 1 tbsp. sugar
- ½ tsp. Kosher salt

This is a recipe from Estelle Silverstein that has become a tradition in our home. I did make a couple of modifications. If you cannot find ground fish, purchase any type of fish listed and use food processor and pulse until texture is like a thick applesauce.

**Directions:**
Chop the carrots and onions very fine, and steam gently in a covered pan until soft. You can use the oil to sauté the vegetables. I do not use oil with my pans most of the time. Set aside, let cool.
In a large bowl, (I use a mixer) mix together the fish, eggs, matzo meal, water salt, pepper, sugar, and carrots and onion.
When well mixed, pour mixture into well greased loaf pans. I use small disposal ones for easy clean up. Or use loaf pans that are lined with tin foil.
Bake at 300°F for 60-90 minutes, according to the size of the loaf pan, longer time for larger pans.
Let cool.

I make these a day or so beforehand and store in the refrigerator in the pans. Just before serving slice into half-inch slices, and garnish each slice with lemon and a baby carrot. Serve with parsley and both red and white horseradish.

This makes enough for a Seder of 20 people and some leftovers!

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