

From: Daria Parnes daria@parnes.net
Subject: Gefilte fish recipe
Date: Jan 13, 2023 at 10:45:32 AM
To: Aaron Spahn kylie_spahn@hotmail.com

Wednesday
1/19

Dear Judy, Mark and David:

This letter is being written at the request of the Chief!

Grandma showed me the picture you sent her and it is lovely and I'm jealous that I haven't a wallet size one. Showed it around the office to brag a bit.

Recipe for Gefilte Fish is thusly - if you can follow it:

Quote: First you must find a fish store that is Jewish as the others do not sell this kind of fish. Get 1/2 of a fresh white fish - about 1 - 1-1/2 lbs.; about 1-1-1/2 lbs. pike (Grandma says they will not cut pike and you will have to get one about that size) and about 1 - 1-1/2 lbs. of the thin part of carp. Make sure this is fresh fish and not frozen. Then ~~if~~ if the fish man filet the fish and have him save all the bones and skin and whatever else there is. If the fish man has a grinder, have all the fish and fish only, ground. If he hasn't and you have one at home - you grind it, otherwise you will have to chop the fish and chop one medium onion fine to add to it. If the fish is ground - do not grind the onion - chop it to add to the fish. When the fish is together, ground or chopped with the onion, add one egg, salt and pepper. Before you do anything else - wash and clean all the bones - take off whatever is black and take eyes out of head, if you get any. Then put all bones and skin in pot with two medium onions cut in cubes and add water - not too much like a soup. Enough to cover the fish when put in. When this water starts to boil - wet your hands with cold water and make elongated ovals of the fish and drop gently in fish water - make sure there's enough water to cover fish. Cover pot partly and keep on low flame and let cook slowly for about 1-1/2 hours. Then add 1 large or 2 small carrots - sliced and salt and pepper to taste and let cook for another 1/2 hour. Don't oversalt - pepper does not matter. When done - let cool then take fish out and carrots and strain all that is in the pot into the bowl where you have put the fish.

Hope this makes sense and turns out delicious.

Thought you might be interested in knowing that Howard was on Channel 4 news at 6 P.M. on Monday - 1/17. Re the open admissions - he came out good. Also am advising that I've started going to college - started with English comprehension - took a test - got a high enough mark and now have my first 3 credits for college. Starting another English course this Saturday and maybe if I live long enough I'll get a degree.

Be good - keep well and all our love.

Aunt Marion

I found this on

JUdy's Facebook page from a while back. Thought you might be interested.

Grandma Pflaster's gefilte fish was THE BEST!

Enjoy.

Daria

Sent from my iPad