

# Spicy Gefilte Fish Balls

Recipe By *Rabbi Hanoch Hecht*



Cooking and Prep:  50  
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Serves:  10

No Allergens

**Preference:** Parve

**Difficulty:** Easy

**Diet:** Low Fat, Low Carb,  
Sugar Free, Pescetarian

**Source:** Family Table by  
Mishpacha Magazine

Many of us love the smell and taste of gefilte fish, but after eating it week after week, Shabbos after Shabbos, it can get a bit stale. This recipe is a great way to elevate the fish to something totally different, yet still give you the comfort of the Shabbos table

## Ingredients (12)

### Spicy Gefilte Fish Balls

- oil, for sautéing
- 3 shallots, diced
- 1/2 yellow pepper, diced
- 1/2 orange pepper, diced
- 1/2 – 1 jalapeño pepper (depending on how hot you like it), diced

- 1 (28-oz./450-g.) can diced tomatoes
  - 16 ounces (800 grams) **Gefen Tomato Sauce**
  - 1 loaf **Ungar's Gefilte Fish**, defrosted (you may substitute another type of fish)
  - 1/2 teaspoon salt
  - 1/2 teaspoon **Dorot Gardens Frozen Basil**
  - 1/2 teaspoon **Dorot Gardens Frozen Parsley**
  - 1/2 teaspoon bay leaf
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## Start Cooking

### Make the Gefilte Fish

1. Heat the oil in a large deep skillet and sauté the shallots over medium heat, covered, until translucent. Add diced peppers and sauté six minutes.
2. Add diced tomatoes, tomato sauce, and spices and bring to a simmer.
3. Form the gefilte fish into 10–12 fish balls and drop them into the simmering sauce. Cook for 30 minutes over low heat. Serve hot.