



PESACH GUIDE for THOSE with DIABETES

By Nechama Cohen/Jewish Diabetes Association

<http://www.jewishdiabetes.org>

PESACH- HELP! Not the help we all scream about. This time it's not the cleaning, getting organized, trying to figure out where to start and where to end. This time it's diabetes! The challenge of diabetes seems ten-fold when it comes to Pesach. Our whole routine has changed! Four cups of wine at one meal! Hand matzo- what's that? How do we know how many carbohydrates are in one hand matzo?

These are real concerns for people with diabetes and related health issues, which until now, had few answers. The Jewish Diabetes Association JDA has been answering these questions for thousands world wide for more than two decades and has now written this article.

So how does one manage on Pesach without forfeiting the benefits of a healthy regimen and healthy lifestyle? Let us begin to address these issues.

This year the first Seder is on Monday night the 29th of March 2010—all chametz must be out of the house by Monday morning. This certainly does not leave many choices for carbs, since matzo may not be eaten until the Seder. So try to keep busy with light protein and lots of vegetables—remember that kugels need not be only potatoes---use your imagination and our cookbook.

Pesach does not necessarily mean matzo, potatoes, and eggs all of Yom Tov. Use your imagination. Instead of high fat soups—load up on vegetables. In place of only potato kugels substitute completely with other vegetables or in combination. Our book, EnLITened Kosher Cooking/BISHULITE has more than 140 recipes for Pesach and the rest is easily adaptable.

The following will help you prepare your matzo and wine. Remember that failing to prepare is preparing to fail. If you have everything ready you are less likely to have problems.

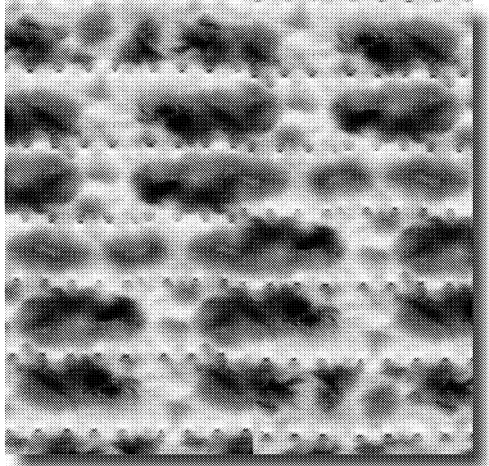
The Matzo

IN THE CASE OF A MEDICAL CONDITION:

HaGaon HaRav R' Shlomo Zalman Aurbach ZT"l wrote, that one that has a medical condition, can rely on the opinion that in order to fulfill the Halacha, the shiur (minimum required amount), is the size of a natural olive. This is very small, and equals a bit less than 4 gr. in weight of Matzo. (in the Sefer "Midos Chen", pg.



28, it is written, that this is less than a square measuring 6.5 cm x 6.5 cm) 2.6 in x 2.6 in. (see illustration)



actual size recommended for one with a medical condition.

CALCULATING THE AMOUNT OF CARBS:

Most machine matzo has the portion size and carbs listed on the box and are uniformed in size and shape. It might be a good idea to keep the amount that you intend to eat near your plate.

For the convenience of those that would like to calculate the carbohydrates in the shiur amounts we have also listed, with permission from Feldheim Publishers, the shiur kezaisim as brought forth by Rabbi Bodner, in the sefer "Halachos of K'zayis".

Hand matzo varies according to the size and thickness. Rabbi Bodner lists them as follows:

In order to simplify the calculations, we recommend that you weigh the Matzo before Yom Tov in order to become accustomed to the weight and sizes.

For those that prefer to do their own calculation matzo has an average carb factor of 0.75 (75% of its weight is carbohydrates). Whole wheat matzo has almost 12 grams of dietary fiber per 100 grams, bringing the total amount of carbs down almost 4 grams per slice. The more whole wheat products that one uses throughout the year, and especially during Pesach when there are so many meals, are advantageous for most people

Hand matzos have been divided in to three categories: all weights measurements are approximated:

Thin - 9 pieces per lb (20 per kilo). Each piece weighs 53 gr. and has 40.8 gr. of carbs. 160 calories per Matzo

Medium- 7 1/2 pieces per lb. (17 per kilo), weighs 64 gr. and has 48. gr. of carbs. 192 calories

Thick- 6 pieces per lb (13 per kilo), weighs 75 gr. and has 60 gr. of carbs. 236 calories

Machine Matzo

1 whole Matzo (square about 1.5 oz 32 gr.=appr. 28 gr. carbs.)

Achilas Matzo Hand Matzo (round)

Thin: 53% of a Matzo = 21.6 gr.of carbs

Medium: 41% = 20 gr. of carbs



Thick: 35% = 21 gr. of carbs

Korech

(K'zayis of marror sandwiched in a K'zayis from the bottom Matzo)

Thin: 31% = 13 gr. of carbs

Medium: 24% = 11.5 gr. of carbs

Thick: 20% = 12 gr. of carbs

Afikoman

(based on 2 K'zayisim of the smallest shiur)

Thin: 39% = 16 gr. of carbs

Medium: 30% = 14.5 gr. of carbs

Thick: 26% = 15.5 gr. of carbs

The Arba Kosos (Four Cups)

WINE: THE REQUIRED AMOUNT THAT ONE MUST DRINK:

Shiur (quantity):

The required amount is called a Reviyis. There are differences of opinion as to the exact measurement of a Reviyis. According to the Shulchan Aruch the accepted size of a Reviyis is: 3 oz. (86 c.c.) (This is much smaller than the average Becher).

The larger portion size, according to the Chazon Ish Zt"l is 5 oz. (150 c.c.). These are the minimum required amounts of wine that needs to be in the cup. required amount that one must drink:

The law states that one must drink (rov reviyis) 'most' of the above amounts. However, it is best to drink the entire amount. For an individual with a medical condition it is acceptable to drink 'most' of it. (This is a bit more than 1/2 of what is in the cup).

It is a Hiddur (commendable) to follow the ruling of drinking 'most' or even the entire amount that is in the becher (cup) even if it is a large becher. Therefore, the Mishna Brurah recommends that if one does not intend to drink a large amount, he should not use a large becher, but one that holds the reviyis.

For the 4th Kos at the end of the Seder, it is necessary to follow with a Bracha Acharona. In order to recite the Bracha Acharona, one is required to drink the full reviyis. One that, for medical reasons, cannot drink the full reviyis, one may drink 'most' of it and request that someone else say the Bracha Acharona out loud and have him in mind.

(Footnotes)

1 HaGaon HaRav R'N Karelitz Sh"lita rules that in the case of a sick person, one goes by the more lenient ruling of 4.6 oz. (135c.c.) even according to the Chazon Ish Zt"l

ADDING WATER FOR WINE AND GRAPE JUICE:

One can add water to dry wine, and it is still considered wine and is Kosher in upholding the Mitzvah. However, the taste of the wine must remain, and should not acquire the taste of a light drink. The acceptable combination is 60% water to 40% wine. There are some wines, due to a stronger taste that allow up to 75% water and 25% wine.

However, a taste test should be done before the Yom Tov (holiday), to insure that this mixture does not lose the taste of the wine.



The ruling for grape juice is that one is not allowed to add water since this alters the taste. However, one is allowed to mix the grape juice with the wine/water combination which will bring down the amount of carbs in the grape juice and the amount of alcohol from the dry wine considerably.

If one follows these guidelines of mixing 75% (3 cups) water to 25% (1 cup) of wine correctly, one will consume only 2-3 oz. of wine throughout the entire Seder. If the largest shiur is used, it will amount to 5-6 oz of wine. In order to be able to estimate the actual amount to drink at the Seder, measure the exact amount that you will be using, before Yom Tov. Choose the becher (Kiddush cup) that you will be using and pour the measured amount in to the becher of choice so that you can recognize how much you will be drinking.

TYPE OF WINE:

The best option would be a dry wine, which has almost no carbs. [Most dry wines contain approximately 4 grams of carbs per 8 oz. cup.] If the sour taste bothers you, try adding some artificial sweetener, such as saccharin tablets, which can be dissolved in water. Because the law does not require manufacturers to print nutrition facts on wine bottles, it is often hard to know exactly how many carbs a glass of wine contains. If you are trying to find a wine that is very low in sugar, you can use a glucose meter before Yom Tov to test a sample. (We tested it with a Glucometer Ascetia XL, not all meters will give accurate results). Test a sample of the wine just as you would test a drop of blood on your meter. If the wine you are testing is a sweet wine, your meter will give you a HI reading. If it is a dry, low-carb wine, the meter will tell you that it is LO. Many of the dry wines will not give you a LO reading, but the numbers you will get are a very good reference. Diabetes Forecast stated that a cup of regular soda contains 4,500 mg/dl of sugar, which would give a very high reading. It pays to remember this, so that you keep the meter reading of a dry wine in proper perspective.)

[By the way, this is a good way to test diet soda from fountains that could easily be interchanged with regular soda. To be certain that the soda you are drinking is really sugar free; check it out on your meter.]

For those who are not accustomed to drinking high quality dry wine, it may take a while to acquire a taste for it.

Here are some examples of wines we tested for sugar content on a glucose meter:

Chardonnay was 225. (meter reading)

Cabernet Sauvignon was 87

Sauvignon Blanc from Gamla was 27.

These are only examples. Remember to test the specific wines that you are planning to use. Less expensive wines are rarely sugar free. Checking on the meter seems to have proven this correct, as some inexpensive, supposedly dry wines, actually tested HI on a meter.

An important point: Since alcohol may cause a drop in your Blood Sugar, discuss with your doctor whether or not to cover the carbs in wine with insulin. There is more of a chance that wine will cause a low BG on an empty stomach. If you use pure (unmixed) wine for the first cup, make sure to follow the above guidelines and not to overdue your alcohol intake.

Those with Type 2 diabetes: should discuss with their doctor and Rav if it is better to drink wine rather than grape juice. According to Halachah wine is preferable, and the juice has high sugar content, however, many of the oral medications used for treating Type 2 diabetes, (non-insulin dependent) diabetes are not compatible with alcohol.



Remember to show these options to your doctor. There is not much alcohol left. Many health care professionals have been very pleased with these options since they allow for a normal quality of life.

Those with Gestational diabetes (diabetes in pregnancy) or T1 and pregnant should check with their health care professionals and Rav to determine which way to go. Again show them the charts in order to guide them in their decision.

GRAPE JUICE

Some Poskim say that it is preferable to use wine or a wine/grape juice combination for the 4 Kosos. Keep in mind that as far as diabetes and carb counting is concerned, dry wine is certainly the way to go. If you drink grape juice, please note: the carbohydrate content of the various grape juices differ. Those that we have researched range from 32-60 gr. Of carbs per cup. Please make sure to check the label. In order to cut down the amount of carbs one can use a combination of grape juice mixed with the diluted 60/40 wine.

Please note: Kedem's Concord dark grape juice, came in with the lowest amount, which has 16 grams of carbs in a 4 oz. serving.

This is one example. One may choose to use different percent combinations after speaking to a Rav and health care professional

MIXING 40% WINE WITH 60% WATER

For the smallest shiur:

	Amount to drink	Amount after dilution
First cup	1.6 oz. (rov reviis)	0.6 oz.
Second cup	1.6 oz.	0.6 oz.
Third cup	1.6 oz.	0.6 oz.
Fourth cup	3.0 oz.	1.25 oz.
Total	7.8 oz.	3.05 oz.

For the largest shiur:

First cup	2.6 oz.	1.5 oz.
Second cup	2.6 oz.	1.5 oz.
Third cup	2.6 oz.	1.5 oz.
Fourth cup	5.0 oz.	2.0 oz.
Total	12.8 oz.	6.5 oz.

In order to prepare in advance, simply pour 1 cup of wine into an empty bottle, and add 3 cups of water. (The size of the cup does not matter. Just make sure that you use the same cup for the water and the wine). It is always advisable to prepare this bottle in advance and label it as your own "SPECIAL RESERVE".

SUMMARY PREPERATION LIST

- Discuss with your Rav the shiurim of rov reviis and mixing wine with water.



- Choose the wine of your choice and check the carb content (remember the meter test).
- Prepare the right size Becher.
- Train your eye to recognize the amount that you will be drinking during the Seder.
- Mix the wine with water following the instructions of your Rav and doctor. Prepare a separate labeled bottle.
- Weigh Matzas in advance in order to be better prepared for deciding insulin doses.
- Make sure you have prepared in advance your choice of glucose for treating hypoglycemia.
- Review chart and details with your health care team.

Prepare all medical supplies, medications and equipment for Yom Tov and Shabbos in advance
l'kovod yom tov

Sugar Substitutes:

Sugar Substitutes - Gefen - Kosher L'Pesach Sweet'N Low (not Equal) Sweetie with Badatz supervision from Eretz Yisroel (liquid & Tablets).

There may be others but must have specific Pesach supervision.

Powdered Equal, Splenda and Nutrasweet are NOT kosher for Pesach, and may not be used by Ashkenazim and not by Sefardim unless specifically noted.

It was once thought that products containing sugar, even in minute amounts, were totally off limits for people with diabetes or at risk for diabetes or other related health conditions. However, the American Diabetes Association opposes totally restricting sugar -- provided they consume it in the context of a healthy food choice. Therefore, foods with sugar listed as a lower ingredient on the label can be included in one's meal plan, as long as they are counted in the appropriate food group. Sugar should be consumed in small amounts and in most recipes can be cut down significantly and/or combined with sweeteners.

Today we are lucky to have a much larger variety of kosher for Pesach products. The following are some products with the nutrition facts.

Common Cooking Ingredients:

Food	Amount	Carb	Calories	Fat
Choc. Roughly chopped 72% cocoa	2 tbsp	3.5 gr	57	4.5
Bitter sweet choc small squares 72% cocoa	10	13	226	18
Baking choc large squares	2	10	79	4
Choc chips packaged	1 tbsp	10	75	4
Choc chips	1/2 cup	80	600	32



packaged				
Cocoa	1 tbsp.	3	20	1
Cocoa	1 cup	50	350	15
Eggs	1 Large	0.7	101	7
Honey	1 tbsp.	12	48	0
Honey	1/2 cup	112	448	0
Matzo Meal	1 tbsp.	6	27	0
Matzo Meal	1 cup.	96	440	0
Oil	1 tbsp	0	9	10
Oil	1 cup	0	1440	160
Potato Starch	1 tbsp.	8	36	0
Potato Starch	1 cup	128	576	0
Sugar	1 tbsp.	15	60	0
Sugar	1/4 cup	60	240	0

PESACH COOKIES AND CAKES

This is just a partial list. Since most Pesach products are similarly manufactured it is probably safe to assume that similar products will have more or less the same amount of carbohydrates. Since Pesach products are made from, potato starch, sugar and/or matzo meal, they are all, basically, almost pure sugar. With enough preparation time one should have no problem making some snacks with fewer carbs on her own. As always the best way to go is good old fashioned "home made".

Product Company	Seiving size.	Carbohydrates
Brownie Cake (Hagadda)	38 gr.	20 gr.
Chocolate Cake (Oberlander's)	42,gr.	23 gr.
Rainbow Cake (Hagadda)	28 gr.	11 gr.
Sponge Cake (Oberlander's)	42 gr.	24 gr.
Apricot Sandwich Cookies (Hagadda)	28 gr.	16 gr.
Leaf Cookies (Hagadda)	33 gr.	14 gr.
Nut Cookies (Hagadda)	28 gr.	11 gr.
Raspberry Sandwich Cookies (Hagadda)	28 gr.	15 gr.
Chocolate Macaroons (Hagadda)	33 gr.	18 gr.

For more information on diabetes call us at the number below or go to our web site at:

www.jewishdiabetes.org

So how do we put this information to work for us on Passover?

The Following are Nechama's Tips for an **EnLITened Healthy and GLUTEN FREE Passover:**

Tips to Help Get Through Passover Preparation, the Holiday and Beyond

Good substitutes for High Carb potatoes:

Kohlrabi in soup and meat stews is great---in place of fried or mashed potatoes try zucchini strips (or other vegetables) either roasted in the oven with good seasonings,

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non-stick spray and/or in a non-stick pan. For a mashed potato effect without the high carb content, broccoli and cauliflower are great substitutes.

Don't sacrifice Exercise time:

One of the beautiful parts of holidays is the family quality time that it provides us. Make walks a part of that quality time---it is the beginning of spring---the flowers are blooming the birds are chirping---put your cell phones away and take walks— even 15-20 minute ones---with your kids or friends---you'll come back invigorated and ready to continue working.

Never Eat Standing Up and Be Mindful about Mindless Eating:

You grab a handful of whatever.... without taking it in to account. While cooking you taste the cakes, dessert, sauce etc and/or dig into a few bites of your hubby's/children's dessert. Unfortunately, these little, hidden indulgences add up to "weighty matters" on the scale.

Be A Healthy Mom and Set Good Examples:

You love fish, veggies. Your hubby loves meat and potatoes. What gives? Your man wins, hands down. Always looking to please the kids with hot dogs, hamburgers and French fries and they win out every time – these habits are easy to fall in to especially during stressful times and when preparing for an important and busy holiday like Passover—unless you put on the brakes it can lead to trouble for everyone. Others around you will watch what you're eating and take the example. If they see you take the time out to have a normal meal and get in some exercise they will only respect you more.

Be Honest about what you are eating:

"Most people are oblivious, not realistic or totally and drastically underestimate the number of calories they eat," says Cohen. We downplay our intake and play up our cardio workout. Know what you are eating and how much you are really exercising. There's a lot of take out and restaurant eating during Passover preparation, especially the week prior to the Holiday, and with restaurant portion sizes on the rise, many of us have no concept of a "standard" USDA serving size. Eating out is OK just make wise choices and always go for a salad with dressing on the side or better yet a drizzle of olive oil and spritz of lemon is just fine. Cut out the fried foods and end with fresh fruit and you'll be happier and healthier.

Watch your Portion Sizes/Double up on Fresh Veggies and Low Glycemic Fruits: If you do nothing more than double your current intake of low glycemic fruits and vegetables, you'll be on your way to eating well. Go for smaller portions; if something is really calling you try a mint, some gum and sometimes just having a small amount will help you get by. But keep an eye on the portion sizes and read



labels. Stock up on good quality ingredients—the better your food tastes the happier everyone will be. (see eyeballing below)

Eyeballing Food for Portion Size

Excerpt from EnLITeNed Kosher Cooking

You may not have a scale for the holiday and/or the opportunity to weigh and measure your portions. Here are some tips to help you get by:

- ❖ A 1-ounce chunk of meat is the size of a matchbox
- ❖ A thin slice of meat is the size of a 5 ¼-inch computer disk
- ❖ 3 ounces of meat is the size of a deck of cards or a computer mouse
- ❖ A medium-size fruit is the size of a tennis ball
- ❖ A medium-size potato is the size of a computer mouse
- ❖ An ounce of hard cheese is the size of a domino or a tube of lipstick
- ❖ A cup of fruit is the size of a baseball
- ❖ A cup of broccoli is the size of a light bulb
- ❖ A ¼ cup (4 Tbsp.) is the size of a golf ball or a large egg

Don't Start Off Without a Plan:

It's easy to overeat if you don't have a road map specifying your diet and exercise goals. Take the time to plan your menus—shopping lists and all. Prior to the holiday make sure you have your healthy finger foods around and don't skip meals. We always advocate keeping a food diary, prior to the holiday when things get really hectic that might be the one thing you can give up on but don't compromise on your determination. Set measurable, attainable goals and reward yourself for sticking to them. Make sure you have really gourmet beautiful dishes that you can healthfully indulge in (that's what EnLITeNed Kosher Cooking is all about). Guaranteed most of your guests won't believe they are healthy dishes and if you have something special for yourself, prepare extra because there will be more people at the table clambering for it.

I'm Moody -- Let's Eat:

People tend to turn to food for comfort when they are tired and/or over extended (falling apart). Eating will not solve problems.

When you start getting cranky—head out of the kitchen—take a nap---go for a walk, have a delicious herbal tea, maybe a few nuts and/or small fruit, some deep breaths and just relax, then get back to work.

Give Me the Quick Fix, Now!



We've all fallen prey to the latest fad diet, downing gallons of cabbage soup, eating nothing but grapefruit or loading up on eggs and high fat protein. The end result is always the same: We gain the weight back and then some.

Don't be an All-or-Nothing Person:

If you ate a plate of fries, you might feel like you've blown it. But don't let one setback completely derail you. Instead, focus on baby steps and reward yourself along the way.

Cut Simple Carbs & Fats Wherever You Can:

If you have a craving for some simple sugars look at some of our suggestions above. Any carbs you cut out is a penny earned. Go for the healthy satisfying fats like nuts, avocado etc they are satisfying for a longer time span...but watch the portion sizes. Grape juice is one simple carb that really gets used over Passover. Think about preparing a good quality dry or semi dry wine. Try to get whole-wheat matzo---the fiber will help keep you satisfied and more.

Excuses, Excuses, Excuses:

Whether it's a sluggish metabolism, lack of time or a dysfunctional thyroid, we're masters of coming up with excuses. Change your outlook, believe you can watch yourself and get through this Holiday nutritionally sound (make the time, decompress, whatever) and set priorities accordingly.

WALK, WALK, WALK!

If you encounter a mob at the supermarket, things are getting out of hand at home, your becoming overwhelmed.....Whenever you can get in 10-15 minutes of brisk walking go for it---remember it's spring the air is crisp, the birds are chirping, leave your cell phone at home or in the car and enjoy! Remember that this is one of the most monumental and important holidays, make it memorable for yourself and everyone around you, make it the best you can!

WHEN YOU ARE EXHAUSTED SLEEP DON'T EAT!

HIGH FAT SUBSTITUTIONS

Excerpt with permission from EnLITened Kosher Cooking

HIGH-FAT PRODUCT: LOWER FAT CHOICE

Baking chocolate: A combination of cocoa and oil reduces the fat (1 oz. baking chocolate = 3 Tbsp. cocoa + 1 Tbsp. oil).



Butter, margarine, or oil for baking: Cut the fat and sugar called for in the recipe by 1/3–1/2. Try replacing all or part of the fat and sugar with sugar-free (well-blended) natural applesauce.

Butter, margarine, or oil for cooking: Combine monounsaturated oil with non-stick cooking spray and/or add broth or water for sautéing or stir-frying.

Cream cheese for spreading: Whipped, light cream cheese

Cream cheese for baking: 5%-fat smooth cheeses (drained), light or whipped cream cheese, farmer and/or low-fat cottage cheese (drained), Neufchâtel and/or part-skim or low-fat ricotta, yogurt cheese or low-fat drained yogurt. These can be used separately or in combination.

Dressings — store-bought are high in fat and carbs: You are much better off with homemade vinaigrette; using olive oil and lemon juice or vinegar, flavored vinegars and add the flavorings, spices and herbs of your choice. There are store bought Light or low-fat dressings but keep an eye on the sodium.

Eggs: (each egg yolk is 60-80 kcal depending on the size of the egg): Use one egg per portion per person and the rest substitute with egg whites

Whole milk: Low-fat milk, skimmed milk, low-fat, low-carb soy milk.

Sour cream: low-fat or light sour cream, yogurt.

Hard cheeses: Grated helps cut the amount: a small amount can go a long way.

Choose low-fat versions.

Cutting Calories and Fat

Believe it or not, you can sometimes have your chocolate and eat it too, even if you're watching your weight and/or fat intake. Here are a few ideas for shaving off calories and fat:

Chocoholics can get their "fix" — plus fiber, iron, and calcium — from a small handful of chocolate-covered nuts instead of a gooey chocolate bar.

Calories saved: 160.

Just love that egg yolk and can't pass it up? Swap fried eggs for poached and save a good 50 to 70 calories.



Love egg salad (a Jewish staple for Shabbos in many traditional homes) Don't Cut it out — just lighten it up. Using 4 eggs and 4 egg whites for 7 servings will give you a saving of 34 calories per serving (each egg yolk is 60-80 kcal depending on the size of the egg).

You absolutely have to have the flavor of frying in oil? Start using oil sprays. One tablespoon of oil has a whopping 120 calories. A 5-7 second spray won't have more than 3-5 calories. (1/3 second spray has 0 calories.)

Instead of a board of Matzo and cream cheese use low fat cheese with grated apples, cinnamon and vanilla and a touch of sweetener.

Calories saved: Over 100;

Use cucumbers, radishes and/or celery sticks with some garlic, salt and pepper to taste, instead of the apple and you'll knock off another 55 calories.

The following is just one example of the more than 250 recipes and more than 100 full color photographs that you will find in EnLITened Kosher Cooking: (The only Kosher diet cookbook for Pesach and GLUTEN FREE, with more than 140 Kosher for Pesach recipes and the rest easily adaptable for Pesach). EnLITened is now available in Hebrew called **בישולייט** and is the only Hebrew book of its kind—(if not found in your local bookstore please call Feldheim Publishers at: NY 845-356-2282, Israel-02-651-3947)

Gefilte Fish

Carb Free, Low Fat / Yield: 12 servings



Don't keep this dish only for the Sabbath and/or holidays. This tastes just as good as the high-carb version and it's almost "free" for any meal or snack.

For fish:

- 1 medium onion, peeled
- 1/2 small carrot, peeled
- 1 whole egg plus 2 egg whites
- 1 pound ground fish (carp, pike, whitefish, or a combination)
- sugar substitute equal to 1/2 cup sugar, divided
- salt and white pepper to taste
- 1-2 tablespoons cold water, added by drops



almonds, finely ground (optional)

For fish stock:

fish bones and head (this makes the stock gel)
 sugar substitute equal to 1/4 cup sugar
 2 leeks, trimmed and sliced in half lengthwise (see Tip on p. 42)
 1 green pepper, seeded
 2 celery stalks
 1/2 small carrot, peeled
 2 quarts water
 2-3 cloves garlic, peeled
 salt to taste

Place fish bones and head in a 6-quart pot. Cut green pepper, celery and carrot into large slices and add. Then add leeks, garlic and salt. Fill pot half full with water and bring to a boil.

To make the fish, put onion, carrot and eggs in a food processor or blender. Process until completely smooth. Add to ground fish, along with half the sugar substitute and seasonings. Mix, preferably with an electric mixer. Add drops of cold water and continue beating for a few more minutes until the mixture holds together well. There is no need to add matzah meal or breadcrumbs. If the mixture seems too loose, add finely ground almonds, 1 tablespoon at a time. Mix between additions, and stop once it holds together nicely. When using carp alone, you won't need any almonds. When combining different fish, the consistency may be looser and then you may need to add 1-3 tablespoons.

With wet hands, form mixture into medium balls and drop into the boiling stock, making sure they are covered. Add water if necessary.

Cover pot, lower heat and cook for 1 1/2 hours. Check every 15 minutes or so to make sure that there is at least 1-2 cups of liquid, adding water if necessary.

Cool. Remove fish and carrot with a slotted spoon and put in a container. Cover with the cooled liquid or place liquid in a separate container for garnish when serving. The fish stock will gel.

Serving suggestion:

Serve fish with a slice of carrot and horseradish, and/or with any dip in this book (see pp. 118-121). Dips can be served in a scooped-out cucumber cup.

Variation:

For non-sweet gefilte fish, eliminate the sugar substitute and add:

To stock:

2 more cloves garlic, peeled and halved
 salt and pepper to taste

To fish:

1-2 cloves garlic, peeled and finely minced
 salt and pepper to taste

Nutrition Facts

Serving size (ball) 1, (oz) 1.5, (g) 45

Calories 54, Protein (g) 7.5, Carbs (g) 0.8, Fat (g) 2.4, Sat. Fat (g) 0.6

Cholesterol (mg) 28, Sodium (mg) 75, Calcium (mg) 27, Fiber (g) 0

Exchanges: Lean protein 1