

FoodSense with Chef Feker

Chef Feker's Smoked Whitefish Salad in Lettuce Cups

Serves 4

Ingredients

1½ lbs smoked whitefish, skinned and boned
½ cup red onion, minced
1 head whole garlic
½ cup celery, minced
½ bunch Italian parsley, chopped fine
1 head bib or Boston lettuce, washed, dried and leaves separated
2 Roma tomatoes, diced
Zest of one lemon
1½ Tbsps freshly squeezed lemon juice
1 cup mayonnaise
1½ Tbsps Extra Virgin Olive Oil
¾ tsp kosher salt
¼ tsp freshly ground white pepper
Toasted, sliced ciabatta or baguette

Directions

With your hands, flake the whitefish in big pieces, being careful to discard all the skin and bones.

In a medium bowl, gently combine the red onion, Italian parsley, celery, mayonnaise, lemon juice, lemon zest, olive oil, salt and pepper. Taste for seasoning. Add whitefish and fold gently.

Rub each piece of toasted bread with the whole garlic.

Arrange two or three lettuce leaves per plate to make a flower shape. Scoop a small amount of the smoked Whitefish salad into each lettuce cup. Garnish each cup with diced tomato, Italian parsley and Extra Virgin Olive Oil. Serve with the toasted bread.

Chef's Note: *This will be great with a glass of Chardonnay.*



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