



RECIPE OF THE WEEK: 27/02/2023

Taramosalata (Fish Roe Dip)

Follow this recipe for a smooth, cream and velvety home-made dip. It is usually served as part of a meze or as a satisfying starter. It is also served on Shrove Monday, known as 'Clean Monday', the first day of the forty days of Lent. It can be made with bread or potatoes. An alternative way of making it is to omit the bread and potatoes and make it with olive oil and the other ingredients. This will result in a smooth texture, like mayonnaise.

During Sarakosti (Lent) it can served with bread or fresh lagani which is a thin, flat oblong bread. It can also be served with gigantes plaki, which is a dish with large king-sized prawns and tomato sauce. Other appetising accompaniments are htapodi stoourn which is oven-baked octopus or baked fresh salmon or souvlaki me garides which is prawns on skewers.

Ingredients

(Makes 750g)

300g stale, white bread
30g shallots or ½ large white onion, roughly chopped
juice of 2 lemons (5-6 tbsp)
125g good quality tarama (white salted cod roe) or
grey mullet or carp roe
200ml sunflower oil or light olive oil and a little extra

for drizzling

50ml water

For sprinkling

a few black olives
a small handful of fresh flat-leaf parsley, finely chopped
or 1-2 sprigs of dill without the stalks, finely chopped



Method

1. Remove the crust from the bread slices and soak them in cold water in a large bowl for 2-3 minutes. Take them out of the bowl and squeeze the bread to remove the excess liquid.
2. Place the onion and lemon juice into a blender and blend on a medium speed for 1-2 minutes until it forms a smooth paste.
3. Add the tarama (cod roe) to the onion mixture and blend on a low speed initially and then gradually increase to a faster speed for 1-2 minutes until all the ingredients are well combined making the mixture light and velvety.
4. Lower the speed of the blender and gradually drizzle the oil onto the mixture in a steady stream until the taramosalata is creamy and smooth.
5. Finally, slowly add the water and beat the mixture until it is well incorporated.
6. If the taramosalata is too thick, blend in a little more olive oil and lemon juice or water and if it is too runny, blend in a little more bread.
7. Serve the taramosalata on small plates, drizzle with a little olive oil and garnish with 2 or 3 black olives on the surface on every plate. Sprinkle with a little fresh, finely chopped flat-leaf parsley or dill.