



# Greek Fish Roe Dip - Taramosalata

10'  
Hands on

6-8  
Portion(s)

1  
Difficulty



## Ingredients

- 300 g bread, crust-less
- 1,2 liters water
- 1 onion
- 2 clove(s) of garlic
- 200 g fish roe, white
- lemon juice, of 2-3 lemons
- lemon zest, of 2-3 lemons
- 100 g olive oil
- 200 g seed oil
- pepper

To serve

- olives, some
- 1 tablespoon(s) olive oil
- pepper
- 1 tablespoon(s) thyme, fresh

## Method

- In a large bowl, add the bread and water. Let it soak thoroughly.
- Line a separate bowl with a kitchen towel.
- Add the bread and water. Wrap the bread in the towel and wring to remove as much of the water as possible.
- Transfer to a bowl and set aside.
- In a food processor, add the onion, garlic and 200 g of water. Beat until completely pulverized.
- Transfer to a bowl lined with a kitchen towel and wring to remove as much of the liquid as possible.
- Place back in food processor and add the fish roe, soaked bread, pepper, lemon juice and lemon zest (2-3 lemons depending on their acidity and your preferences).
- Beat for 3-4 minutes until the mixture is completely combined and fluffy.
- Add the olive oil and vegetable oil in a slow steady stream while beating.
- If your food processor doesn't have an opening, add the oils in 50 g batches for each type of oil.
- Taste and adjust lemon to your liking.
- Serve with olive oil, pepper, thyme and olives.

## Διατροφικός πίνακας

Nutrition information per portion

573 Calories (kcal)	52.0 Total Fat (g)	5.6 Saturated Fat (g)	21.0 Total Carbs (g)
29%	74%	28%	8%
2.1 Sugars (g)	5.3 Protein (g)	1.1 Fibre (g)	0.52 Sodium (g)
2%	11%	4%	9%