

# Tarama

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-tarama-recipe>

## Ingredients:

- 1/4 cup shallots
- fish
- roe
- white pepper
- black pepper
- oil
- onion
- tarama
- 90 grams white bread such as pain de mie
- 1/2 cup roe fish, red or white
- 1/2 cup olive oil
- 1/2 cup vegetable oil such as canola or sunflower
- 1 clove garlic peeled, green germ removed, and minced, optional
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon ground white pepper

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 205 milligrams
4. Fat: 68 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 8 grams
8. Sodium: 650 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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