

Smoked Fish Solyanka – Russian Smoked Fish Soup

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-smoked-fish-recipe>

Ingredients:

- 2 onions medium
- 1 large carrot
- 1 7/16 cups cucumbers salted, about 6 mini ones
- 9/16 pound fresh salmon
- 5 1/4 ounces white fish firm, like haddock, cod
- 3 1/2 ounces white fish smoked, I used smoked haddock
- 2 tablespoons vegetable oil
- 1 bay leaf
- 1/2 teaspoon black peppercorns
- 1 tablespoon tomato purée
- 3 1/8 cups fish stock good quality
- 12 black olives
- 12 green olives
- 1 tablespoon capers
- 2 tablespoons fresh lemon juice
- 1 teaspoon white wine vinegar
- smetana or crème fraîche, as needed
- freshly ground black pepper
- 3 sprigs dill finely chopped
- 4 slices of lemon

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 75 milligrams
4. Fat: 24 grams
5. Fiber: 8 grams

6. Protein: 31 grams
 7. SaturatedFat: 4 grams
 8. Sodium: 990 milligrams
 9. Sugar: 5 grams
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