

Taramosalata - Ταραμοσαλάτα (taramosalata)



Taramasalata or taramosalata is a meze made from tarama, the salted and cured roe of the cod, carp, or grey mullet mixed with olive oil, lemon juice, and a starchy base of bread or potatoes, or sometimes almonds. Variants may include garlic, spring onions, or peppers, or vinegar instead of lemon juice.

SERVES	PREP	COOK	TOTAL	CUISINE
Serves 6-8 as a meze	20 minutes	0 minutes	35 minutes	Greek

Ingredients

- 200 g (7 oz) white bread, crusts removed and stale or lightly toasted
- 120 g (4 1/4 oz) tarama (salted cured fish roe)
- 1 small onion, very finely grated
- 60 ml (2 fl oz) lemon juice, plus extra to taste
- 250 ml (9 fl oz) extra-virgin olive oil
- 120 ml (4 fl oz) sunflower oil or mild olive oil
- 2 tbsp cold water, as needed
- 1 small garlic clove, finely grated (optional)



- 1 tbsp white wine vinegar (optional)

Method

1. Soak the bread in cold water for 2 minutes, then squeeze it very firmly in your hands until it is almost dry. Tear it into pieces and set aside.
2. Put the tarama and grated onion into a bowl. Stir together with the lemon juice for 1 minute until the roe loosens and the mixture looks glossy.
3. Work in the bread a handful at a time, mixing thoroughly after each addition until it is fully broken down and the mixture becomes thick and paste-like.
4. Transfer the mixture to a food processor and blend on medium speed for 1 minute until smooth, stopping once to scrape down the sides.
5. With the processor running on medium, slowly drizzle in the olive oil in a thin stream over 2 to 3 minutes, then add the sunflower oil in the same way. Continue until the taramosalata turns pale, airy and emulsified.
6. If the mixture seems too stiff, add 1 tablespoon cold water at a time and blend briefly until it is soft, smooth and spreadable.
7. Taste and adjust with more lemon juice, a little vinegar if using, and the garlic if desired. Blend briefly after each addition, keeping the flavour bright but not aggressively sharp.
8. Scrape the taramosalata into a shallow serving bowl, smooth the surface with a spoon, and chill for at least 15 minutes to allow the flavour to settle.
9. Before serving, drizzle lightly with olive oil if you like and give it a final twist of black pepper only if desired; traditional versions are usually left unpeppered.

To serve

Serve taramosalata cold with warm pita, crusty bread, radishes, cucumber and olives, as part of a meze spread. A crisp white wine, ouzo, or a dry retsina works well alongside it.

