EASTERN EUROPEAN · LUNCH · DINNER

Saramura de Crap (Romanian Grilled Carp in Tomato Brine)

Saramură de crap

60 min · Serves 3 · 282 kcal a serve · Video 5:21 in Romanian · Retetele Mihaelei

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 34 g protein and 9 g net carbs a serve: grilled carp in a light broth of roasted peppers, tomato and garlic, with no added fat at all.

Diet notes: Low carb (8.9 g net carbs) but not keto: 33% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.9 g, 6% of the energy).

Ingredients 10 · SERVES 3

- [ ] 3 portions of **wild carp** (steaks or a tail piece, about 250 g each)
- [ ] **salt** for the fish, plus 1 tsp for the broth
- [ ] 2 **green capsicums**
- [ ] 1 **red kapia pepper**
- [ ] 3 medium **tomatoes**
- [ ] 1 large **fresh chilli**, left whole
- [ ] 3 large **garlic** cloves, pressed
- [ ] 1 litre **water**
- [ ] **black pepper**, to taste
- [ ] chopped **parsley**, to serve

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Leave the carp rounds as they are and score a tail piece on both sides so it cooks through. Salt the fish all over and set aside while you do the vegetables. 0:52
2. Heat a grill pan or vegetable griddle over high heat and roast all the peppers and the tomatoes, turning, until charred on every side. 1:38
3. Put the peppers in a bowl covered with cling film to steam. Let the tomatoes cool, then peel, core and chop them finely. 2:01
4. Peel the sweet peppers with fingertips dipped in cold water (don't rinse them — you'd lose the smoky juices) and chop the flesh. Leave the hot pepper whole. 2:33
5. Reheat the grill to medium and cook the fish until done right through — about 25 minutes for 3 cm-thick pieces. High heat burns the outside before the middle cooks. 3:15
6. When the fish is nearly ready, bring 1 litre of water with 1 tsp salt to the boil, add the tomatoes and roasted peppers and boil 5 minutes. 3:42
7. Add the fish straight from the grill, the whole hot pepper and the pressed garlic. Simmer 5 minutes (take out the hot pepper if it's getting too fiery), season with pepper and scatter with parsley. 4:12

> **Tip** One piece of carp each (about 250 g on the bone is our estimate — she doesn't weigh it). In the Danube Delta it comes with firm polenta (mămăligă); a green salad keeps it lower in carbs. Pike, zander or trout work too.

The method is a summary in our words, in English — the video (in Romanian) shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
282 kcal	34 g	13 g	4.2 g	10 g	1,260 mg
1,180 kJ	68% of a day	8.9 g net · 7.2 g sugars	15% of a day	1.9 g saturated	55% of a day
		5% of a day		13% of a day	

Energy from net carbs 14% · protein 52% · fat 34% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 174% · Vitamin B12 84% · Omega-3 65% · Vitamin K 61% · Vitamin B6 46% · Selenium 41% · Zinc 29% · Potassium 24% · Magnesium 20%

Source of (10–19%) Folate 19% · Iron 18% · Vitamin A 18% · Vitamin E 13%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Retetele Mihaelei (@ReteteleMihaelei) on YouTube — youtube.com/watch?v=nlOFlboOC1o, published 23 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/saramura-de-crap