

Pulled Beef and Gravy Fries

Recipe By Chanie Nayman



Cooking and Prep:  3.5 h

Serves:  8

No Allergens

Preference: Meat

Difficulty: Medium

Occasion: Passover

Diet: Gluten Free

Source: Family Table by
Mishpacha Magazine

I can't help but have Pesach-compatible recipes always on my mind. Once I ordered a poutine fries dish, when it occurred to me that every component is kosher l'Pesach! Right then, I decided I must recreate my own kosher l'Pesach version. My family custom is not to use pickled meats, so I wanted to create a version without any pastrami in it, but if you do use pastrami, throw it in. This recipe has plenty of room to play around with the components, so have fun with it!

Ingredients (12)

Main ingredients

- 1 and 1/2 pounds (680 grams) brisket or roast
- pepper, for sprinkling
- 3 carrots
- 4 stalks celery

- 5–6 cloves garlic, chopped
- Haddar Kosher Salt**, for sprinkling
- 2 tablespoons **Bartenura Olive Oil**
- 4 small or 2 large onions, diced
- 1 tablespoon potato starch
- 4 cups water

Fries

- oil, for frying
 - 1 pound (450 grams) russet potatoes
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Start Cooking

Prepare the Meat

1. Season meat generously with kosher salt and pepper. Set aside.
2. In a five-quart pot, heat oil. Add onions and sauté over medium heat for about five minutes, stirring occasionally. Add chopped garlic and sauté another five minutes.
3. Place the meat on top of the onions and sear on all sides.
4. Add the water, carrots, and celery. Cook over low heat with cover slightly ajar for about three hours. When done, remove meat and set aside.
5. Add potato starch to the contents of the pot and blend using a stick blender. Taste gravy for salt and add if necessary. (I added another half tablespoon).
6. Using gloves, shred the meat along the grain of the cut. Set aside.

Prepare the Fries

1. Slice potatoes into fries shape. Soak in cold water for a half hour. Pat dry well.
2. Bake on a baking sheet in a 350°F- (180°C-) oven for approximately 25 minutes, until firm but cooked.
- 3.

Heat oil in a large saucepan over a medium heat. Fry potatoes in oil until golden.

To Serve

1. Place fries on a plate. Spoon a bit of gravy on top, then add shredded beef. If desired, add some fried onions on top of the beef. Spoon a bit more gravy over everything.

Credits

Photography: Hudi Greenberger.

Food Styling: Renee Muller.