

Stir-Fry with Homemade Gluten Free Soy Sauce

Recipe By *Joodie the Foodie*



Cooking and Prep:  1
h 25 m

Serves:  2

Contains: 

Preference: Meat

Difficulty: Medium

Occasion: Passover

Diet: Gluten Free, Low Carb

Ingredients (29)

Passover Stir-Fry

- 1 tablespoon olive oil
- 1/2 pound stir-fry meat, like pepper steak
- 1 onion, roughly chopped
- 3 garlic cloves, minced or 3 cubes **Gefen Frozen Garlic**
- 18 ounces cremini mushrooms, sliced
- 1/2 red pepper, sliced thinly

- 1/2 yellow pepper, sliced thinly
- 1/3 cup Homemade Soy Sauce, or if you can find KFP
- 1 tablespoon potato starch, whisked well in 1 tablespoon water to create a slurry
- 2 tablespoons Tio Pepe Sherry or sherry cooking wine
- 2 tablespoons Gefen Honey
- 1/2 teaspoon salt, adjust to taste
- 1/4- – 1/2 teaspoon crushed red pepper *(optional)*

Passover Soy Sauce

- 1 and 1/2 cups beef/chicken/veggie broth
- 1/2 cup mushroom broth
- 2 teaspoons Tuscanini Balsamic Vinegar
- 2 teaspoons apple cider vinegar
- 1 teaspoon Kedem Red Wine Vinegar
- 1/2 teaspoon brown sugar
- 1/4 teaspoon ground ginger
- 1/8 teaspoon garlic powder
- pinch onion powder
- pinch white pepper
- up to 1 and 1/4 teaspoons salt

Passover Egg Lockshin AKA Spaghetti

- 4 eggs
- 1/2 cup potato starch (1 or 2 additional tablespoons might be needed)
- 1 cup water (1 or 2 additional tablespoons might be necessary)
- 1 teaspoon salt



1 teaspoon white pepper

Start Cooking

For the Stir--Fry

1. Heat up a large sauté pan over medium flame. Once hot, add in the meat. Brown on both sides, depending how thin it should be between two to four minutes, and remove to a plate.
2. Add in the onions to the same pan and sauté until golden. Add in the garlic and mushrooms and sauté until fragrant and the mushrooms have started to reduce. Add in the peppers and sauté just until starting to soften.
3. Add in the soy sauce (recipe below) and slowly drizzle in the potato starch slurry, mixing it in as it's poured in. Allow the sauce to thicken, 1--2 minutes, then add back in the meat.
4. Add in the sherry, honey, salt and crushed red pepper if you like it spicy.
5. Place the noodles (recipe below) on individual plates and serve the stir-fry on top, with roasted broccoli on the side.

Passover Soy Sauce

While this doesn't taste like your average soy sauce, it's a close Passover copy. On its own it tastes less like soy sauce, but mixed into a stir fry it gives that perfect umami taste! Should yield around 1/3 - 1/2 cup soy sauce, perfect for the Passover stir--fry.

1. Place everything but the salt in a small saucepan. Heat up over a medium flame and constantly whisk so that the flavors meld. Once simmering add the salt to taste. Simmer for 10-15 minutes until reduced by half.

Note:

For mushroom broth: Place 5 dried mushrooms in a measuring cup and pour 2 cups boiling water over it, cover with saran wrap and let sit for half an hour. Remove the mushrooms and use the broth. Save the extra broth for a different soup.

If you can't find KFP beef, chicken, or veggie broth, then you can make your own or use water with powder.

Tip:

Add in the salt sparingly as it might come out saltier for different recipes.

Egg Lockshin

Use in soup, as a base for a stir fry or even top with cheese!

1. Whisk the eggs until fluffy. Add 1/2 cup potato starch, the water, salt and pepper and whisk well. It should resemble batter for an omelet. If the mixture is too liquidy add in another tablespoon potato starch at a time. If the mixture is too thick add in one tablespoon of water at a time. You shouldn't need more than 1 or 2 in either direction.
2. Heat up a large nonstick frying pan and spray with cooking oil. Right before ladling out more batter to fry always give the mixture a good stir as the potato starch will settle down at the bottom. Add a spoonful of batter to the pan, creating a very thin circle. Fry for 2--3 minutes until very yellow with a hint of gold and then flip to the other side. Fry for another 2--3 minutes and remove to a plate. Repeat until all the batter is done.
3. To create the noodles, take your stack of egg pancakes and roll into a log as tightly as possible. Starting at one end slice thin slices to create spaghetti--like pieces.

About

This recipe **originally appeared** on Joodie the Foodie. Visit joodiethethefoodie.com for more fresh perspectives on classic dishes.