

Pesach Meat Blintzes (Gluten Free)

Recipe By Sharon Lurie



Cooking and Prep:  1 h

Serves:  16

Contains: 

Preference: Meat

Difficulty: Medium

Occasion: Passover

Diet: Gluten Free, Low Carb

Source: KosherScoop.com

Cuisines: Ashkenazi

In some communities, it is customary not to eat kneidlach over Pesach. Some observe this for the first two nights, while others refrain for the whole of Pesach. Whatever your minhag (custom) may be, these blintzes are the best option with a delicious bowl of homemade chicken soup. My family eats them any time of the day or night, with or without soup. In fact, I use this as my blintz recipe all year round as they are gluten free.

Ingredients (12)

Batter

- 4 extra large eggs
- 1 and 1/2 – 2 cups cold water
- 1 cup potato starch
- 1 teaspoon salt
- minimal oil, for frying

Filling

- oil, for frying
 - 1 onion, peeled and grated
 - 2 carrots, peeled and grated
 - 2 pounds ground beef
 - 1 teaspoon potato starch, dissolved in 1/2 cup water
 - salt, to taste
 - pepper, to taste
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Start Cooking

Make the Blintzes

1. In a large mixing bowl, beat the eggs for a minute or two with a fork or hand beater.
2. Add the water, potato starch and salt and continue to beat. You will need to beat the mixture repeatedly, as the potato starch tends to settle on the bottom of the bowl. You may also need to add a little more cold water to prevent the consistency from becoming too thick while the mixture stands.
3. Heat the oil in a frying pan and pour in enough batter to coat the bottom of the pan very thinly. Swirl the mixture around so that it spreads evenly over the bottom. When the batter starts to bubble, turn it over and fry for a further 30 seconds.
4. When cooked, remove from the heat and layer the blintzes, one on top of the other, with a thin layer of foil between each.

Note:

The first and second blintzes are normally samples. You should get it right by the third, so hang in there. It will be worth it!

Make the Meat Filling

1. Heat the oil in a frying pan and fry the onion until golden brown. Add the carrots and continue to fry until soft, then remove the vegetables from the pan and set aside in a bowl.
2. Add a little more oil to the pan and brown the mince, stirring continuously. When the bottom

of the pan has turned brown (caramelisation has taken place), add the potato starch water and continue to stir. To ensure a fuller flavour, be sure to get all the brown bits off the bottom of the pan. Season with salt and pepper.

3. When thoroughly combined, add the onion and carrot and stir well.

Assemble

1. Taking one blintz at a time, place two tablespoons of mince in the middle, pull in the sides so that they meet in the middle and roll up into a cigar shape. Place into a well-greased baking dish until ready to serve. Repeat with remaining blintzes.
2. When ready to serve, either fry them in a little oil to brown and warm through, or bake them in a preheated oven (180°C/350°F) for 15–20 minutes. Some people like to cover the dish with tin foil to keep the blintzes (crepes) soft, whilst others, like me, prefer theirs uncovered to brown and crisp up a little.