

# Cholent (Stew)

Submitted by: Ori Abraham



Cholent is a traditional Jewish Shabbat/Sabbath stew. It is usually simmered overnight for 12 hours or more and eaten for lunch on Shabbat/Sabbath. Cholent was developed over the centuries to conform with Jewish laws that prohibit cooking on Shabbat/Sabbath. Cholent originated in ancient Judea, possibly as far back as the Second Temple Period, and over the centuries various Jewish diaspora communities created their own variations of the dish.

Serves 8-12 people

## **Ingredients (for a 6-Liter Pot):**

1/3 cup oil  
2 large onions, chopped coarsely  
1 kg (2 lb 4 oz) beef brisket or roast, cut into large chunks  
350 g (12 oz) large white and red beans, soaked in water overnight  
1 whole head garlic, halved crosswise (unpeeled)  
1 teaspoon salt  
1½ - 2 tablespoons paprika  
1 liter (1 quart) chicken or beef stock or water  
8 medium potatoes, halved  
300 g (10 oz) pearl barley, washed and drained

## **Instructions:**

Preheat the oven to 225° F.

Heat the oil in a large ovenproof pot and fry the onions until golden-brown. Add the meat and brown on all sides.

Add the beans, garlic, and spices. Pour in the stock or water until it covers the meat, bring to a boil and cook for one hour over low heat. Skim any fat and froth that bubbles up.

Add the potatoes, cook for another 15 minutes, add the pearl barley and cook for another 15 minutes, stirring occasionally.

Cover tightly and transfer the pot to the oven for the night.