

Recipe for: Meat Cholent

From: Scott M. Feltman—Far Rockaway, New York

Cholent is a traditional Jewish dish customarily served on the Sabbath comprised predominantly of meat, potatoes, beans and barley. It is designed to be placed into a slow cook crock pot prior to sundown on Friday night and ready for serving at the festive lunch meal on the Sabbath afternoon (Saturday).

INGREDIENTS

2-3 pieces of Lean Breast of Flanken (approximately $\frac{3}{4}$ lb each)

3-4 large Idaho potatoes—cut into $\frac{3}{4}$ -1 inch thick slices (other varieties can be substituted)

1 large onion—cut in half

$\frac{3}{4}$ cups pearl barley

$\frac{1}{4}$ cups of beans (mixture of kidney, navy, pinto and lima)

$\frac{1}{4}$ cup of ketchup

$\frac{1}{4}$ cup of honey 2 tsp of garlic salt

2 tsp of onion powder

Soak beans in water overnight.

Wash barley in a strainer thoroughly. Add all ingredients and cover with water. Place inside slow cook crock pot and place on setting between low and medium (every slow cooker varies). Mix ingredients and do so 1-2 more times over next 8-12 hours.

Cholent is a dish which every person makes differently. Feel free to substitute BBQ sauce for the ketchup, or add beer or Tobasco sauce for a sharper kick.

Servings: 6-8

