

Tshulent (also Cholent) Slow cooked Sabbath stew

INGREDIENTS

2 ½ lb large red potatoes, peeled and halved
2 whole onions, chopped
2 ½ lb beef stew meat or brisket, cut into chunks
2 marrow bones
1 cup dried beans—chickpeas, lima, pinto, red beans or combo (*not kidney beans*)
½ cup pearl barley or coarse-grain kasha
3 whole garlic cloves
6 eggs (optional)
½ teaspoon black pepper
1 quart low sodium chicken broth
1 tablespoon kosher salt
1 ½ teaspoons paprika
1 ½ teaspoons turmeric
1 teaspoon cumin
¼ teaspoon cayenne
helzel (see attached recipe for helzel)
Water (varies)

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NOTES

Note: The beans in this recipe will soften without any pre-soaking due to the long slow cooking process, however they will be easier to digest with a quick soak prior to cooking.

Place the beans into the bottom of a large pot and cover with water. The beans will expand to over double their size, so make sure you cover by several inches of water to allow for expansion. Bring the beans to a boil for 5 minutes, then remove from heat. Let them soak in the cooking water for 1 hour, then drain and rinse well before proceeding with the recipe.

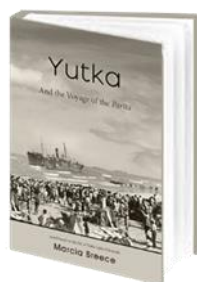
METHOD

Arrange potatoes in single layer on bottom of slow cooker .
Sprinkle onions over potatoes.
Place beef in a single layer on top of the onions and potatoes.
Place the two marrow bones and hetzel in the meat.
Rinse the beans, checking for any stones or impurities.
If using barley or kasha, do the same with the grains.
Sprinkle the beans (raw or pre-soaked) and optional grains over the top of the meat.
Place three whole garlic cloves into the meat, evenly spaced.
Sprinkle the whole mixture with the black pepper.
If using eggs, rinse well and tuck into meat.
Whisk together broth, salt, paprika, turmeric, cumin & cayenne.
Cover beans and meat with brother mixture
Add liquid if using grains, they will soak it up.
Cover
Cook on low heat for 16 hours.
Check occasionally
Add additional water and stir a bit if it's looking too dry.

Peel the eggs before serving

OVEN METHOD

layer ingredients in heavy 7-8 quart Dutch oven.
Make sure you have enough liquid to just cover all ingredients.
Cover and cook at 200 degrees F for 12-16 hours.



YUTKA And the Voyage of the Parita

Page 35

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