

Cholent

Cholent is a sort of stew which came into being through the ingenuity of Jewish housewives who wanted a hot meal on Shabbat, but were forbidden to cook on Shabbat itself. This stew is begun before Shabbat and cooked all night so it will be ready for unch the next day. In most cholents, everything is cooked together. In this one the meats, eggs, potatoes are cooked whole and may be served in separate dishes. This recipe serves four and is especially good on a cold, wintry day.

Ingredients:

4 servings of meat (chicken breasts, round steak, etc.)
4 eggs
4 potatoes
1 1/2 cups white beans
3 tbsp. catsup
2 tbsp. honey
4 or more cups of water
salt, pepper, & chicken bouillon to taste

Directions:

Place white beans in a big pot.
Add four or more cups of water.
Wash potatoes and eggs carefully and place whole on top of the beans.
Add all the other ingredients and bring to a boil.
After it begins to boil, cover and put in a slow oven (250 degrees) for 16-20 hours.
(You could also use a large crockpot on the slowest setting.)
Add water when necessary.
When done, cholent should be fairly dry and honey-colored.