



# CHOLENT

## Introduction

According to the tradition, on Sabbath, it is prohibited to cook over the fire, so the cholent should be prepared before it starts, and then left in a hot stove to cook overnight and be ready for Saturday's dinner. Cholent and all dishes that are to be served hot on Sabbath are stored in special Sabbath stoves. Cholent is one of the dishes that tastes richer each time it is reheated, so you can enjoy it for several days.

## INGREDIENTS (8-10 PORTIONS)

- 1 kg (2,2 lbs) of potatoes
- 1 kg (2,2 lbs) of beef with fat (in the vegetarian version, the meat can be replaced with 350 g (12,34 oz) of green lentils)
- 200 g (7,05 oz) of white beans
- 200 g (7,05 oz) of raw pearl barley
- 400 g (14,1 oz) of onion
- approx. 2-3 litres (0,53-0,8 gallon) of vegetable broth
- 50 ml (1,7 us fl oz) of sunflower oil
- 1-3 heads of garlic
- 1 teaspoon of dried lovage leaves
- 1 teaspoon of ground coriander seeds
- ginger (fresh, sliced or powdered) to your liking
- 1 teaspoon of ground cumin
- salt, pepper

## Preparation method

- **Step 1**  
Rinse the beans and soak for 12 hours before boiling.
- **Step 2**  
Slice the onion and sauté in oil.
- **Step 3**  
Slice the potatoes into thick slices.
- **Step 4**  
Cut the raw meat into pieces. In the vegetarian version, rinse the lentils thoroughly.

- **Step 5**

Put all ingredients in layers and sprinkle with herbs, half a teaspoon per layer, season with pepper and salt. Between the layers, put the cross-sectioned garlic cloves and the slices of ginger.

- **Step 6**

Finally, pour the broth over and put in an oven preheated to 180°C (356°F) for 2 hours. Then reduce the temperature to 60°C (140°F) and bake for another 10-12 hours. If the cholent becomes too dry during baking, add more broth.

**Smaczneho!**