



# HAMIN

## Introduction

This Sephardic version of cholent perfectly illustrates how much Jews from all over the world had in common. The dish derives from peasant habits of using and processing leftover products. Nowadays, we happen to call it zero waste, and all versions of this popular Sabbath casserole combine economy and respect for food. Hamin (also known as adafina) and cholent do not have a uniform recipe and leave plenty of room for coming up with your own combinations, which we encourage you to do.

## INGREDIENTS (8 PORTIONS)

- 2 medium onions, thinly sliced
- 0.5 kg (1,64 lbs) of potatoes, peeled and cut into pieces of approx. 4 cm (1,57 inches)
- 0.5 kg (1,64 lbs) of carrots, cut into pieces of approx. 5 cm (1,97 inches)
- 8 garlic cloves, thinly sliced
- 135 g (4,76 oz) of wheat grains
- 180 g (6,35 oz) of dried chickpeas
- 455 g (16.05 oz) of beef marrow bones
- 680 g (~24 oz) beef neck, cut into 2.5 cm (0,98 inches) pieces
- 6 whole eggs
- 2 tablespoons of honey
- 2 tablespoons of tomato paste (puree)
- 1½ teaspoons of ground cumin
- 1½ teaspoons of smoked paprika
- 1½ teaspoons of sweet paprika
- ½ teaspoon of ground cinnamon
- ¼ teaspoon of flaked paprika
- 2½ teaspoons of coarse salt, more if needed
- ½ teaspoon of freshly ground black pepper

## Preparation method

### • Step 1

Layer the onions, potatoes, carrots and garlic on the bottom of the large slow cooker. Place the wheat and chickpea grains over the vegetables, then the marrow bones and the beef.

### • Step 2

Put in the whole eggs, while being careful not to crush them.

- **Step 3**

In a bowl, combine honey, tomato puree, cumin, smoked and sweet paprika, cinnamon, paprika flakes, salt, pepper and 240 ml (8,11 us fl oz) of water until completely combined. Pour the ingredients over in the slow cooker, then add just enough water to cover the meat, chickpeas and vegetables (do not stir). Simmer until the stew becomes thick, 10-12 hours. Serve hot.

**Smacznego!**