
Cholent

This is not really in To Catch A Cop but Lindy knows how to make this and it is a great idea for a cold night. (Why am I writing this in the middle of summer? Well, you can store it away for future use).

First, let me explain the word "cholent." Nobody seems to know for certain where the word came from but the most likely source is medieval French combining "chaud" (hot) and "lent" (slow). That is going to make perfect sense when you read this recipe. This was a traditional Sabbath stew for Jews in Eastern Europe and they brought it to the US, Australia, the UK, Israel and just about everywhere else. When my mother was a girl, her job was to carry the huge pot to the local bakery where the ovens were left on during the Sabbath for everyone to put their cholent pot in overnight. So off she would go on Friday afternoon with the pot and on their way home from synagogue on Saturday, everyone would pick up their pot with the lunch all ready. It is excellent for use of Slow Cooker (Crock Pot) which can save you time on a busy day which is probably every day.



Ingredients:

1 ½ cups	Kidney Beans
1 ½ lbs	Beef marrow bones
3	Medium sliced onions
2-3 minced	Garlic cloves
6-8	Medium potatoes
2-3lbs	Beef brisket
¼ cup	Pearl barley
2 tsps	Salt
1 tsp	Black pepper
Optional:	Hardboiled eggs in their shells

Directions:

Soak the beans in water overnight and then drain. Put the bones, beans, onions, garlic, potatoes, brisket and barley in a pot. Make sure it is large enough to be covered with water and bring to a boil. Cover and reduce heat to simmer and skim the foam for about an hour until the beans are soft. Season with the salt and pepper.

Do not put in salt before this, it will prevent the beans from getting soft. If you are using eggs, add at this point and if needed, add more water. Cover and you can now decide if you want to cook on low heat, in the oven at about 225 degrees and leave it overnight **OR** you can just cook for an hour and put it all in a Crock Pot on low setting and let it cook overnight. The key to Crock Pots is to be sure they do not dry out and have plenty of water. They also tend to strengthen the seasoning so keep that in mind.