

Rock Your World Lamb Cholent

500 grams or about a pound + of potatoes, peeled and cut into medium chunks

1/2 cup pearled barley - I use the bug free version - amen!

1/2 cup small white beans - ditto

2 teaspoons sweet paprika

1 -2 teaspoons granulated garlic

1 teaspoon salt

One shake of cinnamon

A pinch of cayenne pepper optional if you don't like it hot

500 grams lamb neck or other cut of lamb like shank or shoulder that is good for long cooking

2 pieces kishke get the fleishig version, the vegetarian is okay but not the same

Water to cover

Serves 8-10 people

Directions:

First of all, I wound up using lamb neck since that was the only kind of lamb the butcher had that week. He sang it's praises and said it's not crazy fatty and plenty of meat. I was not sorry I listened to him and since it's a cheaper cut, I recommend it.

I love the cholent bags, they make clean up a snap. I recommend putting the cholent up either Friday morning or early afternoon. Pull out your crockpot or slow cooker and turn it on low. Put into the crock 2-3 cups of hot water. I've found that when the cholent bag floats on the hot water it cooks better and doesn't dry out. Thanks to my son Netanel for that hack!

Put into the cholent bag (if you can't find any, you will have to put it directly in the crock and cannot "float it") the chunked potatoes, beans, barley, spices, lamb and kishke. Put the cholent bag into the crock with the water already in it and pour hot water to completely cover all the ingredients in the cholent bag. I then tie the bag in a knot, cover the slow cooker and let it burble on low slowly in a corner till Shabbat lunch. The scent is heady and swirls around you when you walk into your kitchen in the morning. Once you open the bag, swirl the contents with some of the (unwrapped) kishke and you can also put a chunk in each bowl. I like to serve this in individual small bowls. Trust me when you dig in, you will have to work hard not to swoon :) .