

# COOKING CORNER

## With Ofra Sixto



### Sixteen Hour Stew (Traditional Cholent /Chamin /Tchunt)

#### Ingredients:

- 1 large onion, chopped
- 4 large potatoes , peeled + quartered lengthwise
- 2 carrots, chopped into 1" segments
- 2 cans white beans
- 1 can red kidney beans
- 1 can garbanzo beans
- 1/2 cup pitted prunes, whole
- 7-10 cloves garlic, peeled

- 1tsp salt
- 1tsp cumin

#### Optional:

- 6 large (whole) eggs, washed
- 1/2 cup barley
- 2 lbs beef brisket or stew meat cut into chunks

**Serves 8-9**

#### Instructions:

- In a large stew pot or slow cooker, place the potatoes, onions, carrots, and prunes. If adding the meat and eggs, place these in as well. Top with beans, barley, garlic, and sprinkle the salt and cumin over the mixture. Cover with water, then add 1 cup.
- **In a slow cooker:** cook for 16 hours on low heat. Check occasionally; if it looks too dry add additional water and stir.
- **In the oven:** first bring to a boil on the stovetop. Lower heat to minimum, cover and let simmer for 20 minutes. Heat oven to 200°C, then place covered stew pot in oven for 12-16 hours. Check occasionally; if it looks too dry add additional water and stir.
- **To serve:** peel eggs (if added) and garnish with cilantro. For a bit of a kick, add a touch of cayenne.

**Bon appétit!**

Photograph: Dietrich Krieger



Ofra Sixto could have been a taste-tester at a food factory, but instead learned to cook and has regretted the decision ever since. Originally trained in Hungarian cuisine, she honed her skills in dishes such as goulash, stuffed peppers and the subtle art of using paprika. Ofra has since become a vegetarian and now uses her knowledge to craft recipes that are a magical blend of both cultures. Armed with a highly sensitive palate, she uses what could have been her taste-testing skills to ensure that every combination is healthy and mouth-wateringly delicious.