

Meichels

By Norma Barach
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As the days become cooler, many a Jewish family serves cholent, a form of stew, as its main dish for Shabbat lunch. There are as many versions of cholent as there are countries of origin of the cooks who prepare it.



The original version seems to have its beginnings as a French peasant dish made of meat, white beans and potatoes. The dish was called Claud Lent, or Warm Slowly. Due to the prohibition of lighting a fire on the Shabbat, the good Jewish mother needed something which could be warmed on a fire lit before the beginning of Shabbat. In Israel, Jews of non-European origins call it Hamim, from the Hebrew word for hot. Cholent can please palates of meat lovers, chicken lovers or vegetarians. Here are three variations:

Cholent I - with Kishke

- | | |
|--|------------------------|
| 4 lbs. short ribs | 1/2 teaspoon pepper |
| 3 large onions, diced | 2 large bay leaves |
| 2 tablespoons oil | 1/2 cup medium barley |
| 2 teaspoons salt | 1 cup dried lima beans |
| 6 potatoes, peeled and cut into quarters | |

Kishke

- | | |
|-------------|----------------------|
| 3 eggs | 1 teaspoon salt |
| 1 cup flour | 1/4 teaspoon pepper |
| 1/2 cup oil | 1/2 teaspoon paprika |

Cover beans and barley in cold water and soak overnight. Drain. In a large dutch oven or heavy pot with a lid, brown onions and short ribs in 2 tablespoons oil. Add potatoes, beans and barley to the pot. Cover with water and bring to a boil. Reduce to a very low flame. Cover pot and cook about a half hour.

Mix the eggs, flour, half cup oil, salt, pepper and paprika. Form the mixture into the shape of a snake 2 inches thick. Wrap tightly in foil, sealing edges well. Place on top of meat, potatoes, beans, etc. Put entire dish into 225 degree oven, covered, from candle-lighting time until lunch on Shabbat. Serves 6.

Cholent II - Chicken

Use a whole chicken instead of beef ribs and add, if you wish, 1 cup of raw rice tied in a cheesecloth. Eliminate the barley and the ingredients for the kishke. The remaining ingredients and directions are the same as in Cholent I.

Cholent III - Vegetarian

Eliminate all meat and chicken from recipe I. Soak 1 cup of kidney beans in cold water to cover in addition to lima beans in recipe I. The kishke may or may not be added as desired. Add 2 tablespoons of honey before putting the cholent into the oven. All three variations also may be prepared in a crock pot.

CAJE Reopens Resource Center

The Carolina Agency for Jewish Education (CAJE) has reopened its Educator Resource Center in new, larger quarters at Temple Beth El V'Shalom (1727 Providence Rd., Charlotte, NC 28207). An extensive library of Jewish educational materials, including books, textbooks, pamphlets, maps, games, videotapes, audiovisual programs, filmstrips, audio tapes and educational computer software, is available to all Jewish teachers and educators in the CAJE area.

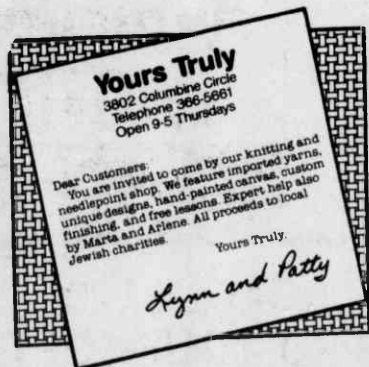
Looking for a creative idea? Want to enrich programming? The materials in CAJE may be your answer. CAJE materials are yours to borrow and use. Phone us at (704) 366-1948, or you may write and let us know when you will be in the area and visit us "just to browse".

Items may be borrowed for two weeks for simply the cost of return postage. You may also obtain a computer print-out on any subject in the CAJE information bank or a complete listing of the CAJE holdings to identify specific items. In addition, specific research requests (if you have not precisely pinpointed a particular item) are also welcome.

Whatever your Jewish educational situation, the CAJE Resource Center is here for you!

Rabbi Robert Seigel is educational situation, the CAJE Resource Center is here for you!

CAJE is an agency of the N.C. Assoc. of Jewish Men. Rabbi Robert Seigel is Education Consultant of CAJE. Lenora Stein is Director of the Resource Center.



Community Calendar

Courtesy of Charlotte Chapter BBW

DECEMBER

- 6 - POT OF GOLD Raffle
- 7 - "J" Club 45
- 8 - Chai-Lites
JCC Board Meeting
- 9 - HaLailah Chapter BBW Board Meeting
Federation Executive Committee
- 10 - Shalom Y'All Party
- 11 - HaLailah BBW "Moms and Mavens" Program
Jewish Family Services Board Meeting
B'nai B'rith Lodge Board Meeting
- 14 - Federation "SUPER SUNDAY" Phonathon
"J" Club 68
- 15 - Chai-Lites
Charlotte Chapter BBW Board Meeting
Federation Board Meeting
- 16 - HaLailah Chapter BBW Meeting
- 17 - Hadassah Meeting
Lubavitch Chanukah Festival
Hebrew Academy Board Meeting
Hadassah Evening Group
- 18 - "J" Health and P. E. Committee Meeting
- 21 - BBYO
- 22 - Chai-Lites
Foundation Board
Presidents' Council
- 23 - Community Relations Committee
- 24 - Christmas Substitution Program (thru 12/25)
- 28 - "J" Club 23
- 29 - Chai-Lites

JANUARY

- 4 - "J" Club 45
- 5 - Chai-Lites
Hadassah Board
- 7 - Charlotte Chapter BBW Meeting
Yiddish Vinkl
- 8 - Jewish Family Services Board Meeting
B'nai B'rith Lodge Meeting
- 11 - "J" Club 68
Leadership Development Program Social
- 12 - JCC Board Meeting
- 13 - Federation Women's Division Concluding Luncheon
HaLailah Chapter BBW Board Meeting
Federation Executive Committee
- 14 - Shalom Y'All Evening Program

To ensure that all of our organizations have maximum participation at monthly meetings and special events use the Community Calendar to clear your dates. To place your events on the Community Calendar call Vicki Hopkins, 554-1324.

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