

2010 Cholent Throwdown Teams and Recipes

Team A- Ariella Isenberg, Dafna Shimshi, and Sonya Gettner

Team B- Deb and Sara Goldberg

Team C- Dan Seigel and Warren Sufrin

Team D- Ira Ungar, David Ungar, and Alvin Wostein (Winner 2010 Cholent Throwdown)

Team E- Brian Moidel, Bob Hodes, and Cliff Spungen

Team A- Vegetarian Cholent

Northern Day Beans (soaked overnight in water the night before cooking begins)

Eggs

Small Poblanos

Brown Sugar

Salt

Paprika

Black Pepper

Small potatoes and onions

Barley

Team B- Meat Cholent

2 Bags Navy Beans, washed and soaked overnight

6 baking potatoes, peeled and cut into large chunks

10 small onions, peeled

1-2 lbs stew meat

Ketchup and b-b-q sauce to taste

Team C- Meat Tunisian Cholent

See PDF

Team D- Meat Cholent

2 pounds Heinz vegetarian beans (5 cans +)
1 pound Goya dark kidney beans (3 cans)
1 Cup dry measure medium barley grain
5 cut-up medium onions
1 pound sliced potatoes can or fresh
Heinz Ketchup 5 tablespoons
2 tablespoons light brown sugar
1/2 tablespoon onion powder
2 Kishka vegetarian
Balsamic vinegar,
Flanken (short ribs)

Team E- Meat Cholent

One- half package of dried onion soup mix
2 tablespoons olive oil
½ cup finely diced carrot
½ cup finely diced celery, including some leaves
½ cup finely diced turnip
½ cup finely diced onion
½ cup barley
½ cup pink beans, rinsed and soaked overnight
6 medium potatoes quartered (peeled)
2 lbs brisket, Flanken or chuck
½ teaspoon salt
¼ teaspoon freshly ground black pepper
½ cup dry red wine
¾ cup water

Vegetarian Chili Recipe

Carrots
Red pepper
Yellow pepper
Spanish onion
Fresh garlic
Zucchini
Diced tomatoes
Crushed tomatoes
Cumin
Chili powder
Red pepper flakes (if desired)

Sauté chopped onion and garlic in olive oil, add other chopped vegetables, add tomato products and spices simmer at least 1 hour.

Add any other fresh vegetable of your choice. Add spices to taste.