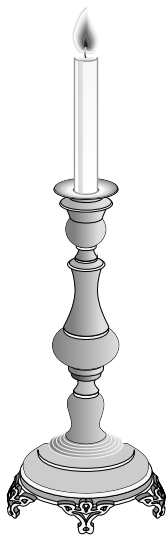
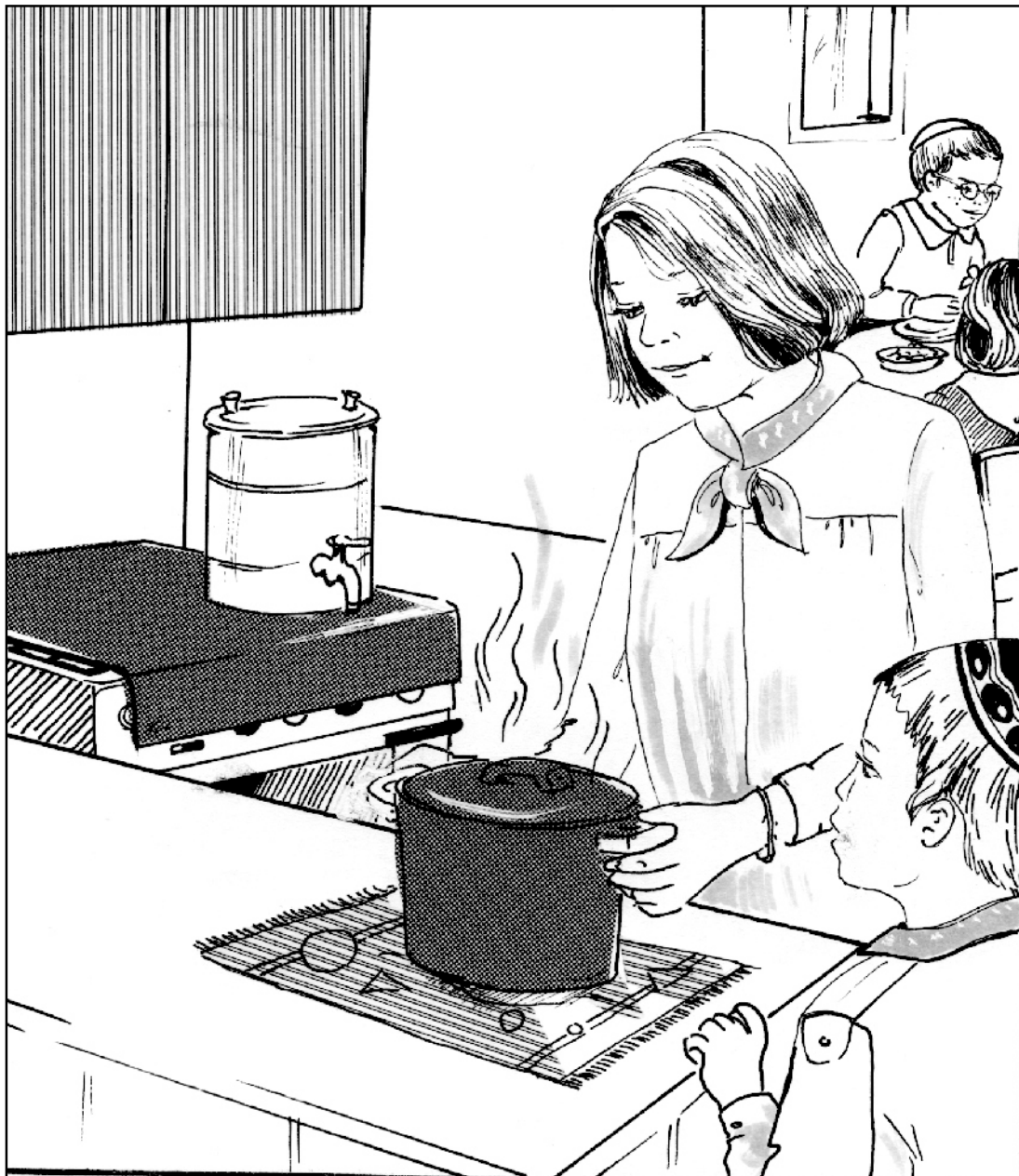


EATING HOT FOOD ON SHABBOS



Although we are not allowed to cook on Shabbos, the Rabbis said we should eat something hot on this day. It is customary to prepare a special food called cholent. We place the hot Cholent

on the stove before Shabbos, with a Blech (a metal covering) on the fire. We leave it there overnight. Since it is forbidden to mix anything on the fire or Blech, we take the Cholent pot off the Blech before serving.

