**Beef or Lamb – Dafina**, aka hamin, adafina, skhina or La Daf

**Roam with Roni**

[https://roamwithroni.hebrewlion.com/](https://roamwithroni.hebrewlion.com/recipes)

**Ingredients**

* First in:
	+ 2 lbs. **brisket**, **arm roast**, or **chuck roast**, trimmed and cut into 4 or more pieces
	+ A 3 lbs. combination of small **potatoes** and/or **sweet potatoes**, peeled and quartered
	+ 1 whole head of **garlic**, peeled and separated into individual cloves
	+ 2 **beef bones w/marrow**, **cheek**, **feet**, or any **fatty** **meat**
	+ 1 15 oz. can **chick peas** or 1 handful of dried **chick peas**, soaked overnight, rinsed, and drained
	+ 1 ½ tsp **salt**
	+ 2 tsp **black pepper**
	+ 2 tsp **cumin**
	+ 1 tsp **turmeric**
	+ ½ tsp **cinnamon**
* Optional: Cheese cloth plus ½ cup **barley** or **wheat berries**
* **Water**
* 4-6 large **eggs**, uncooked and still in their shells

**Instructions:**

1. In a slow cooker or Dutch oven, combine the ingredients listed in the **“first in”** section above. Mix well.
2. Optional: If using **barley** or **wheat berries**, wrap them in a piece of **cheese cloth** and tie with a string. Add to the slow cooker.
3. Add enough **water** to cover all ingredients.
4. Nestle the **eggs** in the slow cooker.
5. Cook on **low** **heat** for 6-15 hours.
6. When it's time to serve, if you notice any excess liquid, either drain it off or simmer over high heat to reduce. Alternatively, if the dish appears dry, add **water** and continue cooking.

Serving suggestion: In one bowl, serve the chickpeas and cooking liquid. In another, serve the eggs, potatoes and meat.