

Ethiopia Recipes

Injera

Ingredients:

¼ cup teff flour

¾ cup all-purpose flour

1 cup water

Pinch of salt

Peanut or vegetable oil

**Directions:**

Put the teff flour in a mixing bowl and sift in the all-purpose flour. Slowly add the water, stirring to avoid lumps. Stir in the salt. Set the batter aside for 1-3 days to allow it to ferment. If your injera batter does not ferment on its own, try adding a teaspoon of yeast.

Heat a nonstick or lightly oiled cast-iron pan. Coat with a thin layer of batter. Injera should be thicker than a crêpe, but not as thick as a traditional pancake. It will rise slightly when it heats.

Cook until holes appear on the surface of the bread. Once the surface is dry, remove the bread from the pan and let it cool.

Berbere Spice Mix

Ingredients:

2 tablespoons cayenne pepper
5 teaspoons sweet paprika
1 tablespoon salt
1 teaspoon ground coriander
½ teaspoon ground ginger
⅜ teaspoon ground cardamom
⅜ teaspoon ground fenugreek
¼ teaspoon ground allspice
⅛ teaspoon ground clove



Directions:

Combine and whisk together all ingredients. Store in airtight container.

Doro Wat

Ingredients:

1 ½ to 3 pounds chicken thighs, cut into 1" pieces
2 tablespoons fresh lemon juice
2 tablespoons butter
2 tablespoons extra virgin olive oil
2 cups yellow onions, finely minced in a food processor
3 tablespoons butter
1 tablespoon finely minced garlic
1 tablespoon finely minced ginger
¼ cup berbere
1½ teaspoons salt
½ cup white wine mixed with 1 teaspoon honey
1 cup chicken stock
4 hard-boiled eggs, halved



Directions:

Place the chicken pieces in a bowl and pour lemon juice over the chicken. Let sit at room temperature for at least 30 minutes.

Heat 2 tablespoons butter along with the olive oil in a Dutch oven. Add the onions and sauté, covered, over low heat for 45 minutes, stirring occasionally.

Add the garlic, ginger, and 1 tablespoon butter, and continue to sauté, covered, for another 20 minutes, stirring occasionally. Add the berbere and the 2 remaining tablespoons of butter and sauté, covered, over low heat for another 30 minutes, stirring occasionally.

Add the chicken, broth, and wine and bring to a boil. Reduce the heat to low, cover, and simmer for 45 minutes, stirring occasionally.

Add the boiled eggs and simmer on low heat, covered, for another 15 minutes. Serve hot with injera.

Beef Tibs**Ingredients:**

- 4 tablespoons plain, unsalted butter
- 2 medium onions, chopped
- 2 tablespoons ginger, minced
- 6 medium garlic cloves, minced
- 2 tablespoons berbere (Ethiopian chili powder)
- Kosher salt
- 1 pound beef sirloin, cut into 1" cubes
- 1 teaspoon vegetable oil
- 1 teaspoon lemon juice



Directions:

Melt butter in a heavy saucepan on medium heat; add onions, ginger, garlic, and berbere. Reduce heat to medium-low and cook, stirring occasionally, until onions are golden, about 30 minutes. Transfer to food processor and blend until not quite a purée. Return to saucepan, season to taste with salt, and keep warm.

Generously season beef on all sides with kosher salt. Heat oil in a 12" cast iron skillet over high heat. Add beef in a single layer, leaving plenty of open space in the pan. Cook until well-seared on one side, about 3 minutes. Flip meat cubes with tongs and cook on second side until well seared. Continue to cook meat until desired level of doneness is reached. Toss beef with warm sauce, stir in lemon juice, and serve immediately.

Yemiser Selatta (Lentil Salad)**Ingredients:**

½ pound dried lentils
3 tablespoons red wine vinegar
3 tablespoons olive oil
1 teaspoon salt
Black pepper
3 garlic cloves, minced
2 jalapenos, stemmed, seeded, minced

**Directions:**

Rinse the lentils under running water in a sieve. Drop them into boiling water, enough to cover by 2". Simmer the lentils for 30 minutes. Do not overcook. Drain thoroughly and set aside.

Combine the vinegar, oil, salt, and black pepper in a deep bowl. Mix well. Add the lentils, garlic, and jalapenos, and toss gently.

Let sit for at least 30 minutes before serving.