



Ethiopia

Ethiopia is in northern Africa, between the countries of Sudan and Somalia. The mountainous terrain has traditionally prevented Ethiopia from having much interaction with the outside world, thus leaving the native food culture largely intact. The cuisine of Ethiopia is famous because of its extreme spiciness — so hot that many foreigners cannot eat it — and because the meal is served without utensils or plates!

Dine Ethiopian-style!

A traditional Ethiopian meal begins with a pitcher of water and an empty basin. Water is poured from the pitcher over the right hand of each guest, the excess water going into the basin. The hands are then dried on a hand towel. The left hand is not used during dining. This may prove quite difficult, especially if you are left-handed! After the handwashing, the *injera*, a large flatbread, is placed directly on the table, covering it much like a tablecloth. The *injera* we will prepare probably won't be big enough to cover the whole table, so you can just place a large piece in front of each person. (If placing it directly on the table makes you uncomfortable, place some aluminum foil underneath.) The food is then served directly on the *injera*. To eat, tear off a piece of the *injera* (right hand only!), and scoop up the food. Dessert is not traditionally served in Ethiopia, although small cups of coffee are brought out after the meal.

Make your own Berbere!

This is a spice mix, red in color, used as a base for many Ethiopian dishes. You may be able to purchase it at an ethnic food store, or you can make this simple version at home. Simply mix the ingredients in a baking dish, then bake in a 300 degree oven for twenty minutes. Be sure to stir frequently to keep from burning! When you are done, store in an airtight container.

1/8 tsp cinnamon

1/8 tsp allspice

1/8 tsp cloves

1/4 tsp coriander

1/4 tsp cardamom

1/4 tsp nutmeg

1/2 tsp black pepper

1/2 tsp ginger

1 T salt

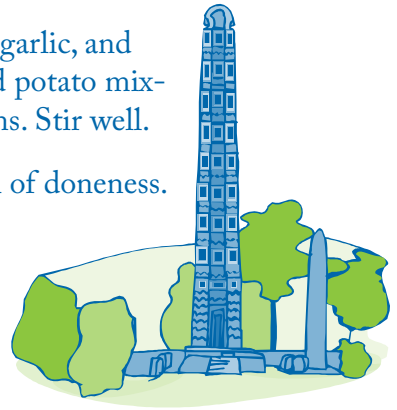
1/4 cup paprika

1/2 cup cayenne pepper

Yataklete Kilkil (Ginger Vegetables)

- 3 cups water**
- 3 potatoes, peeled and sliced**
- 2 carrots, sliced**
- ¼ lb. fresh green beans, trimmed**
- 3 T vegetable oil**
- 1 onion, chopped**
- 1 green bell pepper, seeded and sliced**
- 1 jalapeno pepper, seeded and sliced**
- 1 garlic clove, peeled and chopped**
- 1 1-inch piece fresh ginger, peeled and chopped**
- 1 tsp salt**
- ½ tsp pepper**
- 3 green onions, chopped**

1. Bring water to a boil. Add potatoes, carrots, and green beans. Return to a boil. Continue boiling for five minutes. Remove from heat; drain.
2. In a large skillet, saute onion, green pepper, jalapeno, garlic, and ginger in vegetable oil until they begin to soften. Add potato mixture to skillet along with salt, pepper, and green onions. Stir well.
3. Continue cooking until vegetables reach desired level of doneness. They are best if they retain some crispness.



Injera

If you are not able to make the *injera*, use pita bread or flour tortillas as a substitute.

- 3½ cups warm water, divided**
- 1 package (¼ oz) active dry yeast**
- 1 tsp sugar**
- 3 cups flour**
- ¼ cup whole wheat flour**
- ½ cup cornmeal**
- 1 T baking powder**
- 1 T salt**
- 1½ cups water, divided**

1. Combine ¼ cup of the warm water with the yeast and sugar. Let sit until foamy, about ten minutes. Add remaining ingredients and stir well. Cover with a damp cloth and let rise until doubled, about one hour.
2. Punch down dough. Mix in a blender, two cups at a time. Add ½ cup water with each batch. The mixture will be liquid.
3. Heat a large skillet to medium-low heat. Pour a thin layer of batter in the skillet. (No need to add anything to the bottom to prevent sticking.) When bubbles form over the entire surface, the *injera* is done. You do not need to flip it to cook the other side. Remove with a spatula, and place right on the table! Your Ethiopian plate is ready!

Doro Wot (Chicken Stew)

This stew is not for the faint of stomach! To make it less spicy, cut back on the amount of *berbere*.



2 T butter

2 red onions, chopped

4 garlic cloves, chopped

2 tsp salt

½ tsp ground cumin

½ tsp ground cardamom

½ tsp ground nutmeg

2 T berbere (p. 8)

1 1-inch piece fresh ginger, peeled and chopped

2 lb. boneless chicken thighs, cubed

1 lemon, juiced

1 cup chicken stock

4 eggs, hard-boiled with shells removed

1. In a medium pot, saute onion and garlic in butter until onions are tender. Add salt, cumin, cardamom, nutmeg, berbere, and ginger. Stir well.
2. Add in lemon juice and chicken stock. Bring to a boil. Stir in chicken. Reduce heat, cover, and simmer for twenty minutes
3. Pierce eggs with a fork and add to stew. Turn chicken to be sure it is coated with sauce. Continue simmering until chicken is done, another fifteen or twenty minutes. Serve warm, draining off excess juice before placing on *injera*. Each person receives one of the eggs.

Culture à la Carte

- Each Ethiopian woman has her own mix of berbere. Many believe that the tastier the mix, the better off she will be when finding a husband.
- For many years, bars of salt were used as currency in Ethiopia.
- The coffee bean was originally discovered in Ethiopia.

Make More Than Dinner!
