

***Quick Injera**

1.5c AP flour
0.5c whole wheat flour
1 tbsp. baking powder
0.5 tsp salt
Club soda
Lemon juice

Mix all dry ingredients well. Stir in club soda to form a smooth batter. Should be like a thin pancake batter. Heat a large skillet over med-low heat. Wipe with an oiled paper towel prior to each batch. Pour in batter, spread thin with a spatula. Cook until bubbles on the surface burst and begin to dry out. Carefully turn over and cook the other side for a minute or two. Try not to brown either side. Remove to a warm platter, brush with lemon juice, and roll. Serve warm.

***Silena's Super Doro Wat**

Chicken pieces
Juice of 1 lemon
2 tsp salt

Mix in a bowl and let marinate for at least 30 minutes

2 onions
3 cloves garlic
2 tbsp fresh ginger

Mix into a paste using a blender or food processor

¼ c niter kibbeh or butter
2 tbsp paprika
¼- ½ c berbere paste or 1-2tbsp powder
½-2 tsp cayenne

Heat the butter in a large saucepan. Add the paprika, stir, and cook for 1 minute on med. Add berbere and cayenne and stir to cook 2-3 minutes.

1/4c red wine
3/4c stock

Add onion/garlic/ginger puree and sauté on medium until onion loses its raw smell, about 5 minutes. Add wine, stock, and salt and pepper to taste.

Place chicken pieces in a large crockpot. Cover with sauce and stir. Cook on high for 1 hour, low 4+ hours. If desired, add 4 hard boiled eggs (peeled but whole) 10 minutes before serving.

***Ethiopian Kale**

1 lb Kale or Collard Greens
1c red onion, chopped
2 med green peppers, sliced
2 c water
½ tsp garlic, minced
¼ c Oil
Salt
2 tbsp lemon juice
Paprika, allspice,ginger to taste

Boil greens. Drain and cut.
Cook onion until brown.
Add oil and greens- cook until water is all gone.
Add spices and green pepper, cook for 10 minutes.

***Iab**

Boil buttermilk until it separates. Cool, strain with cheesecloth or yoghurt/cheese strainer, add chopped fresh parsley, chives or other herbs.

***Key (Beef) Wat**

3 med red onions
1/2c niter kebbeh OR butter and cumin, coriander and cardamom
1/4c chilli paste
1c canned crushed tomatoes
2 lbs stewing beef
Water

Saute beef in butter with spices. Add chilli and tomatoes and water. Put in crock pot to stew for a few hours.

***Silena's Yataklete Kilkil**

1 head cauliflower
4 carrots
½ lb green beans
3 tbsp niter kebbeh or butter
2 onions
2 cloves garlic
1 tbsp ginger
2-3 jalapenos
1 tsp cardamom

Cut all veggies to roughly equal size. Steam until just tender. Reserve steaming liquid.
Mince together onions, garlic, ginger and jalapenos in a food processor.
In a large saucepan, heat butter over med heat. Add pureed onions, etc., and sauté until onions lose their rawness. Do not brown. Add steamed veg, ½ c reserved liquid,

cardamom, salt & pepper to taste. Stir well and simmer on low 10-20minutes until cauliflower starts to fall apart.

Chickpea Wat

2tbsp oil

1 lg red onion

2 carrots, finely chopped

1 potato, peeled and chopped

½ tsp EACH cayenne, paprika, ginger, salt, pepper, cumin and cardamom

½ tbsp tomato paste

1c chickpeas

1.5 c water

1c frozen peas

Soften onion in oil over med-low heat for 5 minutes. Add carrots and potatoes. Cook 10 mins covered. Add spices and paste, chickpeas and water. Bring to a boil.

Reduce to low and simmer covered until tender (30 mins) Add more water if necessary

About 10 minutes before serving, add peas.

Yetakelt We't

1c onions (finely chopped)

2 garlic cloves (finely chopped)

1 tbsp berbere powder

1 tbsp sweet paprika

¼ c niter kibbeh or butter

1 c EACH green beans, carrots, potatoes or chickpeas, tomatoes (cut into like sizes)

½ c tomato paste

2 c veg stock or water

¼ c fresh parsley

Saute the onions, garlic, berbere, paprika and niter kibbeh for 2 minutes. Add hard veggies and sauté 10 more minutes, stirring occasionally.

Add tomatoes, paste and stock.

Bring to a boil, then reduce heat and simmer until veg is tender and stew is thickened.

Season with S&P. Serve topped with parsley.

Atar Allecha

1/3 c onion, chopped

2 garlic cloves, minced

1 tbsp niter kibbeh or butter

1c dry split green peas, rinsed and drained

½ tsp tumeric

½ tsp salt

3 tsp green chilli (jalapeno works), seeded & chopped

1 c water

Soak peas for 1 hr in 3c water

Bring to a boil, reduce heat and simmer 30 minutes, adding more water if needed. When cooked, drain and mash well.

In a dry pan over med-low heat, cook onion and garlic for 2 minutes. Add Niter K. and sauté until the onion becomes transparent.

Add peas and remaining ingredients, including water. Cook to reduce to a thick, well-spiced puree.

Ethiopian Lentil Stew

1.5 c red lentils, soaked for 30 minutes

1 lg red onion, chopped

3 tbsp tomato paste

4 cloves garlic, minced

¼ tsp pepper

½-1 tbsp berbere

3 c water

Fry onion until golden. Add tomato paste, ½ c water, garlic and berbere. Bring to a boil and add remaining water. Bring to a boil again and add lentils. Simmer until water is absorbed/evaporated.

***Tej**

2c white wine

2c water

1/4c honey

Mix and serve chilled