

# MT Lorne Summer Market - Ethiopian recipes

## (Fast ) Injera Recipe:

This sourdough pancake is usually made of teff flour and fermented for several days. Here is a quick version, tender, rollable, sour.

- 3 cups all purpose flour
- 1 cup buckwheat flour
- 2 tablespoons baking soda
- 1 teaspoon salt
- 4 cups club soda
- 1 cup rice vinegar
- Oil for pan

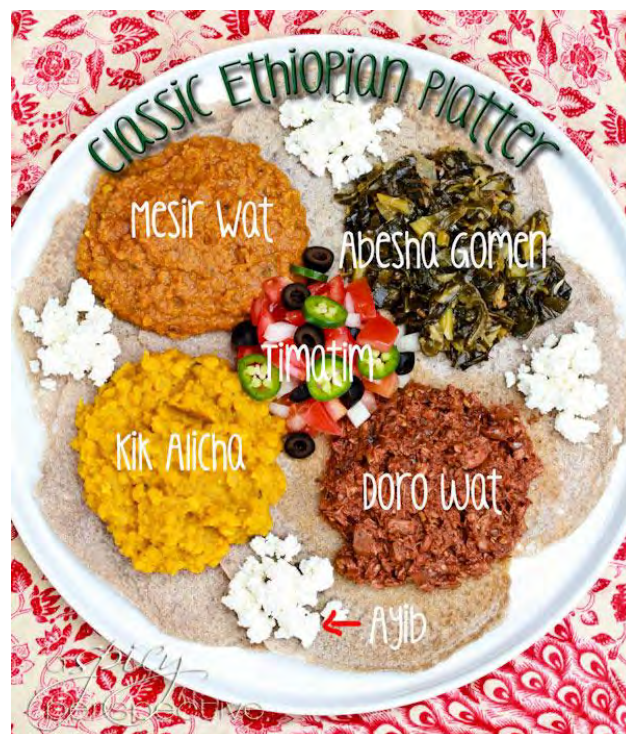


Mix both flours, salt and baking soda together. Whisk in the club soda until smooth. Then add the vinegar and whisk. Heat a large skillet over medium heat. Pour oil on a paper towel and wipe the skillet with the oiled paper towel- pour batter into the skillet creating a 6 inch circle. Carefully swirl the pan around to thin out the batter until it measures 8-9 inches across. Cook for 1 minute, then using a large spatula, flip the Injera over and cook another minute. Will be slightly crisp in the pan, but will soften immediately when placed on the plate. Keep warm until ready to serve

## CABBAGE, CARROTS & POTATOES (TIKIL GOMEN)

- 1/2 cup (125 mL) canola oil
- 1-1/2 medium yellow onions, halved, thinly sliced
- 3 large carrots, peeled thinly sliced on diagonal
- 2 white boiling potatoes, peeled, cut in 1-inch cubes
- 1 tbsp (15 mL) puréed fresh garlic
- 1 tsp (5 mL) pureéd fresh, peeled ginger
- 1/4 tsp (1 mL) each: turmeric, fine sea salt, black pepper
- 1 cup (250 mL) water
- 8 to 10 cups (2 to 2.5L) chopped, cored green cabbage
- 1 jalapeno, chopped with seeds

In large saucepan, heat oil over medium. Add onion. Cook, stirring, 4 minutes. Add carrots. Cook, stirring, 4 minutes. Add potatoes. Cover; Cook 5 minutes. Add garlic, ginger, turmeric, salt and pepper. Cook, stirring, 1 minute. Add water. Cook, stirring,



3 minutes. Add cabbage and jalapeno. Cook, stirring, 2 minutes. Cover and cook, stirring occasionally, until vegetables are soft, about 5 to 8 minutes.

## Ethiopian Ground Beef Stew (Minchet-Abesh Alicah)

### Ingredients

- 1 lb ground beef
- 1 c onion, thinly chopped
- 1/2 c clarified butter
- 2 clove garlic, minced
- 1/4 tsp thyme
- 1/4 tsp ginger powder
- 1/4 tsp turmeric, ground
- 1/4 tsp ground white pepper
- 1/4 tsp ground cardamom
- 4 c water

### Directions

1. Start with 1 cup of water. Add 2 tablespoons water to a medium pan. Saute the onion in the water, adding 2 tablespoons water at a time until the onion is soft and golden brown.
2. Add 1 cup water, butter, garlic, ginger, thyme and turmeric to the cooked onion. Cook for 5 minutes.
3. Cook the ground beef in a skillet until brown. Drain and put the ground beef in the onion mixture. Mix
4. Add 2 cups water to the mix; cover and cook for 20 minutes or until it simmers. Add the ground white pepper, cardamom, and salt. Cook for an additional 5 minutes.

## BERBERE LENTILS (YEMISIR WOT)

- 3/4 cup (185 mL) canola oil
- 1-1/2 medium yellow onions, finely chopped
- 1/2 cup (125 mL) berbere spice blend, or to taste
- 1 tbsp (15 mL) puréed fresh, peeled ginger
- 2 tsp (10 mL) puréed fresh garlic
- 1 cup (250 mL) dried red lentils, washed
- 3 cups (750 mL) water + more if needed
- 1/2 tsp (2 mL) fine sea salt, or to taste



In medium saucepan, heat oil over medium. Add onions. Cook, stirring, 8 minutes. Stir in berbere, ginger and garlic. Cook, stirring, 2 minutes. Add lentils. Cook, stirring, 1 minute.

Add 3 cups (750 mL) water. Bring to boil over high heat. Reduce heat to medium-low. Simmer, stirring often and adding water if needed, until lentils disintegrate and mixture is a thick stew, about 30 minutes. Taste; season with salt.

Makes about 4 cups (1L).