



**COMPASSIONATE
CUISINE**



Passport to Ethiopia

A Virtual Class with Chef Linda

cheflinda@casanctuary.org



Menu:

Birsin (Lentils simmered in a richly spiced sauce)


Inguday Tibs (Meaty mushrooms sautéed with tomatoes and spices)

Gomen Wot (Stewed greens with ginger)

Instant Injera (Spongy round crepe-like bread)

Bonus Recipes to Try Yourself

Avocado, Tomato, and Cucumber Salad





Shopping List



Produce

3 medium onions
20 ounces button mushrooms
2 large tomatoes or 1 pint cherry tomatoes
9 cloves garlic
2 lemons
1 jalapeno (or substitute crushed red chili flakes)
4-inch piece of fresh ginger root
1 bunch of curly or lacinato kale
Parsley, for garnish, optional
2 tablespoons cilantro

Pantry

Olive oil
Salt
Berbere spice blend (an essential Ethiopian spice blend, but if you can't find it, cayenne will provide the heat. It's found in most well-stocked grocery stores or order online)
Ground black pepper
Cumin seeds
Ground cardamom
Ground fenugreek
Allspice
Smoked paprika
Ground cumin
Baking soda
Vinegar (white, apple cider, or other light-colored variety)

Refrigerated


Unsweetened non-dairy yogurt for serving, optional

Dry Goods

Dried green/brown lentils (1 cup)
Tomato paste
Teff flour (or substitute whole wheat pastry flour) 1 cup
All-purpose flour (½ cup)
1 liter seltzer/club soda

Optional Ingredients For Bonus Salad

1 pound ripe tomatoes
1 cucumber
¼ medium red onion
2 avocados
1 large bell pepper (red, yellow, orange, or green)
1 medium lemon
2 tablespoons extra virgin olive oil
¼ cup fresh cilantro or parsley
1 teaspoon coarse salt
¼ teaspoon black pepper





Ethiopian Culture + Cuisine




***Note:** Currently, Ethiopia is possibly on the brink of escalating civil war. The ruling party of the northern region of Tigray has been at odds with the Ethiopian central government since last November but the situation is becoming more dire for the people who live there. Millions are starving and both sides accuse each other of committing atrocities. As we cook food from this diverse and beautiful country and appreciate its contribution to world cuisine let us be mindful of the suffering of millions of Ethiopians and consider what we can each do to help.

Ethiopia located in eastern Africa, also known as the “Horn of Africa”, is a landlocked country and one of the oldest nations in the world with its capital in Addis Ababa. Fossils of Lucy, the oldest hominin ever discovered, also inhabited Ethiopia. Ethiopians proudly proclaim that Ethiopia is the only country in Africa that has never been colonized. Ethiopia has many wonders and just so happens, Ethiopian food is one of them.

Eating in Ethiopia is a communal experience as everyone eats from a common plate signifying the bonds of loyalty and friendship. Ethiopians believe in slow eating and meals can last for hours. Fingers and injera, the sponge-like bread that is a staple in the country, are considered the most important utensils in Ethiopian dining. Injera is placed on the plate with a variety of dishes decoratively arranged around it. A small portion of ”Injera” is torn off and wrapped around a mouthful of the selected dish. Injera is made from teff grass which is native to Ethiopia. Evidence shows that the making of Injera dates back to 600 AD with the excavation of mitads, which are the traditional round hot plates used to make this bread.

While different spices are used to create delicious, rich dishes, Berbere, a spice blend, is the taste that Ethiopian food is associated with. Berbere is made from chiles, garlic, fenugreek, and a handful of warm spices, such as allspice and cinnamon. Ethiopian food is also known for its use of fresh vegetables like greens, beets, carrots, and potatoes along with lentils and chickpeas. Many dishes are vegan and often, meat is served as one of the dishes along with others made from vegetables or legumes. Vegans enjoy a popular mushroom dish, inguday tibs, which we’ll be making, instead of meat.

For more information about the US response to the Ethiopia famine: <https://bit.ly/ethiopianclass>
To donate, visit: <https://bit.ly/ethiopianclass2>





Inguday Tibs "Mushroom Tibs"

SERVES 4-6

A popular item on any Ethiopian menu is the mushroom "tibs". Buttery + meaty, mushrooms add a hearty element to the meal. The onions and tomatoes melt in and add a softness that ties everything together. Mushrooms cook down which is why even we call for what might seem like a large amount. The stems can be kept in, removing only the tough, woody stems which can be reserved for making stock. Such a simple dish, but one you'll find comforting, easy, and economical.

Ingredients

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| 2 tablespoons olive oil | 3 large cloves garlic, minced |
| 1 medium onion, halved, then thinly sliced | 1 tablespoon of berbere spice |
| ¾ teaspoon salt | 2 tablespoons fresh lemon juice |
| About 20 ounces button mushrooms, quartered, tough stems removed | 2 tablespoons water |
| 2 large tomatoes, cut into wedges, or 1 pint whole cherry tomatoes | ¼ teaspoon ground black pepper |
| | Chopped parsley, for garnish, optional |

Directions

In a large pan, heat the oil over medium heat. Add the onion and salt. Cook, stirring occasionally, until the onion starts to soften and become translucent, about 5 minutes. Add the mushrooms and continue cooking until they start to release their moisture and turn darker brown, about 8 minutes.

Add the tomatoes, garlic, berbere, lemon juice, water, and pepper. Stir to coat everything evenly and continue cooking for about 10 minutes. While cooking, if the mushrooms appear to be drying out, reduce heat and add another tablespoon or two of water. Taste and adjust seasonings, if desired. Garnish with parsley to serve.



Gomen Wat (Stewed Greens)

SERVES 4 TO 6

Greens don't get any more exciting than this! Using a blend of aromatic spices, fresh ginger, and a little heat produces an intoxicating dish that you'll turn to again and again when you want to level-up your everyday greens. This recipe calls for kale but substitute chard or collards noting that the cooking time will vary (collards will take significantly longer.) remove the tough woody stems at the bottom of the kale, but leave the more tender stalks which will get cooked down.

Ingredients

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| 2 tablespoons olive oil | 1 jalapeño, stemmed, seeded, and minced (or substitute crushed red chili flakes) |
| 1 teaspoon cumin seeds | 1 (2-inch) piece fresh ginger, peeled and grated or minced |
| ½ teaspoon ground cardamom | 1 bunch of kale, chopped (remove tough bottoms of stems) |
| ½ teaspoon ground fenugreek | ¼ cup water |
| ½ teaspoon allspice | 2 tablespoons fresh lemon juice |
| 1 medium yellow onion, cut in half, then thinly sliced | |
| 1 teaspoon salt | |
| 3 cloves garlic, minced, about 1 tablespoon | |

Directions

Heat oil in a large pot over medium heat. Stir in cumin seeds, cardamom, fenugreek, and allspice. Cook until spices are fragrant, 1 to 2 minutes.

Add onion and salt. Cook, stirring often, until onions start to soften and turn translucent, about 5 minutes. Add garlic, jalapeño, and ginger. Cook until fragrant, about 3 minutes.

Add greens and water. Stir then reduce heat to low. Cover and cook, stirring occasionally, until greens are tender, about 10 minutes. Stir in lemon juice and taste. Add more salt or lemon juice, if desired. Serve immediately.





Birsin (Brown Lentils)

SERVES 4

Humble lentils take on a sassy personality when stewed with these warming spices. Fresh ginger and lemon and brightness to this earthy dish. Green or brown lentils are economical and full of protein and fiber. Serve this as a main dish over rice or as part of an Ethiopian feast.

Ingredients

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| 2 tablespoons olive oil | 1 cup dry brown or green lentils, rinsed and picked over |
| 1 medium onion, finely chopped | 2 tablespoons tomato paste |
| 1 (2-inch) piece fresh ginger, peeled, and grated or minced | 4 cups water |
| 3 large cloves garlic, minced | 1 to 2 tablespoons fresh lemon juice, depending on taste |
| 1 tablespoon berbere spice | 2 tablespoons chopped cilantro |
| 2 teaspoons smoked paprika | Unsweetened non-dairy yogurt or sour cream, optional, for serving |
| 1 teaspoon cumin | |
| 1 teaspoon salt | |

Directions

Heat oil in a large pot over medium-low heat. Add onion, ginger, garlic, berbere, paprika, cumin, and salt. Cook, stirring occasionally for about 5 minutes until the onion starts to soften and become translucent.

Stir in lentils, tomato paste, and water. Cover and simmer for about 30 minutes, until the lentils are soft. There should be a thick, stew-like gravy when the lentils are almost done cooking. Add $\frac{1}{2}$ cup more water if they seem dry or if moisture has evaporated and lentils are still firm to the bite.

Serve immediately garnished with cilantro and a dollop of yogurt.





Instant Injera

MAKES 8-10 BREADS

Injera is a staple of Ethiopian cuisine. It's similar to a crepe but made out of sourdough that has a bit of a foamy, spongy texture. In most cases, injera only contains two ingredients - ground teff seeds (teff flour) and water. These are mixed together and left to ferment. When the batter is ready, it is ladled onto a large flat pan called a mitad in a spiral motion. Injera is used like a utensil to pick up food that's served community-style.

In this quick version, we use a baking soda and seltzer to help create the spongy, bubble-like texture and vinegar to add the subtle tang that comes with fermentation.

Ingredients

1 cup teff or whole-wheat flour (a finely milled type, like whole-wheat pastry flour, works well)	½ teaspoon baking soda
½ cup unbleached white flour	2½ cups club soda (plus up to an additional ½ cup)
¾ teaspoon salt	2 tablespoons mild vinegar

Directions

Combine flours, salt, and baking soda in a large bowl. Stir in club soda and vinegar to form a thin batter. The best consistency is similar to thin pancake batter.

Use medium-high heat to heat a 10- or 12-inch non-stick pan. Using a ⅓ measuring cup or ladle, pour batter into the pan. Quickly tilt the griddle back around to spread evenly and thinly in a larger circle. Cook for 3 to 4 minutes until the surface is spongy and filled with tiny air bubbles. Do not flip the bread.

Use a spatula to lift up the edges and loosen the bottom. Slide the bread off the griddle onto a large plate. Cover with a clean towel to keep warm. Continue until all the batter is gone.



Instant Injera

MAKES 8-10 BREADS

Directions Continued

To serve, place individual injera on a plate. Spoon portions of the prepared dishes onto injera in individual mounds around the perimeter of the bread.

Tear off pieces of the bread and use them to grab bites of the different dishes, like a utensil.





Avocado, Tomato, Cucumber Salad

SERVES 4 AS A SIDE DISH

Ethiopian food is rich and warming: a fresh, tangy salad provides the perfect balance.

Ingredients

- 1 pound ripe tomatoes, chopped into 1-inch chunks
- 1 cucumber, peeled, quartered and chopped into 1-inch chunks
- $\frac{1}{4}$ medium red onion, quartered and thinly sliced, substitute shallots
- 2 avocados cut into 1-inch chunks
- 1 large bell pepper (red, yellow, orange, or green), seeded and cut into 1-inch chunks
- 1 jalapeño, seeded and minced, leave seeds in for more heat
- 3 tablespoons fresh lemon juice (from 1 medium lemon)
- 2 tablespoons extra virgin olive oil
- $\frac{1}{4}$ cup cilantro, chopped, or substitute parsley
- 1 teaspoon coarse salt
- $\frac{1}{4}$ teaspoon black pepper

Directions

Place all the vegetables in a large bowl. Drizzle with lemon juice, olive oil. Sprinkle in cilantro, salt, and pepper then toss gently to combine. Serve immediately.

