



# SPICE WORLD

---

ABISH WAT

**SPICY BEEF AND FENUGREEK STEW  
WITH POTATOES**

SERVES 4



# WHAT'S IN THE KIT?

---

In each spice kit, you will receive all the spices and unusual pantry items to make this particular dish. Please tag us on Facebook and/or Instagram with pictures of your recipes or email them to us at [info@acplwy.org](mailto:info@acplwy.org).

This kit includes:

- 1 tablespoon ground fenugreek
- 2 tablespoon berbere spice blend\*
- 1/4 teaspoon ground cumin
- 1/4 teaspoons ground nigella seeds
- 1 teaspoon mekelesha spice mix\*\*

You will need:

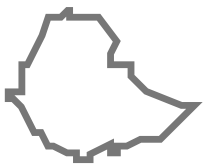
- 1 lb 2oz (500g) sirloin or top round beef, cut into large cubes
- 4 ripe medium tomatoes, peeled cored, and seeded
- 1 medium red or yellow onion, finely chopped
- 2 garlic cloves, finely chopped
- 4 tablespoons sunflower, canola, or other mild vegetable oil
- Salt
- 6 waxy white potatoes, peeled

\*Bebere spice blend is premixed for you

\*\*Mekelesha is premixed for you

# A BRIEF HISTORY...

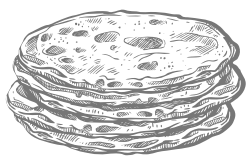
Ethiopia is large, about twice the size of France, and the country's cuisine is also influenced by its different climates and geography. From the Danakil Depression of Afar situated 410 feet below sea level to two-thirds of the country's plateau ranging from 4,000 to 10,000 feet, the landscapes greatly influence its cuisines based on the ingredients each region can produce and the know-how of communities required to survive there. Trading with far Asia and the Middle East, especially Yemen, as well as the various battles across Ethiopian history -- including the one with Italy and its four years of occupation in 1935 -- are also factors that have shaped the cuisine. Yet, never colonized, Ethiopia's culinary and cultural diversity is a point of pride to the continent.



Situated in the horn of Africa, next to Sudan and Eritrea, it is the source of the Blue Nile, one of the two major tributaries of the River Nile. As part of the Nile countries, early Ethiopian history can be traced to more than 2000 BC as Abyssinia, the land of mixed races.



Abish or fenugreek is the spice that dominates this dish from Harar. In Ethiopia, the Adere community is well known for its love of abish and for having fine skin -- two characteristics that some link together.



Teff, the main ingredient to make injera is an indigenous cereal (first domesticated by Ethiopians 3,000 years ago) are sandy, about the size of poppy seeds. There are 3,000 of them in a single gram (the same number of wheat grains weigh 195 grams).



# RECIPE

---

- 1 pound 2oz (500 g) sirloin or top round, cut into large cubes
- 4 ripe medium tomatoes, peeled cored, and seeded
- 1 medium red or yellow onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tablespoon ground fenugreek, or more to taste
- 2 tablespoon berbere spice blend
- 1/4 tablespoon ground cumin
- 1/4 teaspoon ground nigella seeds
- 4 tablespoons sunflower, canola. or other mild vegetable oil
- salt
- 6 waxy white potatoes, peeled
- 1 teaspoon mekelesha spice mix
- injera \*recipe provided, but no ingredients



# RECIPE

---

1. In a large sauté pan or wide sauce pan, place the meat, cover with 6 1/3 cups (1.5 liters) of cold water and bring to a simmer. skim off any foam.
2. Meanwhile, in a food processor or blender, puree the tomatoes and transfer to a mixing bowl. Add the onion, garlic, fenugreek, berbere, cumin, nigella, and oil and season with salt. Add about 1/2 cup (125 ml) of simmering liquid and stir into the mixture. Pour into the pan with the beef and water.
3. Cover and cook over medium-low heat for 60 minutes. Add the potatoes, making sure they are submerged, and cook for 20-30 minutes, or until meat and potatoes are both tender.
4. Add the mekelesha and cook for a final few minutes. This sauce should be stewy and a little runny.
5. To serve, ladle some stew in the bottom of a wide serving bowl. Tear some injera into large pieces and place in the bowl over the sauce. Ladle the remaining stew over the top of the injera. Serve with spoons and the remaining injera on the side.

**Source:**

**Gebreyesus, Yohanis. Ethiopia: Recipes and Traditions from the Horn of Africa. Interlink Books, 2019.**

# INJERA

---

**SERVES 7-9 MEDIUM OR 5 LARGE,  
TAKES 1 WEEK TO PREPARE AND  
ONLY A FEW MINUTES TO COOK**



# Recipe

---

- 6 1/2 (1 LB 10 OZ/750 g) teff flour \* see note
- 7 cups (1.65 liters) bottled water, plus more as needed
- Vegetable oil for oiling pan

## Day 1:

Begin by making a sponge or yeast starter: In a large non-reactive bowl or plastic jug with a lid, sift a generous 2 cups (9 oz/250 g) of the flour, and using your hands, begin slowly working in about 1 cup (250 ml) of water until you have a very moist squishy dough without any lumps. Pour over 1/2 cup (125 ml) water so that the mixture is entirely submerged, then tightly cover and let it rest for four days at room temperature.

## Day 4:

The mixture will have separated into two layers: a thick, yeasty sponge on the bottom and a watery layer on the top. Carefully pour off and discard the watery top layer so that only the sponge underneath remains. You will need only a portion of this sponge to progress. You can use the leftover sponge to make successive batches of injera; it will keep, covered in the refrigerator, for several days.

In a large non-reactive bowl, measure out 1 cup (250 ml) of the sponge. Using your hands, mix in the remaining 4 1/3 cups (1 lb 2 oz/500 g) of flour and 1/2 cup (125 ml) of water. When you start smelling a pleasantly sour aroma, gradually add a generous 1 1/2 cups (375 ml) of water. Once the mixture is smooth with no lumps, pour about 1 2/3 cups (400 ml) of water on top; **do not stir in this layer of water**. Cover tightly and let the mixture rest for three days at room temperature.

## Day 7:

After three days, remove the lid and take a look. The batter may bubble and smell sour—these are good signs! However, if you see any bits of mold develop on the surface, scoop out and discard. Pour off and discard the watery liquid layer and reserve what is left: this is the base batter.

Making the *absit*:

In a large saucepan, bring 1 cup (250 ml) of water to a boil. Whisk in 1/2 cup (125 ml) of the base batter and 1/2 cup (125 ml) of water. When this mixture begins to thicken and bubble, remove it from the heat. It should have the consistency of thin cooked oatmeal. Let it cool to just warm. This mixture is called *absit*.

Mix the *absit* into the bowl with the base batter to create a final batter. The mixture should have a consistency mid-way between a crepe and pancake batter. If it is too thick, stir in a little additional room-temperature water. Cover the bowl with a dish towel and let it rest for about 2 hours, until bubbles have begun to form on the surface. The bubbles are the sign that the final fermentation has occurred and that the *injera* batter is ready to be cooked.

Cooking the injera:

Use a non-stick crepe pan or skillet, or a large, traditional *mitad*. Moisten a paper towel with oil and wipe the surface, then place the pan over medium-high heat.

When the pan is hot, use a spouted measuring cup to scoop 1/2 - 1 cup (125-250 ml) of the batter, depending on the size of the pan (a standard 11 inch crepe pan will take about 3/4 cup or 175 ml). For a large *mitad*, use about twice as much. Work quickly and carefully to pour the batter evenly around the pan. Starting clockwise if right-handed, or counterclockwise if left-handed, pour the batter in a thin continuous stream into a spiral. Without overlapping, continue the spiral into the center. There may be some batter left over; While not traditional, if using a crepe pan, you may swirl the pan to evenly distribute the batter if needed.

Cook undisturbed until bubbles have begun to form on the surface of the injera and the batter begins to set. When about 75 percent of the surface batter has changed color (45 seconds to 1 1/2 minutes) cover the pan with a large lid (glass is helpful to keep an eye on it!). Cook until the edges of the injera begin to curl, the top is quite dry, and the injera has released from the bottom of the pan (30 seconds to 1 1/2 minutes, or longer if using a *mitad*). **Do not flip.**

When cooked, use a long thin spatula and a thin plate or piece of cardboard to transfer the injera to a flat basket or a large plate lined with parchment paper without breaking.

Remove any stray dough from the cooking surface and apply more oil as necessary and reheat. (After the first few injera, lower the the heat to medium-low.) continue making them the same way, layering each injera on top of the last in the basket or plate as they are finished. Allow to cool for at least 5 minutes before placing another on top, and allow all to rest for at least 30 minutes before serving. Cover any leftovers loosely with plastic wrap and they will keep for about 2 days.