

Cafe Abyssinia

Ethiopian Cuisine



Chef Senai ~ Doro Wot



Basil

THE FLAVOR OF ETHIOPIA

Perhaps nothing is more redolent of Ethiopia than berbere, the mixture of spices that seasons virtually every Ethiopian stew and is mixed with water to form a paste that is rubbed on meats before the grill. Berbere typically includes chili peppers, garlic, ginger and basil, as well as a handful of herbs and spices that are better known in North Africa, the Middle East and South Asia, like nigella, korarima, ajwain, radhuni and fenugreek.

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3511 Magazine St. New Orleans, LA 70115

(504) 894-6238 cafeabyssinianola.com/#menu

INGREDIENTS

- + 3- 3½- lb boneless chicken cut into pieces
- + 3 tbsp cooking oil
- + 1/4 cup canola oil
- + 2-3 medium onions sliced
- + 1 tbsp minced garlic
- + ½ tbsp minced ginger
- + ½ tbsp paprika
- + 1 tbsp tomato paste
- + 4-6 large soft boiled egg - shelled removed
- + 2 tbsp Berbere Spice (see attached)
- + Salt and pepper to taste

METHOD

1. Season chicken with, salt, pepper and set aside. In a large pot, over medium heat, heat until hot, add cooking oil and onions, sauté onions, stirring frequently, until they are deep brown about 7 -10 minutes. After the onions are caramelized or reached a deep brown color, add some more oil, followed by berbere spice, garlic, and ginger. Stir for about 2-3 minutes, for the flavors to blossom and the mixture has a deep rich brown color. Be careful not to let it burn.
2. Add about 2-3 cups water. Add chicken, tomato paste, basil, salt and cook for about 30 minutes. Throw in the eggs; thoroughly mix to ensure that the eggs are immersed in the sauce. Continue cooking until chicken is tender about 20 to 30 minutes more. Adjust sauce thickness and seasoning with water or broth, salt according to preference. Serve warm

BERBERE SPICE

INGREDIENTS

- | | |
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| + 3 tbsp smoked paprika | + ½ tbsp fenugreek |
| + 2 tbsp paprika | + 1 tsp cumin |
| + 1- tbsp ground ginger spice | + 1 tsp cardamom spice |
| + 1 tbsp granulated garlic spice | + 1 tbsp or more hot chili or cayenne pepper, adjust to taste |
| + 1 tbsp dried basil | |
| + 1 tsp freshly ground white pepper | |
| + ½ tbsp cinnamon spice | |
| + ½ tbsp ground nutmeg spice | |

METHOD

If using whole grain, lightly toast, on low heat, in a fry pan, for a couple of minutes, before grinding. Cook just until the spices smell nice and toasty. Then grind in a coffee grinder. Combine all the ingredients in a bowl, or jar and stir so that all the ingredients have been fully combined