

Cook with CAFOD

Misir Wot

Spicy Red Lentil Stew

Ingredients

1.5 cups dry split red lentils
3-4 tablespoons olive oil
1 heaped tbsp. Berbere spice
(Berbere is an Ethiopian spice
available online or in specialist
supermarkets)
1 medium onion
3 cloves fresh garlic
2.5 cups water
2 table spoons tomato puree
Salt to taste



Photo: CAFOD

Method

Finely chop onion and garlic and sauté in medium sized pot with a few generous tablespoons of olive oil for about 4-5 minutes until onions are soft.

Add in tomato paste and Berbere spice and stir until mixed thoroughly. If mixture is too thick, add about 1/4 cup of water. Cook mixture another 2-3 minutes stirring occasionally.

Place red lentils in a bowl and rinse thoroughly. Once rinsed, add 2.5 cups of fresh water to the bowl and add this to the onion and Berbere mixture. At medium heat, stirring occasionally, simmer until lentils are fully cooked – about 15 or 20 minutes. If mixture becomes dry before lentils are cooked, add small amounts of water to mixture until they are. Once you know that they are fully cooked, stir in about 1/2 of warm water. Salt to taste. Serve hot with Injera/ Dabo on the side.

connect2: Ethiopia

Defo Dabo (Bread)

Ingredients

800g wholemeal/white strong flour
8g or a sachet of instant dry yeast
1 tbsp. onion seeds
1 tbsp. ground coriander
4 tbsp. oil
6 tbsp. sugar
1 tbsp. salt
400 g banana leaf (optional)

Method

Combine your yeast with sugar and salt in a bowl. Add about 500ml of water and stir to dissolve sugar, salt and yeast.

Let it stand for 15 minutes or until bubbles appear on surface. Add oil and coriander to yeast mixture. Put the flour in the yeast mixture and combine to form soft dough by hand. Knead until dough is smooth putting water when needed. Add the olive oil and combine. Make sure the mixture is not too firm or not too runny.

Add onion seeds and knead as to make sure that seeds are evenly distributed. Cover and stand in a warm place for about 1 hour or until dough has doubled in size. Knock it back, re-knead and then let it rise again.

Preheat oven to moderate temperatures.

Place half of the banana leaf into a 30cm deep baking pan making sure that every surface of the pan is covered. Pour mixture into the pan and carefully wrap it with the banana leaf. Cover top of mixture with the remaining leaf.

Give it a few more minutes to rise further and bake for 60 minutes. Remove from pan and peel the banana leaf.

Honey Yeast Bread

Ingredients

1 tablespoon dry yeast
60 mls of lukewarm water
1 egg
6 tablespoons of honey
1 tablespoon ground coriander
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1 teaspoon salt
240 mls lukewarm whole milk
6 tablespoons melted, unsalted butter
600g flour

Method

Pour the water into a small bowl and sprinkle the yeast over it. Allow it to stand for 3 minutes and then stir until the yeast is dissolved. Leave the bowl in a warm place for around 5 minutes. After 5 minutes the mixture should have doubled in volume.

Mix the egg, honey, coriander, cinnamon, cloves, and salt until the mixture is smooth. Add the milk, yeast mixture and 5 tablespoons of the melted butter. Stir well. Gradually add the flour until the mixture becomes too stiff to stir.

Knead the dough for around 5 minutes, adding a small amount of flour when necessary to keep from sticking. Place dough in a large, greased bowl and cover with a damp cloth and leave it in warm place for about 1 1/2 hours.

Grease a baking sheet with the remaining tablespoon of butter. Knead the dough again for a few minutes. Shape the dough into a round, and place it on the greased sheet. Preheat the oven to 160C.

Let the bread rise again while oven is preheating. Bake the bread for 1 hour, or until the top is crusty and light golden brown.