



COLUMBUS COUNTY COMMUNITY FARMER'S MARKET

SUMMER 2019 COOKING SERIES

WEEK 4 RECIPES

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DORO WOT

From Freda Muyambo of The Spruce Eats, <https://www.thespruceeats.com/doro-wat-39441>
Prep time: 20 minutes Cook time: 2 hours (or 20 minutes if using pressure cooker) Serves 4-6

Ingredients

- 2 lbs (800g) of chicken thighs and drumsticks
- juice of 1 small lemon
- 6 tablespoons vegetable oil or niter kibbeh (fragrant butter)
- 6 teaspoons berbere spice mix or less, depending on what sort of heat you can take
- 6 large red onions
- 2 to 3 garlic cloves
- 1 inch of fresh ginger
- salt as desired
- 11 ounces (450mls) of water or chicken stock, add as required
- 1 tablespoon garam masala
- 6 eggs

Directions

1. Marinate the chicken pieces in the lemon juice.
2. In the meantime, finely chop the onions, garlic, and ginger by hand or blend into a paste in a food processor or hand held chopper.
3. To make doro wat in its most authentic form, add the onions to a thick-bottomed pan and cook gently for

an hour until the onions have cooked and reduced into a sweet paste.

4. Add the niter kibbeh or vegetable oil. Olive oil is not typically used, as this has a strong flavor which may take away from the authentic spices used in doro wat.
5. Add the berbere spice, followed by the ginger and garlic and fry until fragrant. More berbere spice can be added depending on how much heat is desired from the dish.
6. Add the chicken pieces into the pan. Simmer on low heat for 40 minutes until the chicken is cooked.
7. Halfway through, sprinkle the garam masala over the wat. You may need to top up with a little hot water as required and stir occasionally to avoid sticking to the base of the pan. While this is simmering away, boil your eggs.
8. After 40 minutes of simmering, add the boiled, shelled eggs to the wat. Serve the doro wat on top of injera to enjoy it the traditional way. Alternatively, this can be enjoyed with Indian flatbread.
9. Combine all ingredients in a bowl. Dress with vinegar and oil, salt and pepper, to your taste.

TIMATIM

From Exotic Ethiopian Cooking by DJ Mesfin
Prep time: 15 minutes Serves 6

Ingredients

- 3 large tomatoes
- 4 jalapeno peppers
- 1/4 cup red onion
- 4 tablespoons olive oil
- 4 tablespoons lemon juice/vinegar
- 1/4 tablespoon black pepper
- salt, to taste

Directions

1. Wash tomatoes and chop into very small pieces.
2. Chop peppers after removing the seeds.
3. Add oil, salt, pepper, lemon juice/vinegar, and onions to a bowl and mix well.
4. Add chopped tomatoes to the mixture and toss gently, but well. Serve cold.
5. To make timatim fitfit, add torn-up pieces of injera.

MISR WOT

Adapted from various sources

Prep time: 5 minutes Cook time: 25 minutes Serves 6-8

Ingredients

- 1 ½ cups dry red lentils
- 3-4 tablespoons olive oil (or other oil of choice)
- 1-2 tablespoons Berbere
- 1 medium onion, diced
- 3 cloves fresh garlic, minced
- ¾ tablespoons fresh ginger, minced
- 2 ½ cups vegetable broth, or water
- ½ can of tomato paste
- Salt, to taste

Directions

1. Saute onions and garlic in oil in a medium-sized pot, at medium heat, for about 4-5 minutes until onions are soft.
2. Add in tomato paste and Berbere and stir until mixed thoroughly. To prevent onions from browning, add more hot water.
3. Cook mixture another 2-3 minutes stirring occasionally.
4. Rinse lentils thoroughly. Once rinsed, add to the pot with the onions and Berbere, and add broth or water. Stir occasionally and simmer for 15-20 minutes. If mixture becomes dry before lentils are cooked, add small amounts of hot water to mixture. Stew will thicken when cooled
5. Add salt to taste. Serve hot with injera on the side..

ATAKILT WOT

From Vegan Richa, <https://www.veganricha.com/2014/07/atakilt-wat-ethiopian-cabbage-potato.html>

Prep time: 15 minutes Cook time: 35 minutes Serves 4

Ingredients

- 4 tsp olive oil or vegan butter divided
- 4 cloves garlic minced
- 2 tsp minced ginger
- 2 green chili chopped (optional)
- 1 cup (160 g) chopped onion
- 0.5 tsp (0.5 tsp) cumin powder
- 1 to 1.5 tsp turmeric powder
- 0.5 tsp (0.5 tsp) fenugreek seeds or powder
- 0.5 tsp (0.5 tsp) cardamom powder
- 0.5 tsp (0.5 tsp) cinnamon powder
- 0.25 tsp (0.26 tsp) cloves powder
- a generous dash of black pepper
- 1.5 cup (192 g) sliced carrots
- 4 medium potatoes chopped, 1.5 loaded cups
- 1 (1) head of cabbage finely chopped
- 1 tsp (1 tsp) salt

Directions

1. In a large skillet, add 1 tsp oil and heat at medium-low. Once hot, Add garlic, ginger, chili, and onion. Mix, cook for 4 minutes.
2. Add the cumin, turmeric, fenugreek seeds, cardamom, cinnamon, cloves and black pepper. Mix and cook for 3 minutes to infuse the oil and to continue cooking the onion to golden.
3. Add the carrots, potato and mix well. Add cabbage and ¼ tsp salt. Mix well, cover and cook for 15 minutes. Stir once in between.
4. Add ¼ tsp or more salt, and 1 tsp olive oil. Mix in. Deglaze at this time with water if needed Cover and Cook for another 15 minutes or until the potatoes are tender. *
5. Serve hot with Ethiopian flat bread [Injera](#) and lentil [wat](#), ethiopian greens(gomen wat)

Note: Alternatively, you can use 1.5 tbsp curry powder as a substitute for the spices listed above

