

የተብስ ወጥ የፋይ Fried Beef Stew with Chili Pepper

INGREDIENTS

- 3 pounds beef, rinsed and patted dry then cut into 6 inch slices
- $\frac{1}{2}$ cup cooking oil
- $\frac{1}{4}$ cup olive oil
- 3 large red onions chopped
- 4 tablespoons of berbere mixture (see pantry)
- 2 large tomatoes, blanched and chopped
- 2 tablespoons garlic and ginger mixture (see pantry)
- $\frac{1}{2}$ teaspoon fresh ground nutmeg
- $\frac{1}{2}$ teaspoon ground cardamom
- $\frac{1}{4}$ teaspoon fresh ground hot green pepper
- 1 tablespoon spiced butter
- sea salt to taste

Heat vegetable oil in a medium frying pan to a high temperature. Add thoroughly dried beef and fry. Stir for 5–10 minutes, 5 more if you prefer it well done, then drain and set aside. In another pan, cook the onion with olive oil on medium heat for 5 minutes. Add a very small amount of water, spices and the berbere mixture. Stir for 10 minutes, adding a tablespoon of water to keep from burning. Add tomato, mix and simmer for 2 minutes. Add the fried beef, and garlic and ginger then mix very well for a minute. Add the spiced butter.

Makes 6–8 servings

Enjoy this stew with wine or beer and laughter!