

Ye'shimbra Assa Wet Chickpea Stew

INGREDIENTS

2 cups chickpea flour
2 cups water
3 cups red onions, chopped
1½ cups olive oil
4 medium tomatoes, blanched
1 cup berbere mixture (see pantry)
2 tablespoons minced garlic and ginger, minced
1 tablespoon cardamom, freshly ground
1 teaspoon nutmeg, freshly ground
sea salt to taste

Preheat oven to 350°F.

In a medium pan, cook onion until brown. In another pan, boil tomatoes for 5 minutes. Remove skin from tomatoes and chop well. Add the tomatoes and 1/2 cup of olive oil to the onion, stir for 2 minutes. Add 3 to 4 tablespoons of water and red pepper and keep stirring, adding water if necessary. Add 1 cup of water, cover and cook for 20 minutes, stirring occasionally. Mix the chickpea flour in a bowl with 1 cup of oil and water, form into little fish shapes with fingers and set on a cooking sheet. Bake the fish shapes until golden brown and set aside to cool. Put tomatoes and onions back on medium heat. Add chickpea fish shapes and stir gently for 2 minutes. Add the remaining spices and stir gently for another 5–10 minutes. Ready to serve hot or cold with injera, rice, bread, or pita, and salad.

Make for 6–8 servings

YESHIRO WE'T SPICED CHICK PEA STEW

Serves 5

4 tablespoons powdered peas
3 cups water
1/2 cup onion (chopped)
1/2 cup vegetable oil
Salt to taste
1 tablespoon ginger (diced)
1 tablespoon garlic (diced)
2 tablespoons Berbere
1 tablespoon Key we't Kemem

- 1 Cook onion until soft and brown, add water to prevent burning or sticking.
- 2 Add garlic, ginger, Berbere, Key we't Kemem and oil, stirring constantly for 10 minutes at low temperature.
- 3 Add 3 cups of water and wait until boil.
- 4 In a small bowl, mix powdered peas with water until thick and smooth.
- 5 Pour the powdered peas mix to the boiling mixture and add salt to taste.
- 6 Simmer for about 40 minutes in a very low heat stirring occasionally.
- 7 Remove from heat let it stand. Refrigerate.

Serve with Injera or bread as a main course or side course.