

Ethiopian Curry Mix Instructions:

You will need: 1" (2.5 cm, ½ Oz or 12.5 gm) fresh ginger, 1 medium onion (8Oz, 225g), 6-8 clove of garlic, 2-3 table spoon (1-1 ½ oz, or 30-45 ml) clarified butter or vegetable oil, one 12 Oz can of diced tomato (1 ½ cup or 330g) and 2-2.5 lbs (1Kg). meat, vegetables of your choice or 6 hardboiled eggs. You can also use a combination of meat or meats, vegetables and eggs

Clarified butter : Take 3-4 table spoon butter, cook on low heat till all water is lost and you see golden brown butter solid at bottom of pan, scrape it all and use it as clarified butter i.e proceed with onion, garlic, ginger mix. You can also use "ghee" from Indian grocery store.

- Cut approximately 2-2.5 lbs (1 Kg) meat or vegetables 1"(2.5 Cm) and keep it in a mixing bowl. If it is fowl, chicken, or any other bird remove skin before cutting it.
- Chop one medium onion (1 Cup, 8Oz, 225g).
- Mince 3-4 cloves of peeled garlic.
- Fine chop or grate 1" (2.5 cm, ½ Oz or 12.5 gm) of peeled fresh ginger.
 - ALTERNATE: combine onion, garlic, ginger and puree it.
- Heat 2-3 table spoon oil (1-1 ½ oz, or 30-45 ml) in a pan on medium hot stove to medium hot temperature (carefully look and you will see moving lines or striation on surface of oil)
- Add whole spices to hot oil in pan, stir and wait till you get nice aroma of spices (10-25 seconds depending on heat, be careful not to char spices). Add onion, ginger and garlic to spices and oil in the pan. Scrape pan with wooden or metal spatula, move simmering mix not allowing it to burn at bottom.
- Wait till you can see reappearance of oil in the pan with onion, garlic, ginger and spices. If you using chopped onions then wait onions get golden brown.
- Add fine spices to fried onion, ginger and garlic in pan. Mix it well with spatula.
- Add meat and about ½ teaspoon of salt mix well and let it cook for 5 minutes with occasional stirring.
- Add 1 can (12 Oz, 1 ½ cup or 330g) of diced tomato. Stir contents to mix it well. Cover the pot with lid and let it simmer on low heat. Stir the contents occasionally.
- Taste test by dipping a spoon and tasting the sauce before meat is completely cooked but after sufficient cooking (time will depend on the type of meat or combination, important not to taste test before sufficient cooking). Adjust salt to your taste.
- Simmer till meat is tender. Remove whole spices. Garnish with fresh Mint leaves and serve to enjoy with white bread, pita bread or cooked rice. Traditionally it is eaten with Ingera, a spongy flat pancake made from the millet-like grain known as teff.

Want explore and be more creative? try Marinated lamb with Berebere:

Combine 2 frenched racks of lamb (approximately 2-2.5 lbs, or 1Kg) with 3 table spoon of oil and

2 teaspoon of rosemary herb rub (look in rub and sprinkle section), in a large sealable heavy-duty plastic bag. Seal bag, forcing out excess air, and marinate lamb, chilled, turning bag several times, 8 to 24 hours.

Preheat oven to 425°F.

Roasting:

Stir together 1 tablespoon Ethiopian curry mix, 2 teaspoon Dijon mustard, 2 egg yolks, and 3-4 tablespoon fine bread crumbs, then stir in enough red wine (1-3 tablespoon) to form a paste.

Drain lamb, discarding marinade. Heat a dry 12-inch heavy skillet over high heat until hot, then sear lamb, 1 rack at a time, over moderately high heat; about 3-5 minutes per side (do not let it brown it will be whitish in color). Transfer seared ribs side down to a large roasting pan.

Smear berbere paste on fat sides of lamb and roast in middle of oven until an instant-read thermometer inserted 2 inches into center of a rack (without touching bone) registers 140°F for medium-rare, 25 to 30 minutes.

Make sauce while lamb is roasting:

1 table spoon Ethiopian curry mix in a dry small heavy saucepan over moderately low heat add 1 oz (~30 ml) chicken broth, 4 oz. butter (120 ml) and 1 oz. (~30 ml) red wine. Bring to boil, remove from heat and blend in a blender until it forms a sauce.

Transfer lamb to a cutting board and let stand 5 minutes. Cut lamb into chops and serve with sauce.