**Ethiopian Recipes: Quick *Injera***

A Speedy Method for Making Tasty Ethiopian Flatbread

(Yes, it's two hours of rising, but that's speedy in comparison to the traditional five days of fermenting the batter!)

* 3 cups warm water
* 1½ cups (190gms) all purpose flour (or for gluten free; use 1½ cups/190gms of a [gluten free flour blend](https://www.kitchenfrau.com/gluten-free-flour-mix/) + ½ teaspoon powdered psyllium husks)
* 1 cup (150gms) teff flour
* 1 tablespoon sugar
* 1½ teaspoons active dry yeast
* 1 tablespoon baking powder
* ½ teaspoon salt
* 1 tablespoon apple cider vinegar or white wine vinegar
* oil, ghee, or cooking oil spray for cooking the *injera*

Add all the ingredients to a blender except the vinegar and oil. Pulse just to mix the batter. Pour the batter out into a bowl and loosely cover it with a clean tea towel. Leave the batter to proof at room temperature for two hours. It will be doubled in size and full of little bubbles.

When you are ready to cook the *injera*, stir the tablespoon of vinegar into the batter. Heat a non-stick large skillet over medium heat. Brush it lightly with oil, ghee, or spray it with cooking oil spray.

Pour about a half cup of the *injera* batter into the skillet, then lift the skillet and quickly rotate it so the batter spreads evenly over the bottom. Place it back on the heat and cook until the bottom is brown and lacy and the top is full of little bubble holes, about 2 to 3 minutes. Flip the *injera* and cook the other side for about 30 seconds.

Slide the *injera* onto a plate to keep warm, then re-grease the pan and continue making the flatbreads until the batter is used up.

Makes 8 *injera* (about 10 inches each)

**Ethiopian Recipes: *Misir Wat***

(Lentil Stew)

* ½ cup ghee or olive oil
* 2 medium onions (2 cups, finely chopped)
* 1 tablespoon finely grated ginger
* 2 garlic cloves, grated
* 1 tablespoon paprika
* 1½ teaspoons berbere spice mix
* 1 teaspoon ground turmeric
* ½ teaspoon ground coriander
* ½ teaspoon ground cumin
* ½ teaspoon ground cardamom
* ½ teaspoon salt
* 1 cup red lentils
* 2½ cups (600ml) water

Heat the ghee or oil in a small dutch oven or heavy bottomed saucepan. Add the onions and cook together over medium-high heat for 10 minutes, stirring often, until the onions turn golden brown.  Add the grated ginger and garlic (a microplane grater works great for that), all the spices, and the salt, and cook for 2 more minutes, stirring often.

Add the red lentils and the water, and bring to a boil. Reduce the heat to low, cover the pot, and simmer the lentils for 20 minutes, stirring occasionally.

Serves 4.