

Cookbook

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February 5, 2025

Each recipe by default makes what I would call 1 serving with one serving being enough for a family of 4 most of the time.

1 Breads

1.1 Monkey Bread

1.2 Pumpkin Bread

1.3 Banana Bread

2 Ethiopian

2.1 Misir Wot

Ingredients

- 4 tbsp Spoons of Niter Kibbeh
- 1 Large Yellow Onion, Diced
- 3 cloves of garlic, Minced
- 1 Roma Tomato, Finely Chopped
- 3 tbsp of Tomato Paste
- 2 tbsp Spoons of Berbere
- 1 Cup of Red Lentils
- 2 1/2 Cups of Broth (chicken or vegetable)
- 1 tsp of salt

Instructions

1. Melt 3 tbsp of Niter Kibbeh in a large pot over medium heat.
2. Add onions and cook for around 8-10 mins or until golden brown
3. Add garlic, tomatoes, tomato paste, and 1 tbsp of Berbere. Cook for 5-8 mins or until the tomatoes have cooked down a bit.
4. Add Lentils and broth. Bring to a boil and then reduce to a simmer. Cook for 30-40 mins or until the lentils are soft. (stir occasionally)
5. Stir in the rest of the niter kibbeh and berbere. Add salt to taste.

2.2 Shiro Powder

Ingredients

- 3/4 Cup of Chickpea Flour
- 1 tbsp berbere
- 1 tsp ground cardamom
- 1 tsp cumin powder
- 1 tsp garlic powder
- 1tsp salt

Instructions

1. on skillet dry roast the ingredients

2.3 Shiro Wot

Ingredients

- 1 cup Shiro Powder
- 3 tbsp of Niter Kibbeh
- 1 large onion, diced
- 1 tsp of garlic, minced
- 2 roma tomatoes, finely chopped

Instructions

1. Add the Niter Kibbeh to a pot and melt over medium heat.
2. Add the onions and cook for 8-10 mins till caramelized.
3. Add the tomatoes and garlic. Cook till reduced stirring occasionally.
4. Add the Shiro Powder and stir till there are no more dry lumps.
5. Add 2 cups of water and bring to a boil. Reduce to a simmer and cook for 20-30 mins.

2.4 Tikil Gomen

Ingredients

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Instructions

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- 4.

2.5 Ye'abasha Gomen

Ingredients

- 10 ounces of collard greens, chopped
- 3 tbsp of Niter Kibbeh
- 1 1/2 tsp of ginger, minced
- 2 tsp of garlic, minced
- 1 large white onion diced
- 1 tsp of smoked paprika
- 1/2 tsp of cardamon
- 1 tsp of coriander/cumin
- 1-2 fresh chili peppers, minced
- 2 tbsp of lemon juice

Instructions

1. Add Niter Kibbeh, garlic, ginger, peppers, and other dried spices to a large skillet and saute for 30 sec. Don't burn them!
2. Add the onions and mix well. Saute for another 5 min.
3. Toss in the collared greens and lemon juice. Turn down heat and cook till collared greens are wilted.

2.6 Fasollia

Ingredients

- 1lb of green beans, chopped (remove the ends)
- 1lb of carrots, julienned (cut longways into strips)
- 1 medium onion, diced
- 1 tbsp of garlic, minced
- 1 tsp of ginger, grated
- 2 tbsp of Niter Kibbeh
- salt as needed
- 1/4 cup of water (more as needed).

Instructions

1. Add the green beans to a pan and cook till they start to brown and reduce. add a little salt, The idea is to dry them out as much as possible.
2. Take the green beans out and set aside.
3. Add the niter kibbeh to the pan and add onions. Cook for about 5 mins.
4. Add the garlic and ginger. Cook for another 2 mins
5. Add the carrots and water and simmer for about 10 mins. Stir occasionally, add more water as needed.
6. Add the green beans back and simmer over medium heat for another 10 mins.

2.7 Niter Kibbeh

Ingredients

- 1 lb unsalted butter
- 1/4 yellow onion, minced
- 3 tbsp of garlic, minced
- 2 tbsp of ginger, minced
- 1 2in cinnamon stick
- 1 tsp black peppercorn, whole
- 3 black cardamom pods, whole
- 1 tsp fenugreek seeds
- 1 tsp coriander seeds
- 1 tsp dried oregano
- 1/2 tsp cumin seeds
- 1/4 tsp ground nutmeg
- 1/4 tsp ground turmeric
- 1 tbsp of Beso Bila (Ethiopian basil)
- 1 tbsp of Kosseret (Ethiopian herb)

Instructions

1. place dry herbs on a skillet and roast till fragrant. Careful not to scorch the spices.
2. Place all ingredients in a saucepan bring to a low simmer and cook for 60-90 mins. Careful not to burn the butter or it will become bitter.
3. Pour through cheese cloth to strain out all the herbs and spices. Place in an airtight jar and store it.

3 Indian

3.1 Yellow Dal

Ingredients

Instructions

3.2 Masala paste

Ingredients

- 1 cup coconut, grated
- 8 cashews
- 1 in or ginger
- 1 clove of garlic
- 2 green chili's
- 2 tbsp poppy seeds
- 1 tsp coriander seeds
- 1/2 tsp fennel
- handful of coriander
- 1/4 cup of water

Instructions

1. put ingredients and water in a food processor and blend till smooth. add water as needed.

3.3 Veggie Korma

Ingredients

- 4 tsp of olive oil
- 1 bay leaf
- 1 2in cinnamon stick
- 2 pod of cardamon or 1/2 tsp of cardamon seeds
- 3 cloves
- 1 yellow onion, finely chopped
- 1 roma tomato, finely chopped
- 1 carrot, chopped or handful of baby carrots, chopped
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Instructions

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- 7.

3.4 Chicken Curry

Ingredients

- 1 1/2 red onion
- 2 curry peppers
- 1 Roma Tomato
- 6 chicken tenderloins
- 1 tbsp Ginger Garlic paste
- 2 cups of water. Spices:
- chilli powder
- turmeric
- cumin
- coriander

Instructions

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

3.5 Andhra Chicken Curry

Chicken curry but in a pressure cooker.

Ingredients

- 2 tbsp Oil
- 1 red onion
- 3 curry peppers
- 1 Roma Tomato
- 6 chicken tenderloins
- 1 tbsp Ginger Garlic paste
- 1 cup of water
- 4 tsp of salt
- chili powder
- turmeric
- cumin
- coriander
- Gram masala
- Chicken masala

Instructions

1. Add oil to a pressure pot
2. Add the onion and a little bit of salt.
3. Add the curry Peppers
4. Add the Ginger Garlic Paste and mix well.
5. Add Chopped Chicken to the pot. add another 2tsp of salt
6. Add Spices.
7. Add tomato and mix
8. Bring to boil and then pressurize. Cook for 10 mins

4 Thai

5 Mexican

6 Italian

7 Spice Mixes