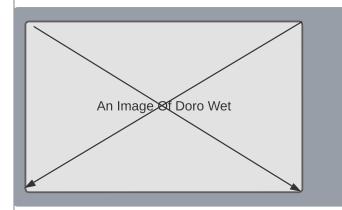
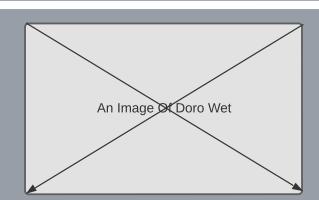


Doro Wet

The Doro Wat dish is one of the most globally recognized Ethiopian cuisine dishes, and I, being a habesha wanted to introduce you to this exquisite dish full of amazing spices. Once you try it, your taste buds will be aching for more.

The dish takes about an hour and a half to complete, and is enough to feed 4 people. This dish is full of proteins, which makes it ideal for a post-workout meal.





Ingredients

- · One medium sized chicken
- 1/2 kg Onions
- One cup of berbere (If you don't know berbere, click on the link)
- Half a spoon of ginger
- Leo a diam sollicitudin tempor
- Auctor neque vitae tempus

You can watch this step by step guide to prepare Doro Wet

A video showing the steps of preparing Doro Wet

Steps

- 1. Heat 1/2 half butter in a skillet over medium low heat. Cook and stir onion until translucent, 5 to 6 minutes. Add half cup water and tomato paste; stir until hot, about 2 minutes. Stir in remaining butter, berbere, garlic and ginger, adjust heat to low and cook until mixture thickens to paste consistency, 20 to 30 minutes.
- 2. Stir remaining water into berbere paste; add chicken. Simmer until thickens to sause consistency, about 45 minutes.
- 3. Stir white wine, cardamom and black pepper into the sause, add hard-boiled eggs. Cook until sauce is reduced slightly, about 15 minutes more.

Nutritional Facts

Component	Amount	%Daily Value
Total Fat	54g	70%
Saturated Fat	32g	158%
Cholesterol	399mg	133%
Sodium	2859mg	124%
Total Carbohydrate	24g	9%
Dietary Fiber	12g	43%
Protein	33g	

Comments

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