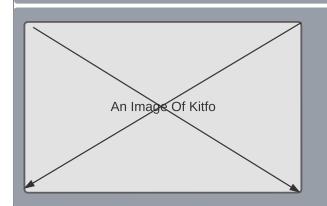
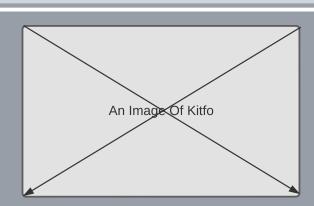


### Kitfo

A culinary specialty of the Gurage region of Central Ethiopia, kitfo is a rich and flavorful dish made with minced raw lean beef, spices (the classic Ethiopian spice blend known as Mitmita, and an herb-infused clarified butter known as *niter kibbeh*. Kitfo is renowned for its bold flavor and luxurious texture.

Depending on how much you are preparing, the preparation time varies. But for this recipe, the cooking time is just about 10 minutes.





#### Ingredients

- 1 kg of top round beef
- 6 teaspoons Mitmita (Click the link if you don't know what Mitmita is)
- 4 tablespoons clarified butter
- 1 teaspoon koremima (Click the link if you don't know what Koremima is)
- 1/4 teaspoon garlic powder
- Salt and black pepper

You can listen to this step by step guide audio to prepare Kitfo



An audio explaining the steps of preparing Kitfo

#### Steps

- 1. Cut the meat in small pieces; remove fat and seams.
- 2. In a food processor put small amount of the meat at a time, spread some mitmita, grind until meat is finely chopped; using a fork, remove any residue of fat and seams; place the spicy ground meat in a dish; repeat the process until all required meat is done.
- 3. In small pot, on a lower heat melt the butter, add the remaining mitmita, false cardamom, (garlic, black pepper, salt, if needed); remove from heat.
- 4. Combine the spicy ground meat with the spicy butter; using fork and spoon, mix it until completely marinated.
- 5. Place it in a lightly warm serving dish, serve it immediately with Injera or bread. If preferred, sauté the marinated meat for two to three minutes.

# Nutritional Facts

Component	Amount	%Daily Value
Total Fat	21.1g	27%
Saturated Fat	10.4g	51.35%
Cholesterol	187.5mg	62.5%
Sodium	2222.8mg	96.4%
Total Carbohydrate	1.2g	0.4%
Dietary Fiber	0.5	1.8%
Protein	32.8	39%

## Comments

Write your comment here

Comment

- Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt.
- Gravida rutrum quisque non tellus. Leo a diam sollicitudin tempor.
- At ultrices mi tempus imperdiet nulla malesuada pellentesque elit. Et netus et malesuada fames ac.

About Us

Contact

Socials Twitter Instagram