



Photo by: Dan Goldberg

## Beef Stew in Spicy Berbere Sauce

This hearty **beef stew** in spicy berbere sauce is even easier to make than the classic American version.



Sunset MARCH 2006

Yield: Makes 6 servings

Cook time: 2 Hours

Prep time: 20 Minutes

### Ingredients

2 medium onions, quartered lengthwise	1/4 teaspoon each ground cloves and allspice
1/4 cup butter	1 can (14 1/2 oz.) crushed tomatoes in purée
1 tablespoon minced fresh ginger	1/4 cup dry red wine
1 tablespoon each ground paprika and cayenne (see notes)	2 1/2 pounds boned beef chuck, fat trimmed, cut into 3/4-inch chunks
1 teaspoon each ground cumin and fenugreek (optional; see	Salt
1/2 teaspoon each ground turmeric, cinnamon, and cardamom	

### Preparation

1. In a food processor, pulse onions until very finely diced (almost puréed).
2. Melt butter in 4- to 5-quart pan over medium-high heat. Add onions and stir until browned, about 10 minutes.
3. Add ginger, paprika, cayenne, cumin, fenugreek, turmeric, cinnamon, cardamom, cloves, and allspice; stir until fragrant, about 1 minute. Add tomatoes, wine, and beef; bring to a simmer, then cover, reduce heat, and simmer, stirring occasionally, until beef is very tender when pierced, about 2 hours. Add salt to taste.

Note: Nutritional analysis is per serving.

Ethiopian cooking 101:

**Berberé:** This heady spice mixture is the basis for all Ethiopian cooking. It can feature clove, cayenne, ginger, cumin, turmeric, and cinnamon, among other spices. Ground fenugreek seeds, which add a mildly sweet flavor, are also typical. Buy them at Middle Eastern markets or from Penzeys Spices (\$1.09 per 1/4-cup jar; [www.penzeys.com](http://www.penzeys.com)).

**Injera:** Authentic injera is made from fermented teff, a grain common in Ethiopia. The bread's spongy, bubbly texture is similar to that of a pancake. If authenticity is your aim, you can buy teff flour from Abyssinian Market (\$25 for 5 lb.; [www.abyssinianmarket.com](http://www.abyssinianmarket.com)).

**Tej:** This Ethiopian honey wine is the traditional match for spicy stews, but few retailers in the United States carry authentic imported tej. You can buy a bottle at many Ethiopian restaurants, but an accessible alternative is off-dry Riesling, which pairs beautifully with the spicy beef stew. Our favorite: Spätlese Rieslings from Germany's Mosel region.

Note:

Notes: A generous dose of cayenne gives this stew a lively heat. If you prefer milder spice, reduce the amount to 1 or 2 teaspoons.

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 **GROCERY SERVER****Nutritional Information****Amount per serving**

Calories: 400    Calories from fat: 50%    Protein: 38g    Fat: 22g    Saturated fat: 10g    Carbohydrate: 11g

Fiber: 1.6g    Sodium: 336mg    Cholesterol: 144mg

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