



## African cooking ideas

### Wat and Injera

Wat and Injera is traditional Ethiopian food. Wat is a stew (either vegetarian or with meat) and Injera is a type of flatbread or pancake that is eaten with the Wat. The Injera is made with Teff flour, traditionally only produced in Ethiopia. When serving the meal, several Injera are arranged on a tray so that they overlap each other and cover the tray. The Wat is then put onto the injera into separate piles and can also include salad. Each person is also given a rolled up injera. Pieces of injera are used to scoop up the Wat to eat. After everyone has finished their injera, all that will be left is the original Injera that had covered the tray. This is then torn and eaten as well.

### Injera recipe using an alternative to Teff flour

**Prep Time:** 10 minutes    **Total Time:** 45 minutes

#### Ingredients:

- 1/2 cup wholemeal flour
- 1/3 cup all-purpose flour
- 1 tablespoon brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1/8 teaspoon baking soda
- 2 eggs, beaten
- 2 cups buttermilk
- 1 tablespoon cooking oil

#### Directions:

1. Stir the wholemeal flour, all-purpose flour, brown sugar, salt, baking powder and baking soda together.
2. Combine the eggs, buttermilk, and cooking oil; add all at once to the flour mixture, stirring until smooth.
3. Pour 2 tbsp of the batter into a hot, lightly greased 6 inch pan over medium heat; lift and quickly rotate the pan so that the batter covers the bottom of the pan.

Return the pan to medium heat. Cook about 1 minute or till light brown on the bottom.

4. Turn out the bread onto paper toweling. (If necessary, loosen the bread with a small spatula.).
5. Repeat with the remaining batter. Roll up like a pancake and serve warm

Add a twist to the traditional serving method and try adding sweet fillings such as jam, cream, chocolate spread or fruit. Or try adding the salad below. Be as creative as you like!

## Ethiopian Tomato & Cucumber Salad

**Prep Time:** 15 mins

**Total Time:** 15 mins

### Ingredients:

- 2 tomatoes, diced
- 1 large cucumbers, diced
- Half an onion, diced
- 1 green hot pepper, seeded and finely diced
- 4 teaspoons lemon juice
- 2 teaspoons balsamic vinegar or 2 teaspoons red wine vinegar
- Pinch of salt
- Pinch of pepper
- 2 teaspoons olive oil

### Directions:

1. Toss together all ingredients except olive oil.
2. Sprinkle with olive oil.





## Ethiopian Lentil stew (Wat)

**Prep Time:** 15 mins

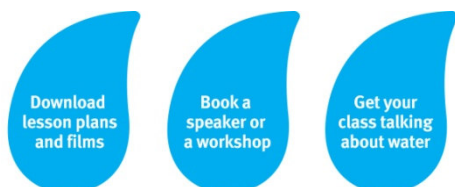
**Total Time:** 35 mins

### Ingredients

- 1/2 onion, diced
- 3 garlic cloves, finely chopped
- 1 teaspoon fresh ginger, finely chopped
- Half a small sweet potato or half a small yam, diced
- 1/4 red pepper, diced
- 1 teaspoon olive oil
- 2 tablespoons lentils (split red)
- 2 teaspoons tomato puree
- 1 cup water
- 3/4 teaspoon of paprika
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- salt or soy sauce
- Black pepper

### Directions:

1. Lightly fry the onion, garlic, ginger and yam in olive oil at medium heat until the onions are almost translucent.
2. Add the red pepper and fry for an additional minute.
3. Add the lentils, tomato paste and water.
4. Bring water to boil.
5. Add the paprika, coriander, allspice and ginger.
6. Lower heat slightly and allow the stew to simmer for 20 minutes or until the lentils are tender and all the water absorbed.
7. Add salt, soy sauce and black pepper to taste, and serve.





## African banana cake

**Prep Time:** 10 mins

**Total Time:** 1 hour and 20 minutes

### Ingredients

- 2 cups plain flour
- 2 teaspoons baking powder
- Pinch of salt
- $\frac{1}{4}$  bicarbonate of soda
- $\frac{3}{4}$  cup of butter or margarine
- $\frac{3}{4}$  cup of sugar
- 2 eggs
- 4 large bananas, peeled and mashed

### Directions:

1. Combine flour, baking powder, salt and bicarbonate of soda.
2. Cream the softened butter and sugar until light and fluffy. Add the eggs.
3. Add the dry ingredients alternately with mashed bananas until all is combined.
4. Put the mixture into a well greased loaf tin and bake at 180c for an hour.
5. Allow the cake to cool in the pan on a wire rack for 10 minutes and then turn out to cool completely.
6. Wrap in foil and serve the next day.

