

# SPICE OF THE MONTH CLUB

August 2023



## Join us to discuss

*Tuesday, 08/29 / 6:00pm / Conference Room*

Spend the month cooking with your spice and join us to discuss your opinions, experiences, and recipes!



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## This month's spice: Berbere Spice Blend

### History

Berberé is a traditional spice blend that can contain over a dozen different spices. The key ingredients are usually red chili peppers, fenugreek, and ginger, with the addition of warm spices like coriander, cardamom, allspice, cumin, peppercorns, cloves, cinnamon, and some lesser-known indigenous spices such as korarima, ajwain, and long pepper.

In Amharic, Ethiopia's state language, "barbare" means "pepper" or "hot." Not surprisingly, berbere spice gives Ethiopian cuisine its signature kick. Berbere is thought to have come along in the 5th century when Ethiopia controlled the Red Sea route to the Silk Road. Traders had access to spices from China which found their way to local markets and eventually home cooks. Over time, households developed their own mix, perfecting blends that have been handed down through generations.

### Use

Traditionally, berbere is sautéed with oil and onions in the beginning stages of rich and flavorful stews and braises, such as Ethiopia's national dish, doro wat (chicken stew). You can also sprinkle the spice mix onto grilled fish or fresh fruit right before serving for hot and citrusy notes without overpowering the palate.



# Doro Wat

*Total prep and cook time: 2 hours and 40 minutes*

*Yields 6 servings*

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## INGREDIENTS:

- 3 lbs chicken thighs cut into 1 in pieces or 3 chicken breasts in 1/2 in pieces
- 2 tbsp fresh lemon juice
- 2 tbsp niter kibbeh
- 2 tbsp extra virgin olive oil
- 3 cups yellow onions finely minced to a chunky puree in food processor
- 3 tbsp butter
- 1 tbsp finely minced garlic
- 1 tbsp finely minced ginger
- 1/4 cup berbere
- 1 1/2 tsp salt
- 1/2 cup tej or white wine mixed with 1 tsp honey

## STEPS:

1. Place the chicken pieces in a bowl and pour lemon juice over. Let sit at room temperature for at least 30 minutes.
2. Heat the niter kibbeh or butter along with the olive oil in a Dutch oven. Add the onions and saute, covered, over low heat for 45 minutes, stirring occasionally.
3. Add the garlic, ginger, and 1 tablespoon butter and continue to saute, covered, for another 20 minutes, stirring occasionally.
4. Add the berbere and the 2 remaining tablespoons of butter and saute, covered, over low heat for another 30 minutes, stirring occasionally.
5. Add the chicken, broth, salt and wine and bring to a boil. Reduce the heat to low, cover, and simmer for 45 minutes, stirring occasionally.
6. Adjust the seasonings, adding more berbere according to heat preference. Add the boiled eggs and simmer on low heat, covered, for another 15 minutes.
7. Half or quarter the eggs and arrange on the plates with the stew. Serve hot with injera, bread or rice.

# Misir Wat

*Total prep and cook time: 1 hour and 5 minutes*

*Yields 6 servings*

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## INGREDIENTS:

- 4 tbsp niter kibbeh, divided
- 1 large yellow onion, very finely diced
- 3 cloves garlic, finely minced
- 1 Roma tomato, very finely chopped
- 3 tbsp tomato paste
- 2 tbsp berbere, divided
- 1 cup red lentils, rinsed
- 2 1/2 cups chicken broth  
(can substitute vegetable broth)
- 1 tsp salt



## STEPS:

1. Melt 3 tablespoons of the niter kibbeh in a medium stock pot. Add the onions and cook over medium-high heat for 8-10 minutes until golden brown.
2. Add the garlic, tomatoes, tomato paste and 1 tablespoon of the berbere and cook for 5-7 minutes. Reduce the heat if needed to prevent burning.
3. Add the lentils, broth and salt, bring it to a boil, reduce the heat to low and cover and simmer the lentils, stirring occasionally, for 40 minutes (adding more broth if needed) or until the lentils are soft.
4. Stir in the remaining tablespoon of niter kibbeh and berbere. Simmer for a couple more minutes. Add salt to taste.
5. Serve with injera bread.

# Tibs

*Total prep and cook time: 30 minutes*

*Yields 4 servings*

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## INGREDIENTS:

- 1 large red onion (about 2 cups) sliced thinly
- 1/4 cup niter kebbeh or ghee
- 2 lbs venison, lamb, or beef, cut into bite-sized pieces
- 2 tbsp berbere
- 1 tsp ground fenugreek
- 1/2 tsp cardamon (optional)
- 1/2 tsp ground ginger
- 1/4 tsp cumin
- 1/4 tsp ground clove
- 1 tsp black pepper
- 3-4 garlic cloves, sliced thinly
- 2 cups whole peeled tomatoes, broken into bits
- 1-5 green chiles
- 1/2 cup red wine



## STEPS:

1. Get the saute pan or wok very hot. Stir-fry the onions without the butter for a few minutes, until they char just a little on the outside. Add the spiced butter and the venison. Stir-fry hot and fast until the outside of the meat is brown but the inside of the meat is still very rare. You need to do this on as hot a burner as you have. Do it in two batches unless you have a very large wok or pan.
2. The moment the meat has browned, add it all back into the pan along with the spices, garlic and chiles. Stir-fry another 30 seconds or so, then add the tomatoes and the wine. Toss to combine and let this cook for a minute or two. Serve at once with bread or injera.