

## Beef Stew in Spicy Berbere Sauce

This hearty stew is even easier to make than the classic American version.

**PREP AND COOK TIME:** 20 minutes prep, plus 2 hours cook time

**MAKES:** 6 servings

**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.

2 medium onions, quartered lengthwise  
1/4 cup butter  
1 tablespoon minced fresh ginger  
1 tablespoon each ground paprika and cayenne (see notes)  
1 teaspoon each ground cumin and fenugreek (optional; see "Ethiopian Cooking 101," far right)  
1/2 teaspoon each ground turmeric, cinnamon, and cardamom  
1/4 teaspoon each ground cloves and allspice  
1 can (14 1/2 oz.) crushed tomatoes in purée  
1/4 cup dry red wine  
2 1/2 pounds boned beef chuck, fat trimmed, cut into 3/4-inch chunks  
Salt

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.

**Per serving:** 400 cal., 50% (198 cal.) from fat; 38 g protein; 22 g fat (10 g sat.); 11 g carbo (1.6 g fiber); 336 mg sodium; 144 mg chol.

## Injera (Ethiopian flatbread)

In this version, buckwheat flour and club soda mimic the crumpetlike texture of real injera (see "Ethiopian Cooking 101," far right).

**PREP AND COOK TIME:** 40 minutes

**MAKES:** 12 flatbreads; 6 servings

**NOTES:** If you can't find buckwheat flour, substitute all-purpose flour; add an extra 1/2-cup of club soda and another 1/2 teaspoon of baking powder.

1 1/2 cups all-purpose flour

1 1/2 cups buckwheat flour (see notes)

2 1/2 teaspoons baking powder

1 1/2 teaspoons salt

2 eggs, beaten

About 3 cups club soda

**1.** In a large bowl, whisk together the flours, baking powder, and salt. Add eggs and club soda and whisk until batter is smooth. It should have the consistency of pancake batter; add more club soda if needed.

**2.** Spray a 10-inch nonstick frying pan lightly with cooking oil spray and set over medium heat. When hot, pour 1/3 cup batter into the pan, tilting to coat most of the bottom. Cook until flatbread appears bubbly and dry on top, 2 to 3 minutes; do not turn.

**3.** Slide bread onto a serving platter. Cover with a kitchen towel and keep warm in a 200° oven while you cook remaining breads.

**4.** Place one injera flat on each of six dinner plates and top with stew. Serve with remaining injera to scoop up the food.

**Per serving:** 247 cal., 14% (35 cal.) from fat; 9 g protein; 4 g fat (0.8 g sat.); 46 g carbo (4.6 g fiber); 831 mg sodium; 71 mg chol.

## Lemony Lentils

Even the lentil skeptics in our kitchen loved this bright, zingy stew.

**PREP AND COOK TIME:** 10 minutes prep, plus about 25 minutes cook time

**MAKES:** 6 servings

2 tablespoons butter  
3 cloves garlic, minced  
2 cups yellow or brown lentils, sorted for debris and rinsed  
4 cups chicken broth  
1 tablespoon minced fresh ginger  
Grated peel from 1 lemon (yellow part only)  
1/4 cup lemon juice  
Salt and pepper  
Chopped cilantro and lemon wedges

**1.** Melt butter in a 3-quart pan over medium-high heat. Add garlic and stir until just beginning to brown, about 1 minute.

**2.** Add lentils and stir to coat with butter, then add broth. Simmer, covered, until lentils are tender but not mushy, 20 to 30 minutes. They will thicken as they cool.

**3.** Stir in ginger, lemon peel, juice, and salt and pepper to taste. Serve with chopped cilantro and lemon wedges on the side.

**Per serving:** 276 cal., 20% (50 cal.) from fat; 20 g protein; 5.5 g fat (3 g sat.); 39 g carbo (7.4 g fiber); 118 mg sodium; 13 mg chol.



## Ethiopian cooking 101

### Berbere

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) or 800/741-7787).

### 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 Riesling from Germany's Mosel region.