

Berbere Lentils

Serves: 4

INGREDIENTS:

- 250g red or brown lentils
- 4 tbsp. unsalted butter
- 1 onion, finely chopped
- 4 garlic cloves, finely chopped
- 2 tbsp. Berbere spice mix
- 1 tomato, roughly chopped
- 1l vegetable or chicken stock
- ¼ tsp salt, to taste
- Injera bread, to serve

METHOD:

1. Rinse the lentils under the cold water in the sieve
2. Melt the butter in the saucepan over a medium heat, add the onion and fry until golden brown
3. Add the garlic and half of the Berbere spice mix. Fry until fragrant, about 30 seconds
4. Add the lentils, chopped tomato and stock and bring to the boil.
5. Reduce the heat to low-medium heat and simmer uncovered for about 20 minutes for red lentils or 45 minutes for brown lentils, stirring occasionally.
As the lentils cook the mixture will thicken
6. Once the lentils are cooked, add the remaining Berbere spice mix, salt to taste and serve immediately with Injera Bread

Berbere Spice Mix

INGREDIENTS:

- 2 tsp cumin seeds
- 4 cloves
- ¾ tsp cardamom pods
- ½ tsp black peppercorns
- ¼ tsp whole allspice
- 1 tsp fenugreek seeds
- 8 small dried red chillies, stems removed
- 1 tsp ground ginger
- ¼ tsp turmeric
- 1 tsp salt
- 2 ½ tbsp. paprika
- 1/7 tsp ground cinnamon
- 1/8 tsp ground cloves

METHOD:

1. Toast the cumin seeds, cloves, cardamom pods, peppercorns, allspice, fenugreek seeds and coriander seeds over a low-medium heat for about 2 minutes, stirring constantly.
2. Remove from the pan and set aside to cool for 5 minutes
3. In the mortar and pestle, finely grind the toasted spices and the chillies. Mix in the remaining ingredients. Discard the cardamom pods
4. Store the spice mix in a well-sealed jar in the fridge. It will keep for up to 2 months.