

5 ETHIOPIAN RECIPES

With Chef Tsehay

@TsehaysKitchen (on Instagram)



A COLLECTION OF RECIPES FROM TSEHAY'S KITCHEN. THIS IS FOR YOU, A KIND INGREDIENT OF ROOTS ETHIOPIA

Experience the Rich Flavors of Ethiopia

Indulge in the fragrant world of Ethiopian cuisine with our exclusive collection of five delicious recipes. This culinary journey is a special partnership between Tsehay's Kitchen and Roots Ethiopia, bringing the essence of Ethiopian flavors straight to your home.

Immerse yourself in the vibrant colors, lovely spices, and heartwarming traditions that make Ethiopian dishes truly unique. From a hearty sega wot to a morning breakfast of firfir, each recipe embodies the spirit of Ethiopian culture; togetherness, warmth, a little spice, and ALWAYS something special.

Whether you're an experienced cook or an enthusiastic beginner, Tsehay has shared a recipe collection that is delicious. **All of these recipes are shared in honor of families and children in Ethiopia -- the very center of the work of Roots Ethiopia.**

Join us and celebrate the essence of Ethiopian cuisine. Ethiopian food, served to guests on one plate, represents community and cooperation. The deep rooted connections discovered over an Ethiopian meal are part of the beauty of Ethiopia.

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Just as every ingredient contributes to a flavorful dish, every supporter of children, schools, and families in Ethiopia is a vital ingredient of the mission of Roots Ethiopia. Thank you for being a part of the journey to make a positive impact through culture, community, and cuisine.

Meghan Walsh
Roots Ethiopia
Board Chair

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Let's pass the gursha! 🍲

Food embodies community. When we parktake in sharing meals, we extend kindness, generosity, and love. This is why my recipes reflect our collective strength. Roots Ethiopia empowers children, families, and the community. Together we form the essential elements that forge a vibrant and compassionate community.

Chef Tsehay
GURSHA 🍲



SHIRO

Shiro is a delicious Ethiopian dish made from ground chickpeas or other legumes, often served with injera (a traditional Ethiopian flatbread).

Here's a simple recipe for making Shiro.

Ingredients:

1 cup chickpea flour (also known as besan or gram flour)

2 cups water

2 tablespoons vegetable oil

1 medium-sized onion finely chopped

3 garlic cloves, minced

1 tablespoon berbere spice mix (Ethiopian spice blend) or substitute with a mix of paprika, cayenne pepper, and other spices for a milder flavor

1 teaspoon ground cumin

Salt to taste

Fresh cilantro or parsley for garnish (optional)

Instructions:

In a bowl, mix the chickpea flour with one cup of water to form a smooth paste, ensuring there are no lumps. Set it aside.

In a saucepan, heat the vegetable oil over medium heat. Add the chopped onions and cook until they become soft and translucent. Add the minced garlic to the onions and sauté for another minute, being careful not to burn the garlic.

Reduce the heat to low and add the berbere spice mix and ground cumin to the onion and garlic mixture. Stir well to combine and let the spices release their flavors for a couple of minutes.

Slowly pour in the chickpea flour mixture into the saucepan, stirring continuously to avoid lumps. Gradually add the remaining one cup of water, stirring constantly until the mixture thickens and resembles a smooth paste.

Simmer the Shiro on low heat for about 15-20 minutes, stirring occasionally to avoid sticking. If the mixture becomes too thick, you can add a bit more water to achieve your desired consistency.

Season with salt to taste.

Once the Shiro has reached the desired thickness, remove the saucepan from the heat.

Serve the Shiro hot with injera or rice. You can garnish with fresh cilantro or parsley if desired.

Enjoy your homemade Shiro, a flavorful and comforting Ethiopian dish!



MISIR WOT

Misir Wot is a delicious Ethiopian lentil stew that is flavorful and comforting. It is typically made with red lentils and a rich blend of spices.

Here's a simple recipe for making Misir Wot.

Ingredients:

1 cup red lentils rinsed and drained

3 cups water

2 tablespoons vegetable oil

1 large onion finely chopped

3 cloves garlic, minced.

1 tablespoon berbere spice mix (Ethiopian spice blend) or substitute with a mix of paprika, cayenne pepper, and other spices for a milder flavor

1 tablespoon tomato paste

1 teaspoon ground cumin

Salt to taste

Fresh cilantro or parsley for garnish (optional)

Instructions:

In a medium-sized pot, combine the red lentils and water. Bring to a boil over medium heat, then reduce the heat to low and simmer for about 15-20 minutes or until the lentils are tender and cooked through. Stir occasionally to avoid sticking.

Once cooked, remove from heat and set aside.

In a separate larger pot, heat the vegetable oil over medium heat. Add the chopped onions and cook until they become soft and translucent.

Add the minced garlic to the onions and sauté for another minute until fragrant.

Reduce the heat to low and add the berbere spice mix and ground cumin to the onion and garlic mixture. Stir well to combine and let the spices release their flavors for a couple of minutes.

Add the tomato paste to the pot and mix it with the spices until well incorporated.

Transfer the cooked lentils to the larger pot with the spiced onion mixture. Stir everything together until the lentils are fully coated with the spices and tomato paste.

Add about a cup of water to the lentils, adjusting the amount based on your desired consistency. Bring the mixture to a simmer and cook for an additional 10-15 minutes, stirring occasionally, to allow the flavors to meld together.

Season with salt to taste.

Once the Misir Wot has reached the desired thickness, remove the pot from the heat.

Serve the Misir Wot hot, garnished with fresh cilantro or parsley if desired.

Misir Wot is typically enjoyed with injera, but you can also serve it with rice or bread.

It's a flavorful and satisfying dish that will transport you to the rich culinary world of Ethiopian cuisine. Enjoy!



FIRFIR

Firfir, also known as Fitfit or Chechebsa, is a popular Ethiopian breakfast dish made with torn pieces of injera (a traditional Ethiopian flatbread) soaked in a flavorful spiced sauce.

It's a delicious and hearty dish that's perfect for using leftover injera.

Here's a simple recipe for making Firfir.

Ingredients:

4-5 pieces of injera (leftover or freshly made), torn into small pieces
1 large onion finely chopped
2 tomatoes chopped
2-3 tablespoons berbere spice mix (Ethiopian spice blend) or adjust to your spice preference
1 tablespoon tomato paste
1/4 cup vegetable oil
1 cup vegetable or chicken broth
Salt to taste
Fresh cilantro or parsley for garnish (optional)

Instructions:

In a large skillet or saucepan, heat the vegetable oil over medium heat.

Add the chopped onions to the pan and sauté until they become soft and translucent.

Add the chopped tomatoes to the onions and cook until the tomatoes are softened.

Stir in the berbere spice mix and tomato paste, combining everything well. Cook for a few minutes to let the spices release their flavors.

Pour the vegetable or chicken broth into the pan and bring the mixture to a simmer.

Add the torn pieces of injera to the simmering sauce, stirring gently to coat the injera with the spiced sauce.

Continue cooking for a few minutes, allowing the injera to soak up the flavors of the sauce.
You can add more broth if needed to reach your desired consistency.

Season with salt to taste.

Remove the pan from the heat once the injera has absorbed the sauce and become tender.

Serve the Firfir hot, garnished with fresh cilantro or parsley if desired.

Firfir is often served with a side of yogurt or a spiced butter sauce called niter kibbeh.

It's a delightful and comforting dish that will introduce you to the unique flavors of Ethiopian cuisine. Enjoy it for breakfast or as a hearty snack!



SEGA WOT

Sega Wot is a spicy Ethiopian beef stew that is rich in flavor and traditionally served with injera (a sourdough flatbread).

Here's a recipe to make this delicious dish.

Ingredients:

1 lb (450g) beef, cut into small cubes
2 large onions finely chopped
3 cloves garlic minced
2 tablespoons berbere spice mix (Ethiopian spice blend) or adjust to your spice preference
2 tablespoons niter kibbeh (Ethiopian spiced clarified butter) or substitute with regular unsalted butter
2 tablespoons tomato paste
1 cup beef or vegetable broth
Salt to taste
Water (as needed)

Instructions:

In a large pot or Dutch oven, heat the niter kibbeh or butter over medium heat.

Add the finely chopped onions to the pot and sauté until they become soft and caramelized.

Stir in the minced garlic and cook for another minute until fragrant.

Add the berbere spice mix to the onions and garlic, stirring well to combine.

Cook for a couple of minutes to let the spices release their flavors.

Add the beef cubes to the spiced onion mixture and brown them on all sides.

Mix in the tomato paste and coat the beef evenly.

Pour in the beef or vegetable broth and add enough water to cover the meat.

Cover the pot with a lid, reduce the heat to low, and let the Sega Wot simmer for about 1.5 to 2 hours, or until the beef becomes tender and the flavors meld together.

Stir occasionally and add more water if needed to prevent sticking or if you prefer a saucier consistency.

Season with salt to taste.

Once the beef is tender and the stew has reached your desired thickness, remove the pot from the heat.

Serve the Sega Wot hot, accompanied by injera or your choice of side dishes.

Sega Wot is a spicy and flavorful dish that showcases the bold and aromatic spices of Ethiopian cuisine. Enjoy the dish with friends and family and savor the unique flavors of this traditional Ethiopian stew!



TIBS

Tibs is a popular Ethiopian dish consisting of seasoned and sautéed meat, often served with injera (a traditional Ethiopian flatbread) and various side dishes.

It can be made with beef, lamb, chicken, or even mushrooms for a vegetarian version.

Here's a recipe for making classic Ethiopian beef tibs.

Ingredients:

1 lb (450g) beef, thinly sliced into strips
1 large onion finely chopped
2-3 cloves garlic minced
2 tablespoons niter kibbeh (Ethiopian spiced clarified butter) or substitute with regular unsalted butter
1 tablespoon berbere spice mix (adjust to your spice preference)
1 teaspoon paprika
1 teaspoon ground cumin

1 teaspoon ground coriander
Salt and black pepper to taste
1-2 tomatoes, chopped
Fresh jalapeño or green chili pepper, sliced (optional, for heat)
Fresh cilantro for garnish

Instructions:

In a large skillet or wok, heat the niter kibbeh or butter over medium heat.

Add the chopped onions to the skillet and sauté until they become soft and translucent.

Stir in the minced garlic and cook for another minute until fragrant.

Add the beef strips to the skillet and cook until they are browned on all sides.

Mix in the berbere spice mix, paprika, ground cumin, ground coriander, salt, and black pepper, coating the beef evenly with the spices. Adjust the amount of berbere based on your desired level of spiciness.

Add the chopped tomatoes and sliced jalapeño or green chili pepper (if using) to the skillet. Cook for a few more minutes until the tomatoes are softened.

Lower the heat to medium-low and cover the skillet. Let the tibs simmer for about 10-15 minutes, or until the beef is cooked to your preferred level of doneness.

Once the tibs are ready, remove the skillet from the heat.

Garnish with fresh cilantro before serving.

Serve the tibs hot with injera or your choice of side dishes, such as Ethiopian cabbage, lentils, or salad.
Enjoy this flavorful and aromatic Ethiopian beef tibs, and savor the vibrant spices and rich taste of this traditional dish!



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