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MINCHET ABISH WOT MINCHED BEEF STEW

INGREDIENTS

300g of good quality minced beef
2 medium sized tomatoes
2 medium sized finely chopped red onions
1 teaspoon of freshly minced garlic
1 teaspoon of freshly minced ginger
½ cup (approx 100ml) of canola oil
2 eggs (soft boiled)
3 tablespoons of Berbere spice
Sea salt

OPTIONAL

½ teaspoon of Tikur Azmud (black cumin)
½ teaspoon of Nech Azmud (ajowan)
1 teaspoon of Kibe (clarified herbed butter)



Serve with any soft cheese and slice the egg in half, place on the side.

Serves 4	[as a main]
Preparation time:	15 mins
Cooking time:	120 mins (approx)

1. Boil a kettle (you will need a splash of hot water during the cooking process), and in a saucepan, boil the tomatoes for around 10 minutes.
2. Peel and finely chop the red onions.
3. In another saucepan cook the onions on a medium heat for around 20 minutes, occasionally adding a splash of hot water to prevent them from burning. Meanwhile you can mince the ginger and garlic.
4. Once the onions have reduced down and soften add the oil and keep cooking for another 10 minutes.
5. Take out the boiled tomatoes removing the skin before chopping them finely.
6. Add the garlic and ginger.
7. Add the chopped tomatoes and cook for another 10 minutes.
8. Add the Berbere spice and after a good few minutes the Tikur Azmud followed by Nech Azmud and cook for about 20 minutes stirring often.
9. Add the minced beef and simmer for around 1 hour (adding a splash of hot water occasionally) or for longer if you have time, the more it's cooked the better it tastes.
10. Once the 'Wot' has cooked add the Kibe and cook for a further 5 minutes. Meanwhile boil the eggs for 5-7 minutes for a soft-boiled effect.

Tip: Traditionally served on Ethiopian teff injera but it's also delicious with rice.