

Etey's GuRhha

Fosolia

Ethiopian Style Green Beans

Ingredients:

1 lb frozen whole green beans

1/2 small red onion, sliced

1 small carrots cleaned, sliced the length of the green beans

1 teaspoon fresh grated ginger

1/2 teaspoon fresh garlic, crushed

1 teaspoon olive oil

½ cup water

Sea salt and black pepper to taste

1/8 teaspoon All spice

How to prepare:

Put the green beans, sliced onion, grated ginger, in a frying pan on high heat for one minute, keep stirring.

Add 1/2 cup of water and keep on stirring. Add the sliced carrots and keep stirring until the green beans and carrots are tender but not overcooked.

Turn-off the heat, and add the olive oil, garlic, and allspice. Stir to mix and add salt and pepper to taste.

Enjoy!

Etey's GuRhha

Meser Wat recipe

Ingredients:

2 cups dry red lentils
1/2 cup Etey's GuRhha Kulet sauce
1 Tablespoon Extra Virgin Olive Oil
1 teaspoon lime juice
1/4 teaspoon fresh garlic paste
5 cups water
1/4 teaspoon black ppepper
Sea salt to taste

How to prepare:

Wash the lentils and discard the water.
Add the lentils and kulet sauce to a medium pan, on medium heat.
Stir to mix and add 5 cups boiling water.
Keep on medium and let it simmer covered for 20 to 30 minutes, continuing to stir frequently.

After the lentils have cooked, remove from heat.
Mix the olive oil, lime juice and garlic and add the mixture to the cooked lentils.
Stir in to mix.
Add sea salt and black pepper to taste.

Enjoy with Etey's GuRhha teff injera!

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Tematim Fitfit

(Tomato Salad with Injera)

Ingredients:

1 large local fresh tomato. Any kind, diced

Half a small red onion, diced

1 tablespoon extra virgin olive oil

One and a half teaspoon lime juice

1 small jalapeño pepper, seeds removed and diced

Sea salt and black pepper to taste

1/2 of Etey's GuRhha injera bread, cut into bite-sized pieces.

How to prepare:

In a bowl gently mix all ingredients, season to taste with sea salt and pepper.

Cut or tear 1/2 of the injera bread, and add into the mixture and use the rest to make gursga!

(A month full of bites)

Enjoy!