



favourite dishes from

**AFRICA**



*Breakfast*

# Flavours of Ethiopia



## Chechebsa

Chechebsa is a classic breakfast food in Ethiopia. It starts with preparing a batter that's fried to make a large flatbread called Kita. That bread is torn into small pieces and is mixed with Niter Kibbeh (spiced butter) until it's a moist and soft. Sweeten it with honey and fruits. It goes very well with a mug of steaming coffee or tea.

### Ingredients

2 cups teff flour  
1 cup barley or wheat flour  
3 tablespoons butter (purified)  
1 tablespoon berbere (chili powder)  
salt  
2 cups water

### Directions

Combine the teff flour and wheat / barley flour.  
Add water to the flour and mix together.  
Pour half a cup of the batter into a hot pan and bake until brown.  
Break or cut the Kita (bread) into small pieces.  
Melt the butter in a pot and add the chili powder  
Mix the Kita pieces into the Niter Kibbeh (spiced butter).  
Serve with honey and fruit for breakfast.



Recipes were provided by the teams of African Enterprise in celebration of our 60th Anniversary. If you try any of our recipes at home, email us your photos or tag us on social media.

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# Flavours of

# Rwanda

## Cassava & Milk

Cassava is a root vegetable and one of Rwanda's most important crops. It's used in many popular Rwandan dishes and also often processed into flour for baking.

### Ingredients

Cassava  
Salt  
Milk

### Directions

Peel the cassava with a knife.  
Add the peeled cassava to a pot of water and add salt.  
Let it boil for about 45 minutes or until soft and tender.  
Discard the water and serve the cassava with fresh milk.



There are stores in Australia where frozen cassava or cassava flour can be purchased.



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*Lunch or  
Dinner*

# Flavours of Ethiopia



## Kitfo

Kitfo is an Ethiopian dish made with minced top quality lean beef, such as tenderloin or sirloin. The meat is minced in a meat grinder. It is flavored with mitmita (chili pepper) and niter kibbeh (clarified butter flavored with a large number of spices). The meat is seasoned with salt. This dish is usually served with Kocho (fermented starch food made from chopped and shredded enset pulp) and injera (flatbread made from teff). It is also accompanied by finely chopped gomen (stewed cabbage) and a soft fresh cheese.

### Ingredients

Fermented enset (Ethiopian Bananas)  
Stewed Cabbage  
1 kg top round beef (freshly cut)  
4 tablespoons niter kibbeh (clarified butter)  
1 teaspoons mitmita (chili pepper)  
Salt  
Best eaten with kocho and injera

### Directions

Make the Kocho by chopping up and shredding the fermented enset then flatten the dough for baking. These flatbreads can be baked on a pan or wrapped in enset leaves and baked in the oven. Chop the stewed cabbage and mix it with the kibbeh. Chop the stewed cabbage and mix it with the kibbeh. Mix the minced beef, chili pepper and salt. Serve with the stewed cabbage, kocho, injera and soft fresh cheese

**Kitfo takes the name lebleb (when the meat is barely heated), geba yale (heated mildly) and yebesele (cooking prolonged). Kitfo is typically accompanied by coffee, strong espresso presented with small cups.**



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# Flavours of

# Ethiopia

## Shiro Wat & Misir Wat Platter

These are most popular meatless dishes with colorful array. Often times they are both served together.

**Shiro Wat** - a reddish, saucy dish made from chickpea flour and a variety of spices with kibbeh (spiced clarified butter). It is served with injera.

**Misir Wat** - is made from split red lentils that are cooked in berbere, simmered to a soft, thick texture, and pop with spice. It is served with injera.

### Shiro Wat Ingredients

- 1 cup chickpea flour
- 2 medium onions pureed
- 2 tablespoons vegetable oil
- 2 cups of water
- 2 tablespoons niter kibbeh (spiced clarified butter)
- 3 tablespoons berbere spice & Salt to taste

### Shiro Wat Directions

Add the onions to a hot pan until they become dry and take on some colour. Add the oil and berbere spice and mix until fragrant. Mix in the chickpea flour, adding water until the mixture becomes smooth. Heat the mixture until it starts to simmer, then add the niter kibbeh. Let it continue to simmer over low heat for 5 - 10 minutes.

### Misir Wat Ingredients

- 4 tablespoons vegetable oil
- 1 large onion, very finely diced
- 2 tablespoons berbere , divided
- 1 cup red lentils, rinsed
- 1 teaspoon salt

### Misir Wat Directions

Add the onions and oil to a medium heat pan until they become soft. Mix in Half of the berbere spice, salt and add the lentils to slowly simmer until it becomes a soft, thick texture. Add the remainder of the Berbere spice before serving.

**Shiro Wat and Misir Wat ready to serve with green chili, injera and coffee**

chickpea flour



berbere spice



red lentils



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# Flavours of Rwanda

## IGISAFURIYA

A delicious Rwandan dish prepared with chicken, vegetables and plantains. Perfect for lunch or dinner. Depending on the region, this dish is also called Igisafuliya or gisafuria, meaning 'pot' in the local language (Kinyarwanda) as all the ingredients are cooked in one big pot.

### Ingredients

- 4 Chicken thighs
- 2 Onions, chopped
- 2 Leeks (white and green parts thinly sliced)
- 4 Green bell peppers, seeded and diced
- 4 Tomatoes, peeled, seeded and diced
- 5 Celery stalks and leaves, chopped
- 4 Plantain bananas, cut in half lengthwise then cut in half again
- 40g Spinach, fresh / frozen
- 3 Tablespoons tomato paste
- 4 Tablespoons sunflower oil
- 1 Hot pepper (optional)



### Directions

Heat the oil in a pot over medium heat. Sear the chicken to colour on all sides. Add in the onions, leeks and peppers, leave for about 10 minutes, stirring occasionally. Add the tomatoes, celery and tomato paste, mix well. Cook on medium heat for 15 minutes, stirring regularly. Cover with water, salt and pepper and bring to a boil. Reduce the heat to low and simmer for about 15 minutes. Remove 2 pieces of chicken, add the plantains, cover with spinach then add the chicken back on top. Add water if necessary so that the plantains are fully submerged. Add the whole hot pepper, cover and let it simmer over low heat for 25 minutes.



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# Flavours of

# Ghana

## Fufu & Soup

### Ingredients (Soup)

Tomatoes  
Onion  
Garden eggs  
Pepper  
Tomato puree  
Tilapia (any fish or meat of your choice)

### Ingredients (Fufu)

Cassava  
Plantain



### Directions

**SOUP** - Put a cooking pot with the tilapia on fire. Blend onion, garlic, ginger and pepper and pour the mixture in the pot to spice the fish. Cook for about 10 minutes. Put fresh tomatoes into the whole mixture. Add your tomato puree of a desired texture and consistency. Meanwhile, put the garden eggs on fire to boil. Cook for about 10 minutes. Blend the cooked garden eggs and sieve into the soup. Allow the mixture to cook for 15 to 20 minutes. Remove the fresh tomatoes from the soup and blend. Pour the blended tomatoes into the soup. Finally, wait for about 10 minutes for the soup to simmer under low heat.

**FUFU** - Peel the cassava and plantain. Boil until well cooked or soft. Sieve the water from the cooked cassava and plantain. Set up the mortar and pestle for pounding. First, pound and stir the plantain simultaneously until a smooth consistent mixture is formed. Pound and stir cassava too until a smooth and starchy mixture is obtained. Pound and stir the plantain and cassava together to obtain a uniform mixture of both the cassava and plantain. The mixture formed is golden brown in colour. Dish out the fufu into a bowl and serve with the soup.



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