



LAKEWOOD

VINEYARDS

Ethiopian Spicy Beef Stew (Key Wat)

Beef Stew

- 1 ½ lbs beef, cut into 1 inch cubes
- 3 Tbs oil
- 2 Tbs ghee (or butter or niter kibbeh, which is the real thing)
- 1 onion, small, finely chopped
- 2 garlic cloves, chopped and crushed
- 2 tsp berbere spice (see below)
- 2 Tbs tomato paste
- ½ tsp sugar
- 2 cups beef stock (can use water)
- 2 tsp sea salt

Directions: Add the oil and ghee or butter to a pan over medium heat. (Niter kibbeh, the real thing, is spice-infused clarified butter which is used as the frying medium for most Ethiopian dishes).

Gently fry the onion until very soft and just about caramelized. Add the garlic, berbere spice, tomato paste and sugar, mix well, and cook until thick.

Add a little of the stock (or water) to make a paste. Add the remaining liquid and the meat cubes, season with salt, and cook gently for 1 hour, or until the meat is tender and the sauce thickened and reduced.

Serve with injera, the Ethiopian flatbread. If correctly made and almost crispy, pieces can be used as eating utensils.

Serve with Lakewood Vineyards Seifu's Tej!

Berbere Spice Mixture

Berbere can be either a dry or a wet paste, and can be bought ready-made from Ethiopian or speciality food shops. If you prefer to make the spice mix, the recipe follows: ½ tsp ground Cumin

- 1 tsp ground fenugreek
- ¼ tsp ground nutmeg
- ½ tsp black pepper
- ¼ tsp turmeric
- 4 Tbs hot pepper flakes, dried, red
- 2 Tbs paprika
- 1 tsp dried ginger
- 2 tsp dried onion flakes
- ½ tsp garlic powder
- ¼ tsp ground allspice
- ¾ tsp cardamom seed
- ½ tsp ground cloves
- 1 tsp ground coriander powder
- ½ tsp ground cinnamon

To make the Berbere spice mix: mix all the spices together, then toast in a dry, hot pan, shaking to prevent scorching. Cool the mixture, then grind into a powder. The small coffee bean grinder attachment often supplied with a processor is ideal for this. Save the leftover spice in a small glass bottle with a tight-fitting lid.