



Recipes from Ethiopia



DORO WAT (SPICY CHICKEN STEW)

Doro wat is the **Ethiopian** national dish, typically served on major religious and family occasions. For many households, it is the first meat dish eaten after fasting seasons, symbolising abundance and renewal. It is a fragrant, spicy and rich stew pairing perfectly with injera (spongy Ethiopian bread).

SERVINGS: 6

PREP TIME: 30 MINS

COOK TIME: 2 HRS 35 MINS

INGREDIENTS

- 1kg chicken thighs cut into 1 inch pieces / chicken breasts, cut into 1/2 inch pieces
- 2 tbsp fresh lemon juice
- 2 tbsp niter kibbeh / butter
- 2 tbsp extra virgin olive oil
- 2-3 white onions, finely minced to a chunky puree in a blender
- 3 tbsp butter
- 1 tbsp garlic, minced
- 1 tbsp ginger, minced
- 1/4 cup berbere spice
- 1 1/2 tsp salt
- 1/2 cup tej (honey wine) / white wine mixed with 1 tsp honey
- 1 cup chicken stock
- 4 hard-boiled eggs, pierced 1/4 inch deep with a fork all over

INSTRUCTIONS

1. Place the chicken in a bowl and pour the lemon juice over. Leave at room temperature for at least 30 minutes.
2. Heat the niter kibbeh or butter along with the olive oil in a Dutch oven. Add the onions and saute, covered, over low heat for 45 minutes, stirring occasionally.
3. Add the garlic, ginger and 1 tbsp butter. Continue to saute, covered, for 20 minutes, stirring occasionally.
4. Add the berbere spice and 2 tbsp butter. Saute, covered, over low heat for 30 minutes, stirring occasionally.
5. Add the chicken, stock, salt and tej, and bring to a boil. Reduce the heat, cover and simmer for 45 minutes, stirring occasionally.
6. Adjust the seasonings according to your preferences. Add the eggs and simmer on low heat, covered, for 15 minutes.
7. Half the eggs and arrange on plates with the stew. Serve hot with injera, bread or rice.