

Savory Ethiopian Lamb

TOTAL COOKING TIME: 3 hours

FOR THE LAMB SHANK:

2 lamb shanks
1 C green lentils, cooked
1 C sweet potatoes, cubed
1 C carrots, diced
1 C onions, diced
1 C celery, sliced
1 C tomatoes, diced
1 C chickpeas, cooked
1/2 C dried apricots, chopped
1/4 C raisins
3 T all-purpose flour

2 T olive oil
2 T butter
1 T harissa paste (recipe included)
1 T ground cumin
1 T ground coriander
1 † ground cinnamon
1 † ground turmeric
1 † ground ginger
1 † paprika
Salt and pepper to taste
1/4 C fresh cilantro, chopped (optional)

FOR THE SAUCE:

4 C lamb broth (recipe included) or beef
broth

1/2 C heavy cream
1 C brewed chocolate chai Pu-erh tea

PREHEAT THE OVEN: Preheat your oven to 325°F.

PREPARE THE LAMB SHANK: Season the lamb shanks with salt and pepper. In a large oven-safe pot, heat olive oil over medium-high heat. Brown the lamb shanks on all sides, then remove and set aside. In the same pot, add onions, celery, and carrots. Sauté until softened. Add sweet potatoes and cook for another 5 minutes. Stir in the harissa paste, cumin, coriander, cinnamon, turmeric, ginger, and paprika. Cook for 1-2 minutes until fragrant. Add the flour and cook for another 1-2 minutes to form a roux. Gradually add the lamb broth and brewed chocolate chai Pu-erh tea, stirring constantly until the mixture thickens. Return the lamb shanks to the pot. Add tomatoes, chickpeas, dried apricots, and raisins. Mix well. Cover the pot and transfer to the preheated oven. Braise for 2-2.5 hours, or until the lamb is tender and falling off the bone. Stir in the heavy cream and fresh cilantro, if using.

SERVE: Serve the lamb shank and sauce over a bed of Injera.

Injera (Ethiopian Flatbread)

TOTAL PREPARATION TIME: 4-5 days (fermentation) + 30 minutes (cooking)

2 C teff flour (brown or ivory)
3 C distilled water

1/4 t dry active yeast (optional, for quicker fermentation)

PREPARE THE BATTER: In a large mixing bowl, combine the teff flour and distilled water (and yeast if using). Stir well. Loosely cover the bowl with plastic wrap or a cloth. Let it sit undisturbed at room temperature for 4-5 days, stirring once daily. The batter should become bubbly and have a slightly sour smell.

COOK THE INJERA: Heat a non-stick skillet over medium heat. Lightly grease if necessary. Pour a thin layer of batter into the skillet, spreading it out like a crepe. Cook until bubbles form on the surface and the edges begin to lift, about 1-2 minutes. Cover with a lid and steam for another 1-2 minutes until cooked through. Remove the Injera and repeat with the remaining batter.

Harissa Paste

TOTAL PREPARATION TIME: 30 minutes

10 dried New Mexico chiles (or other large dried chiles with mild-to-medium spiciness)
7 dried chiles de arbol (increase for more heat, decrease for less heat)
1 T cumin seeds
2 t coriander seeds
1 t caraway seeds (optional)
4 cloves garlic, minced

1 1/2 t smoked paprika
1 t sea salt
2 T lemon juice
1 T white wine vinegar or apple cider vinegar
1 T tomato paste
1/4 C olive oil

PREPARE THE CHILES: Add dried chiles to a mixing bowl or measuring cup and cover with hot water. Let them soak for 15-20 minutes to rehydrate. Drain and remove the stems and seeds.

TOAST THE SPICES: In a small skillet, toast the cumin and coriander seeds over medium heat until fragrant. Transfer to a mortar and pestle or spice grinder and crush into a fine powder. Add caraway seeds if using.

BLEND THE INGREDIENTS: In a food processor, combine the rehydrated chiles, toasted spices, minced garlic, smoked paprika, and sea salt. Add the lemon juice, vinegar, and tomato paste. Blend until smooth.

ADD OLIVE OIL: While blending, slowly drizzle in the olive oil until the paste reaches a smooth, saucy consistency. Adjust seasoning to taste.

STORE THE HARISSA PASTE: Transfer the harissa paste to a jar and cover with a thin layer of olive oil. Store in the refrigerator for up to 1 month.

Homemade Lamb Broth

TOTAL PREPARATION TIME: 4-6 hours

2-3 lbs lamb bones (raw or roasted)

1 large onion, quartered

2 carrots, cut into 2-inch pieces

2 celery stalks, cut into 2-inch pieces

2-3 sprigs fresh thyme

2-3 sprigs fresh parsley

1 bay leaf

10-12 peppercorns

12 C cold water

Salt to taste

PREPARE THE BROTH: Place lamb bones in a large stockpot. Cover with cold water and bring to a boil. Skim off any froth that rises to the surface. Add the onion, carrots, celery, thyme, parsley, bay leaf, and peppercorns to the pot. Reduce heat to low and let the broth simmer for 4-6 hours, partially covered. Strain the broth through a fine sieve, discarding the bones and vegetables. Allow the broth to cool at room temperature, then refrigerate. Skim off any solidified fat from the surface before using.

STORAGE: Store the broth in airtight containers in the refrigerator for up to 5 days or freeze for up to 6 months.

Note on Teff Flour

WHERE TO PURCHASE: Teff flour can be found at natural food stores, specialty markets, and online retailers. Some popular options include:

Whole Foods Market: They carry Bob's Red Mill Teff Flour.

The Teff Company: Use their store locator to find teff flour near you or order online.

Teffplanet: Offers a variety of teff flour options online.

HOW TO MAKE TEFF FLOUR: If teff flour is not readily available, you can make it at home by grinding whole teff grains in a high-powered blender or grain mill until you achieve a fine, flour-like consistency.