

Kootenay Kabab Mediterranean Cuisine presents

Ethiopian Lamb Stew

Melt 1/4lb of salted butter in a deep pan. Once butter is hot and bubbling, sear your lamb stew pieces on each side for approximately 30 seconds, just to brown the outside. Remove the lamb pieces and set aside.

Add sliced onions to the pan and fry until soft, approximately 10 minutes. Then add garlic and mix in for one minute before adding in the berbere spice mix. Fry the spices in for a minute then add in sliced tomatoes and mix well. Allow the tomatoes to soften up until the mix is a bit watery.

Blend the mix to a smooth puree in the pot with a hand blender or carefully move it into a blender then put back in the pot once blended.

Now add in potatoes, sliced green peppers, and the lamb stew chunks and 1 or 2 cups of water and bring to a boil. Once boiling reduce the heat to low and let simmer for at least 30 minutes or more - the longer it simmers the more tender the meat will be. Stir occasionally to prevent sticking to the bottom and check your meat's tenderness and taste the sauce. If the sauce is too spicy for your taste, add some chopped tomato or lemon juice. Once the meat is at your desired tenderness, mix in chard or spinach and chopped kale and let them wilt and simmer for about 10 minutes and you're all set.

Serve with rice, or for a very traditional experience serve with Injeera Spongebread. Garnish with fresh parsley or cilantro and lemon.

What You'll Need

2 lbs lamb or beef stew chunks
¼ pound butter
2 lbs tomatoes sliced
2-3 yellow onions
1 full bulb garlic
3-4 russet potatoes
3-4 green bell peppers
1 bunch kale
1 bunch swiss chard or spinach
Berbere spice blend

Berbere Spice Blend

2 tbsp turmeric powder
1 tbsp paprika
2 tsp ground cumin
1 tsp chilli flakes
1 tsp salt
¼ tsp ground nutmeg
¼ tsp ground allspice
¼ tsp ground cloves
¼ tsp cinnamon
1 tsp ground ginger
1 tbsp ground coriander
1 tsp coarse black pepper
½ tsp ground cardamom