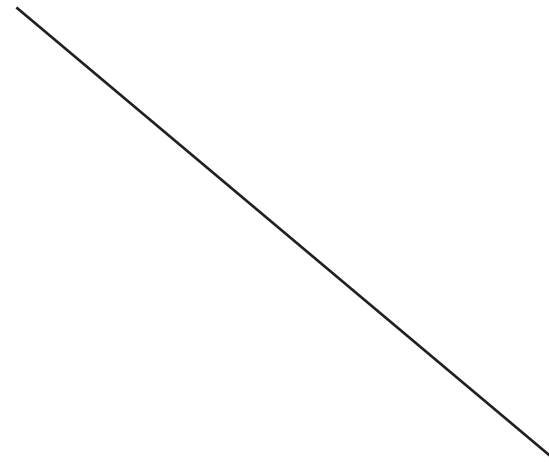


Food

D

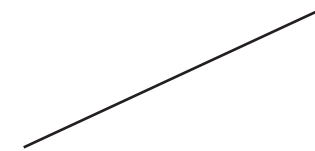


ETHIOPIAN CUISINE

L

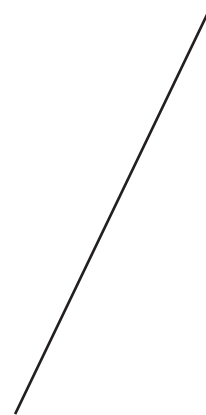
Dining Etiquette

D



Drinks

D



Breakfast N

Snacks N

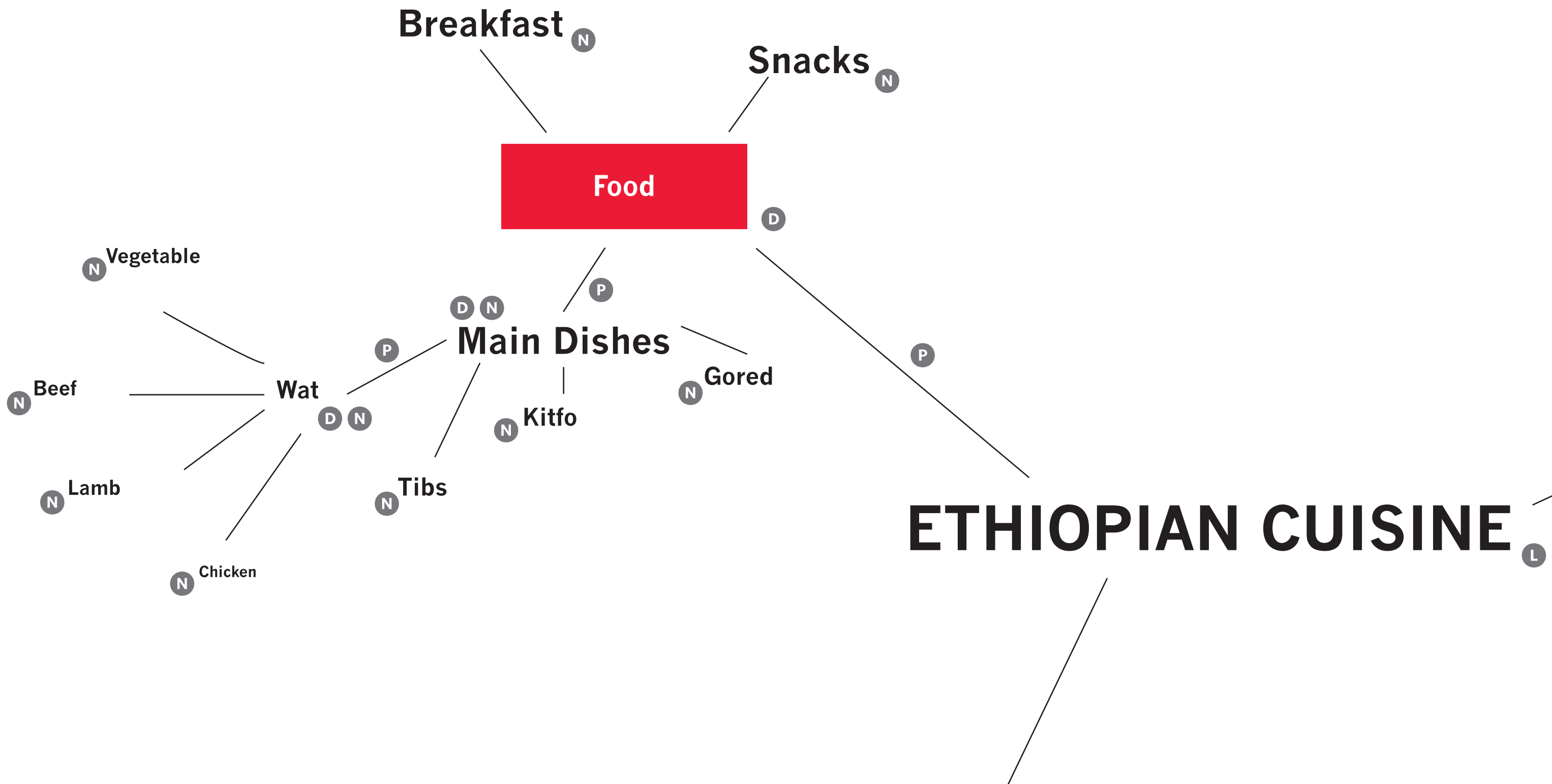
Food

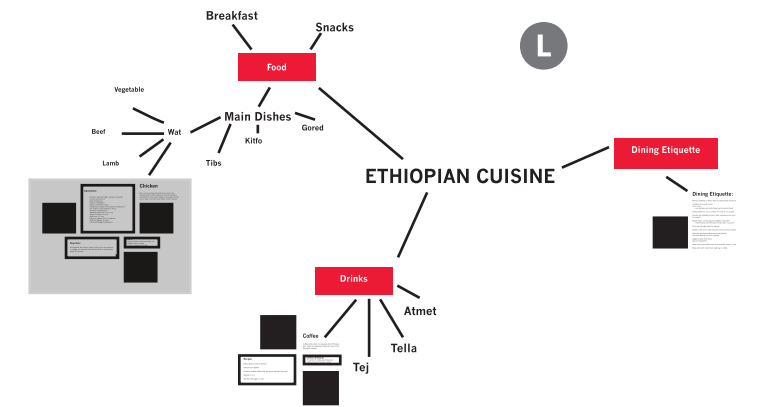
Main Dishes N

ETHIOPIAN CUISINE L









Chicken E

Doro wat is perhaps the best known food from Ethiopia and is often referred to as that country's national dish. This recipe makes a very tasty version with a deep, rich flavor and tender chicken pieces.

Ingredients:

- Chicken legs and thighs, skinless–2 pounds
- Lemon, juice only–1
- Salt–2 teaspoons
- Onions, chopped–2
- Garlic, crushed–3 cloves
- Gingerroot, peeled and chopped–1 tablespoon
- Oil, butter or niter kibbeh–1/4 cup
- Paprika–2 tablespoons
- Berberé paste–1/4 to 1/2 cup
- Water or stock–3/4 cup
- Red wine–1/4 cup
- Cayenne pepper–from 1 teaspoon
- Salt and pepper–to taste
- Hard-boiled eggs (optional)–4

Recipe | Step One:

Mix together the chicken pieces, lemon juice and salt and in a large, non-reactive bowl and set aside to marinate for about 30 minutes.

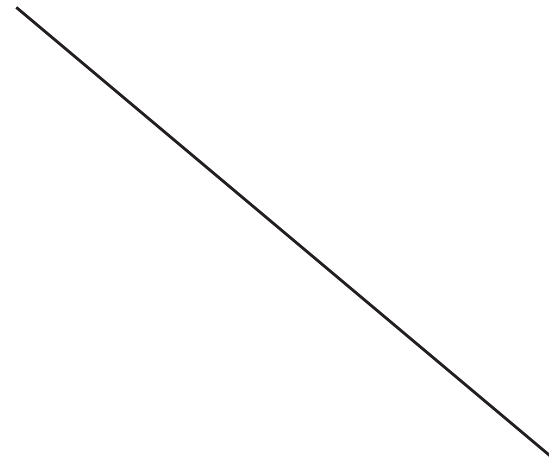


FACT:

- Coptic Church is dominant sect and dictates food customs
- Pork is always prohibited

Food

D

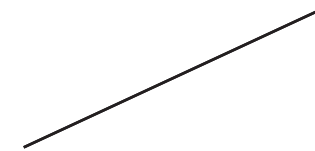


ETHIOPIAN CUISINE

L

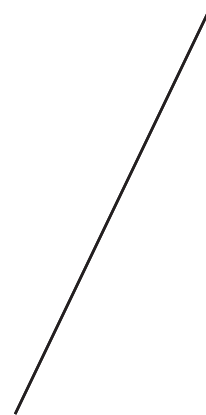
Dining Etiquette

D

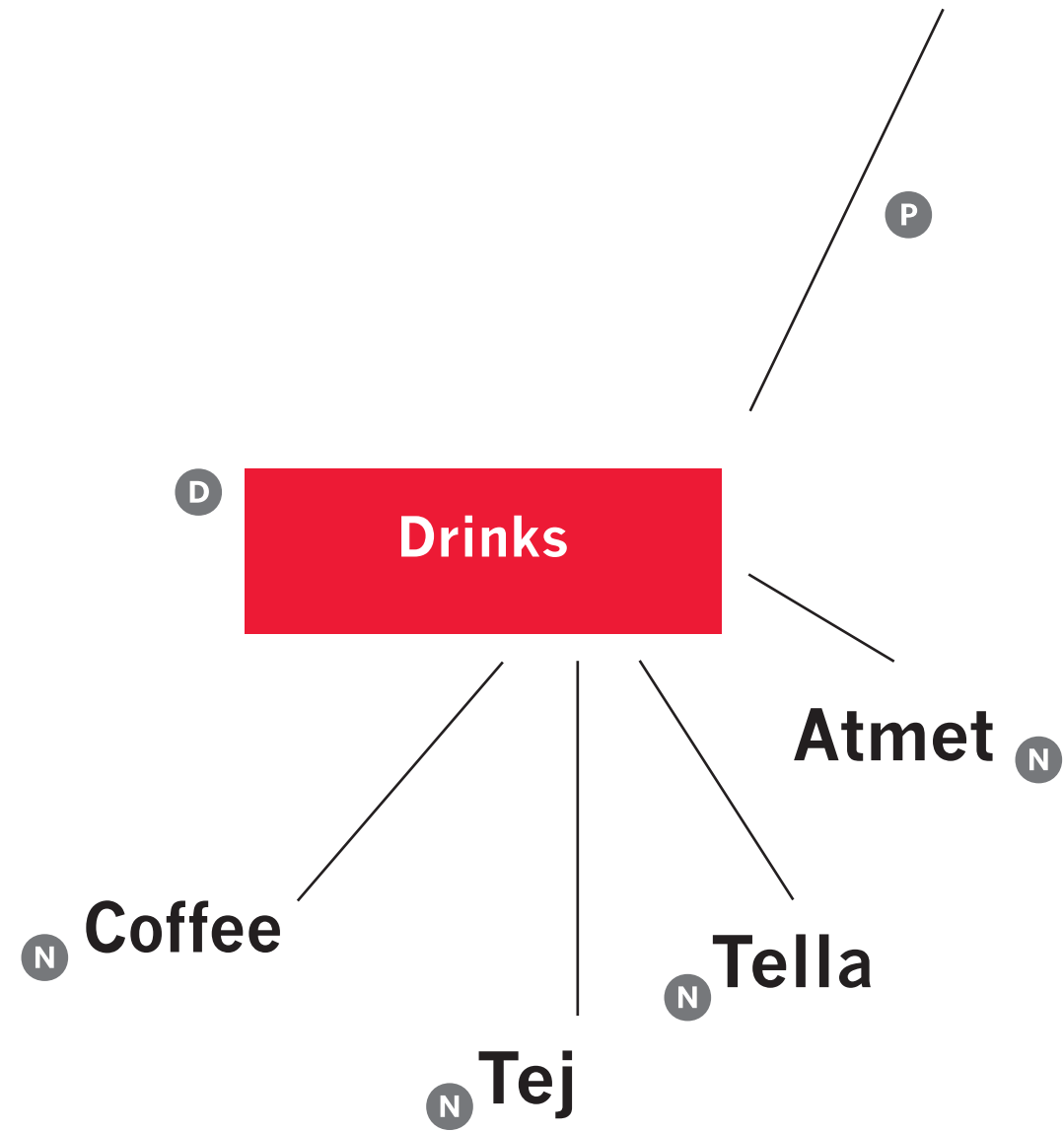


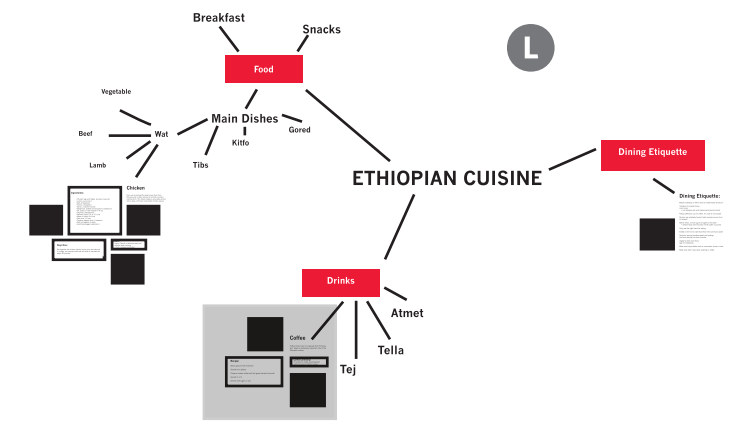
Drinks

D



ETHIOPIAN CUISINE ^L





Coffee E

Coffee holds claim to originate from Ethiopia and plays an extremely important role in the Ethiopian culture.

Recipe:

- Beans ground with makecha
- Served from jebena
- Preparer makes coffee and lets guest sample the smell
- Served in si'ni
- Served with sugar or salt

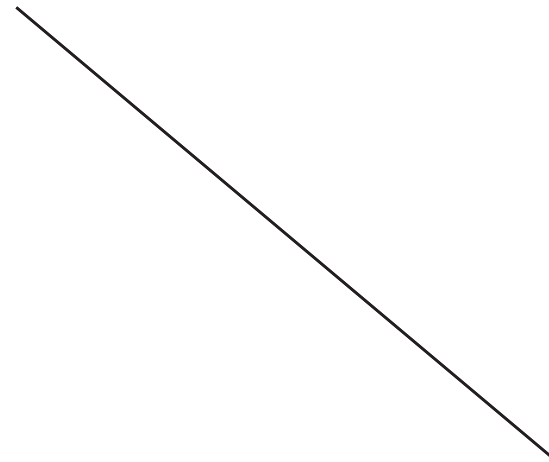
Coffee Ceremony:

3 rounds of coffee accompanied with burning of franklin cense



Food

D

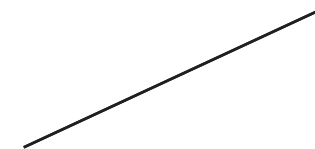


ETHIOPIAN CUISINE

L

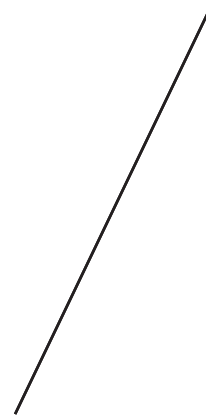
Dining Etiquette

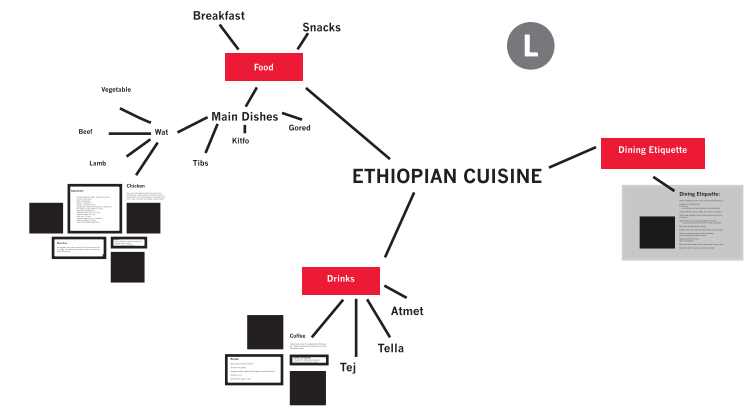
D



Drinks

D





E Dining Etiquette:

Mesob: tabletop on which food is traditionally served on

Invitation to private home is an honor

- one dresses well and shakes each persons hand

Always offered a cup of coffee, it's rude to not accept

Dinners are relatively formal, table manners are a form of respect

Before meal, a small jug is brought to the table

- extend hand over the basin while water is poured

Only use the right hand for eating

Eldest is the first to take food from the communal plate

Goorsha: serving another guest and putting the food directly into their mouths

Urged to take more food, sign of hospitality

When food injera table cloth is consumed, dinner is over

Meal ends with ritual hand washing in coffee



ETHIOPIAN CUISINE

Food

Breakfast

Snacks

Main Dishes

Vegetable

Beef

Wat

Lamb

Tibs

Kitfo

Gored

Dining Etiquette

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Drinks

Atmet

Tella

Tej

Coffee

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Recipe:
 Beans ground with mokedja
 Served from jebena
 Preparer makes coffee and lets guest sample the smell
 Served in si'ni
 Served with sugar or salt

Coffee Ceremony:
 3 rounds of coffee accompanied with burning of frankincense

Chicken

Doro wat is perhaps the best known food from Ethiopia and is often referred to as that country's national dish. This recipe makes a very fatty version with a deep, rich flavor and tender chicken pieces.

Ingredients:

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- Lemon juice only-1
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- Onions, chopped-2
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- Berbere-2 tablespoons
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- Water or stock-3/4 cup
- Red wine-1/4 cup
- Coarse pepper-from 1 teaspoon
- Salt and pepper-to taste
- Hard boiled eggs (optional)-4

Step One:

Mix together the chicken pieces, lemon juice and salt and in a large, non-reactive bowl and set aside to marinate for about 30 minutes.

FACT:

Coptic Church is dominant sect and dictates food customs
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