

Key Wat

Ingredients

Beef, onion, tomato, garlic, butter, salt, ginger, olive oil, water, berbere spice, Injera, buttermilk, white vinegar, cilantro sprout

Key wat Beef

Key Wat (beef)

Total Yield: 180 g

Components

Beef tips ½ inch dice 100 g

Onion, Yellow diced 20 g

Tomato washed diced 20 g

Butter 10 g

Garlic minced 5/8 tsp

Salt 1/4 tsp

Ginger minced 1/4 tsp

Oil, Olive 1/4 tsp

Water hot 20 g

Berbere Spice 20 g

Instructions

1. Put 2 tbsp of oil in pot over medium heat , sauté onions, add tomatoes
2. Add diced meat to the pot and cook until browned on all sides
3. Add Berbere spice to the pot and mix well
- 4.
5. Add hot water to the pot
5. Simer for at least 30 minutes or until meat is tender. Add small amounts of water throughout this process if the meat gets dry

Crispy Injera Taco

Components

Injera (store bought)

Instructions

1. Cut out circles approximately 2 inch in diameter.
2. Place cutouts in taco mold and bake at 250F for 5 minutes.

Ayib- Fresh Ethiopian Cheese

Components

Buttermilk 4 cups
White Vinegar 1/3 cup

Instructions

1. Bring the milk to a boil over high heat. Reduce the heat to medium and pour in the white vinegar.
2. Reduce heat to low and cook – stirring constantly; until curds begin to form. Remove from heat.
3. Spoon the curdled milk into a sieve or colander and rinse with cold water. Discard the liquid.

Assemble

Heat meat

Spoon meat into injera taco

Top with cheese and a cilantro sprout