



# ENEBLA: LET'S EAT!

Growing up in Addis Ababa — the capital of Ethiopia — and the USA, Luladey Moges learnt to cook Ethiopian cuisine from her grandmother, mother and aunts. Now living in Los Angeles, her debut cookbook, *Enebla: Recipes from an Ethiopian Kitchen*, was published this October

**W**hat does Ethiopian food, and Enebla, mean to you?

“Ethiopian food is a slice of home no matter where I eat it. I have a memory connected to every dish and I relive my childhood with every bite. *Enebla* (which means ‘let’s eat!’) is a phrase that I grew up with and use regularly amongst my Ethiopian friends and family. I even say it in English, out of habit — inviting people to join me in a meal — as every meal is enjoyed more with company.”

**What makes Ethiopian food culture unique?**

“Food is at the epicentre of all events

*“I have a memory connected to every dish and I relive my childhood with every bite”*

in Ethiopian culture. Whether it’s celebratory or mourning, or a ‘just because’ gathering, there is always food present. We enjoy eating together with our hands, usually on one large plate, commonly on a tray or *messob* (Ethiopian hand woven basket) and enjoy a communal feast.

“Another fun part of the Ethiopian food culture is *gursha* (directly translating to ‘mouthful’)...the tradition that we have of feeding each other. It is a sign of

respect, love and admiration. A person, usually the host or the younger person at the table, starts with putting a mouthful/ bite size in their hand and feeds the guest/honouree at the table. Then the honouree, who got the *gursha*, returns the favour by doing the same. And you go back and forth in a friendly ritual, which typically is in rounds of three or more.”

**How does food tell Ethiopia’s story?**

“Ethiopian food has western influences, specifically Italian cuisine. Italians tried

*“No one makes shiro wot the way my grandmother did”*



to conquer the country and when they did not succeed, a lot of the soldiers ended up staying in Ethiopia instead of going back to their home country. Due to this, you will see pasta, lasagne and other Italian dishes on our traditional food roster.

“In addition, each dish descends from the different regions of the country and has historical influences. For example, the Gurage region is known for the *kitfo* dish (Ethiopian beef tartare), while the different variations of *tibs* (beef stir-fry) became popular based on the type of meat that was the most popular in the region it derived from.”

#### What ingredients do you always have at home?

“*Berberé* [a fragrant blend of over 20 spices] — I put it in everything.”

#### Growing up, what was your favourite traditional food, and why?

“This is a tie between *kitfo* and *shiro wot* (Ethiopian chickpea stew). *Kitfo* was my favourite because it was a dish that was served on special occasions versus daily meals. *Shiro wot*, on the other hand, was a very special dish that my grandmother used to make for me and my siblings during our weekend visits. No one makes *shiro wot* the way my grandmother did and it holds a very special place in my heart.”

#### How important is good nutrition in Ethiopian cuisine?

“Ethiopian cuisine is high in protein and, for our dishes that we serve during Lent, vegan friendly. All the dishes are served on or with *injera* (Ethiopian flat bread) which is gluten free. In addition, every non-Lent meal always has three components: the meat dish, the veggie dish and a salad.”

#### If you were going to introduce someone to Ethiopian food with one dish, what would you cook for them?

“I would cook *tibs*. I start off by doing the Taco Bell test — yes I know, Taco Bell. I begin by asking what kind of hot sauce they usually get when they dine there. Based on how spicy a hot sauce they like to get, I will determine their spice level tolerance and what kind of *tibs* I will make for them. If they are more of the ‘mild sauce’ person, then I would make *derek tibs*, as it has very low heat/spice level. If they are the ‘diablo sauce’ person then I would make *awaze tibs*, which is a dish of juicy tender beef strips sautéed in *awaze* (Ethiopian hot sauce) and guaranteed to please any spicy food lover’s appetite.”

## DORO WOT (SPICY CHICKEN STEW)



Luladey Moges says: “It doesn’t get any more authentically Ethiopian than our national chicken dish. Doro wot is a slow-cooked spicy chicken stew that’s served at every celebration and special event. You can’t say you’ve truly tried Ethiopian food until you’ve tried this spicy and savoury meal. This is one of my all-time favourite dishes.”

**Note:** 1 US cup = approx 240ml

#### Ingredients | Serves 4-6

- 6 chicken drumsticks
- Juice of 1 lemon
- 6 eggs
- 6 medium red (or yellow) onions, finely minced
- 1 cup oil (or 1 cup kibe)
- 2 tsp grated ginger
- 6 cloves garlic, diced
- 1 cup berbere
- 4 cups water
- 1 tbsp ground coriander
- 1 tsp ground cardamom
- Salt and pepper

#### Method

Remove the skin and fat from the drumsticks. Place the chicken in a medium bowl and add enough water to cover it by 3 inches. Mix in the lemon juice and leave the chicken to soak for 10 mins. Drain and set aside.

Next, place the chicken in a medium pot and add enough water to cover it by 2 inches. Bring to a boil over medium heat and cook until rare to medium-rare but not fully cooked, 6-8 mins. Remove from the heat, drain, and set aside.

In a separate pot, add the eggs and enough water to cover them by 1 inch. Cover the pot and bring to a boil over

medium heat. Boil until the eggs are hard-boiled, 10-15 mins. Remove from the heat and drain. Place the eggs in a bowl and let cool enough to touch. Peel the eggs, rinse with water, and set aside.

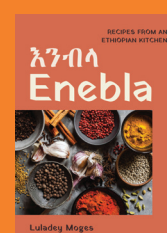
In a large pot, add the onions and oil and cook on medium heat until the onions are translucent and beginning to brown, 8-10 mins. Add the ginger and garlic, stir, and cook until just beginning to soften, about 4 mins. Stir in the berbere and cook, stirring for about 2 mins, making sure the powder does not clump. Add 4 cups of water and bring to a boil.

Add the chicken to the boiling sauce and stir. Turn down the heat to low, add the coriander, cardamom, and salt and pepper to taste, and stir. Cover and let cook, stirring occasionally, until the liquid is reduced and the sauce is moderately thick, 45 mins-1 hour.

Add the whole eggs and mix them well into the sauce. Cook for an additional 5 mins, just to warm everything through and combine the flavours.

Serve hot with injera, rice, or your favourite wholegrain bread.

**Note:** The milder version of this is called *alicha doro wot* (mild chicken stew). Simply substitute the berbere with 2 teaspoons of turmeric and follow the same steps as above.



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