

Doro Wat

Submitted by Tsehay Gebretsadik, Patient Care Navigator III

Ingredients:

- 2 pounds (800 grams) chicken thighs and drumsticks, skin removed
- 6 large red onions, chopped
- 6 tablespoons vegetable oil
- 4 tablespoons butter (use niter kibbeh, an Ethiopian clarified spiced butter, if you can find it)
- 4 tablespoons berbere spice mix (this mix of dried spices can be found at Ethiopian grocery stores)
- ½ teaspoon freshly ground black pepper
- ½ teaspoon fresh ginger, finely chopped
- 3 garlic cloves, peeled and finely chopped
- ½ teaspoon ground cardamon
- ½ teaspoon salt
- Hard-boiled eggs, peeled

Directions:

1. Clean the chicken very well and soak it in water and a little lemon juice. Rinse and drain when ready to use.
2. Put the butter, oil, onion, garlic, and spices in a heavy-duty pot over medium-low heat and cook gently.
3. Add the chicken pieces to the pot on low heat. Continue cooking, stirring occasionally, until the chicken is cooked. Add water if more liquid is needed.
4. When the sauce is well cooked, add hard-boiled eggs and stir to coat completely. Adjust the seasoning with salt, if desired.
5. Serve the doro wat on top of injera, which is a sour fermented flatbread with a slightly spongy texture, traditionally made of teff flour.