

CULINARY ART

LEVEL – I

Based on March, 2022, Curriculum **Version 1**



Module Title: - Preparing Ethiopian Cereal and Vegetable Dishes

Module code: CST CUA1 M10 1222

Nominal duration: 120Hour

Prepared by: Ministry of Labour and Skill

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Introduction to the Module

In Culinary Art field, to prepare and present Ethiopian cultural foods in a commercial kitchen or catering operation. Ethiopian dishes are foods that normally include a range of hot and cold dishes which can be either classical or modern, and vary in ethnic and cultural origins.

This module is designed to meet the industry requirement under the Culinary Art occupational standard, particularly for the unit of competency: Prepare Ethiopian Cereal and Vegetable Dishes.

This module covers the units.

- Preparing cultural food ingredient
- Preparing vegetable dishes
- Preparing cereal and legumes dishes
- Working in a team

Learning Objective of the Module

- Prepare cultural food ingredient
- prepare vegetable dishes
- Prepare cereal and legumes dishes
- Work in a team

Module Instruction

For effective use this modules trainees are expected to follow the following module instruction:

1. Read the information written in each unit
2. Accomplish the Self-checks at the end of each unit
3. Perform Operation Sheets which were provided at the end of units
4. Do the “LAP test” giver at the end of each unit and
5. Read the identified reference book for Examples and exercise

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Unit one: Preparing cultural food ingredient

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Selection of tools and equipment for the menu
- Identifying Cultural spices and flavoring for the menu.
- Preparation of ingredients
- Producing Cultural dips and staple cultural foods.

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Select tools and equipment.
- Identify Cultural spices and flavoring for the menu.
- Prepare ingredients
- Produce cultural dips and staple cultural foods

1.1. Select tools and equipments

Equipment and tools are a set of assets used by a food production plant to carry out daily or ordinary activities within the activities. These activities include:

- Food preparing
- Serving
- Storage of raw materials, works in progress, and finished products

• Kitchen Utensils and Equipment and Its Uses

1. **Saucepan** – has one long handle and used to cook sauces, fruits, and vegetables.



Figure 1.1 Saucepan

- 2 **Saucepot** – has handles on two sides and used to cook sauces, fruits, and vegetables.



Figure 1.2 Saucepot

3 **Taba** – used for serving or preparing kitfo



Figure 1.3 Taba

4 **Frying Pan**– used for frying, sautéing, and pan broiling.



Figure1.4 Skillet or Frying Pan

5 **Masob** – used for serving injera with wot



Figure1.5 Masob

6 **Butcher Knife**– used for large or heavy cutting.



Figure1.6 Kitchen Knife

7 **Chopping Knife** – has a long, wide blade used to chop and dice food.



Figure1.7 Chopping Knife

- 8 Cutting Board** – used to protect the table when slicing or chopping food. It prevents the edge of the knife from becoming dull.



Figure1.8 Cutting Boards

- 9 Shekladist** – Used to cook different types of sauces or wat



Figure1.9 Shekladist

- 10 Greater**– used to grate or shred vegetables, cheese or lemon rind.



Figure1.10 Grater

11 Wooden Spoon – used to cream or beat cakes by hand, to mix butter or dough, and to stir mixtures.



Figure1.11 Wooden Spoon

12 Food Tongs – used to turn or lift foods.



Figure1.12 Food Tongs

13. Sefed



Figure 1.13.Sefed

14. Plat



Figure 1.14 Ethiopian plate

15. Ttay Used for presenting and eating injera



Figure 15 Ethiopian Tray

16. Bowl



Figure1.16 Ethiopian bowl

1.17 Cultural equipment



Figure 1.17 Ethiopian cultural equipment

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18. Ethiopian Cooking



Figure1.18 Charcoal style

1.2 cultural spices and flavoring for the menu

Flavoring and seasoning are the process of adding or improving flavor of food. Flavoring combines taste and smell such as essences, cardamom, nutmeg, thyme etc. Seasonings include herbs, spices, and all other condiments. Example: black pepper, basil, kosher salt, etc.

Spices and herbs give flavoring and seasoning to the dishes. To get effective results, not only should the food, please the eye, but should also flatter or stimulate the palate. The success of cooking largely depends upon the help we obtain from flavoring and seasoning. The spice we use for this purpose should be used sparingly, as well as with skill. All palates may not crave for high spiced food, yet majority of people demand, that the food be moderately flavored with the right constituents. To use flavoring and seasoning rightly is a great accomplishment; the dish could be spoilt by being over seasoned. Seasoning should bring out the natural flavors of the main ingredients and blend with them. Seasonings as such have little or no nutritive value but are valuable for they give variety to the dishes and have medicine value.

Spices that have flavorings and seasonings are: Garlic ginger, cloves, cinnamon, cardamom, cumin seeds, mustard seeds, poppy seeds, nutmeg, coriander powder, mace, pepper, fenugreek, chilies, saffron, aniseeds, turmeric, paprika, caraway seeds, allspices, sesame. Various herbs are: parsley, celery, coriander leaves, thyme, tarragon, rosemary, basil, etc .

Spices are essential oils that give foods and beverages flavor, aroma and sometimes color.

The term spice refers to any dried plant product used primarily for seasoning, be it the seed, leaves, bark or flowers. They can be marketed whole, ground to a powder or in the form of essential oils and oleoresins. Many spices are also used for other purposes. Plants such as

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turmeric (*Curcuma longa*) are increasingly in demand for natural therapies, while others such as peppers (*Capsicum* spp.) serve as substitutes for chemical dyes or pesticides.

Herbs in general use, herbs are any plants used for flavoring, food, medicine, or perfume. Culinary use typically distinguishes herbs as referring to the leafy green parts of a plant (either fresh or dried), from a "spice", a product from another part of the plant (usually dried), including seeds, berries, bark, roots and fruits. In Ethiopia several culinary herbs are produced: chervil, chives, coriander, dill, green basil, lovage, mint, oregano, thyme, veronica, etc.

Most people know the names of a few fresh herbs that are most commonly used in recipes. Basil and rosemary have quite a distinctive look so it's easy to remember what they are.

However, many other herbs have a very similar leaf structure, especially if the plant is not too developed. This can make it hard to identify the plant you have in front of you.

1.2.1. Important of Spices and Herbs

A. **Help in digestion** - From pre-historic time's spices have been used. Clove oil stimulates the flow of gastric juices, garlic, aniseeds are taken for indigestion, and hypertension.

B. **Seed for medicinal purposes** – For toothache, clove oil relieves pain. Turmeric and oil applied on swellings and hurts, cures, as it is believed to have antiseptic qualities. Garlic and helps digestion, ginger added to tea helps to cure colds. Turmeric added to milk is given to a person who is in a state of shock.

C. **Enhance flavor**- Dishes would be insipid and bland if the spices were not added, because they give a good flavor and stimulate appetite. Monosodium Glutamate is a flavor enhancer in meat and fish dishes. Cinnamon, bay leaf, nutmeg, pepper, cloves etc.

D. **Improve appearance** - Some of the spices give color to the food and improve the appearance of the dish. Turmeric, saffron, coriander leaves, poppy seeds, add color to the food, which makes the dish interesting.

E. **Improve palatability** - Salt is one of the important seasonings that enhance the taste of the food. It also brings out the flavor. The other seasonings that improve the palatability are pepper, chilies, poppy seeds, coriander seeds and paprika etc.

F. **Act as preservatives** - Many foods are preserved for a longer time with the help of spices. Salt is used extensively for preserving - Brine, solution. Other spices that have the preservative quality are:- turmeric, cloves, mustard, ginger, garlic. Pickling is one of the forms of preserving.

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• **Cultural spices and flavoring include:-**

- | | |
|------------------------------------|---------------------------------------|
| ✓ Berbere | ✓ Nech kimem (White cumin) |
| ✓ Mekelesha | ✓ Tikur azmud(Black cumin) |
| ✓ Mitmita | ✓ Abish (Fenugreek) |
| ✓ Kibe mangor | ✓ dinbilal (Corriander) |
| ✓ Awaze | ✓ Ered (Tumeric) |
| ✓ Mitin shiro | ✓ Senafich (Ethiopian mustard) |
| ✓ Eritib kimem | ✓ Besobila (Sacred basil) |
| ✓ Korerima (Cardamom) | ✓ tosign (Oregan) |
| ✓ allspice (Pimenta dioica) | ✓ bay leaf (Laurus nobilis) |
| ✓ angelica (Angelica archangelica) | ✓ basil (Ocimum basilicum) |
| ✓ anise (Pimpinella anisum) | ✓ bergamot (Monarda species) |
| ✓ asafoetida (Ferula assa-foetida) | ✓ black cumin (Nigella sativa) |



Figure1.18 Spices



Figure1.19 Seed Spices

1. Korerima (Cardamom): grows naturally at altitude ranging from 1000-2000 meters. Accordingly, its growing places in the country are shown in the following table:

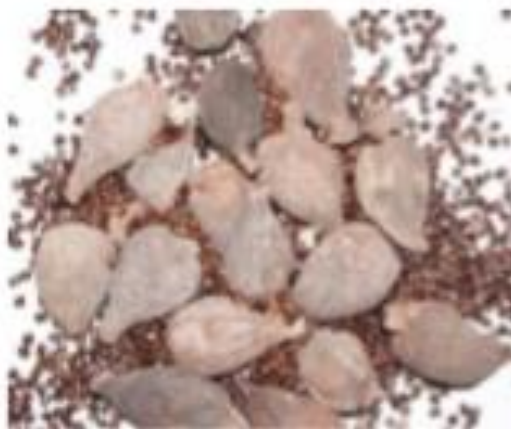


Figure1.20 Korerima/Cardamom

2.Zinjibil(Ginger): cultivated in many places of the country than any other spices.

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Fig.1.21. ginger

3. **Turmeric ‘Ird’**: used as a ground spice and in curry powder, mainly as a food-coloring agent as well as a coloring material in the textile industry. Before 1972, Ethiopia is one of turmeric importing countries.



Fig.1. 22.turmeric

4. **Yessaikimam (Hel)**: a perennial herb, belonging to the ginger family. It is an expensive spice known as ‘Queen of spices’. It is the highest priced spice in the world markets. It is introduced to Ethiopia in 1972.

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Fig. 1.22. *Hel/ Yeshaikimam*’:

5. **kundo-berbere (Pepper Corn)**: was introduced to Ethiopia from abroad from 1979 to 1980. This cultivar was planted to test its adaptability at Bebeke, Jima, and Tepi adaptations. At Bebeke and Tepi the cultivar grew with excellent performance. Therefore, in Ethiopia it is possible to cultivate black pepper successfully in wider range, from 1250m to extremely lowlands of Southern Ethiopia, where there is high rainfall throughout the



Fig.1.23 pepper Corn/‘kundo-berbere’

6. **Red pepper**: has been cultivated in the past for supply to the extraction factory. There is no local market

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for sweet paprika pepper. But the climate and soil conditions are suitable. Today some large agriculture operations have started to grow paprika as an intercrop.



Fig.24 red pepper

7. **‘kerfa (Cinnamon):** an evergreen tree. It can grow well in almost all soil types under a wide variety of tropical conditions ranging from semi-dry to wet zone. It requires a warm and wet climate with average temperature of 200c to 300c and high rainfall. The cinnamon variety was introduced in Ethiopia in 1975. In Ethiopia it grows at wider agro-ecology than black pepper and cardamom.



Fig.1.25 Cinnamon ‘kerefā’

8. **Niter Kibbe (Nit’ir Qibe)** is an ingredient integral to Ethiopian cuisine and is made by clarifying butter that has been infused with herbs and spices. In the process of clarifying the spiced butter, the same process used to make ghee, the butterfat is separated from the milk solids

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and water and the result is a highly aromatic and flavorful cooking fat. This clarified butter has a higher smoke point and longer shelf life than regular butter. While niter kibbe is famously used in Ethiopia's national dish, Doro Wat, it is highly versatile and used to bring life and flavor to a wide variety of dishes. Include a dollop in your favorite stews, your beans and lentils, sauces and gravies, add some to your vegetables and eggs, use it to brown your meat or chicken, spread some on your sandwich...and then sit back and savor your meal.



Fig, 1.26 Spiced butter (Nitir Qi'be)

9. Authentic Niter Kibbeh (Ethiopian Spiced Clarified Butter)

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Wonderfully versatile, this famous Ethiopian spiced clarified butter will add life and flavor to a wide variety of dishes!

- Prep Time 15 mins
- Cook Time 1 hr
- Total Time 1 hr 15 mins

Toast the whole spices over medium heat in a dry skillet for a few minutes until very fragrant. Be careful not to scorch the spices or they will become bitter. Place all the ingredients in a medium saucepan and bring it to an extremely low simmer. Continue to simmer over low for at least one hour or up to 90 minutes. Be very careful not to burn the butter. If it burns it will be bitter and there is no salvaging it. Pour everything through fine-mesh cheesecloth. (No need to skim off the foam, everything will be removed during straining.

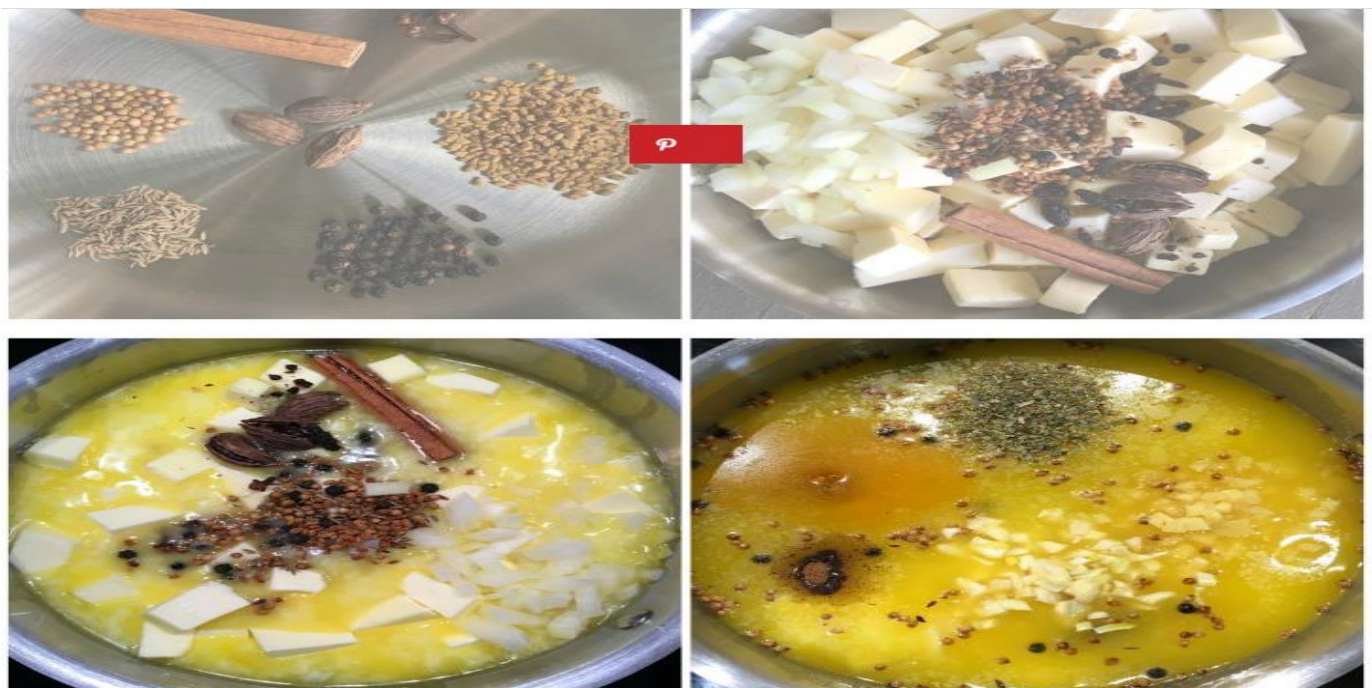


Fig.1.27 Toast the whole spices over medium heat & Place all the ingredients in a medium saucepan

Pour the niter kibbeh into a jar, let it cool, cover so it is airtight. It will keep at room temperature for a few weeks, in the fridge for at least a couple of months, and several months in the freezer (it

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will be hard in the fridge and freezer, let it come to room temp for easy scooping).



Fig.1.28. Pour the niter kibbeh fine-mesh cheesecloth into a jar



Fig.1.29.let it cool, cover so it is airtight(this is final nitir kibbe)

- **Herbs**

Herbs in general use, herbs are any plants used for flavoring, food, medicine, or perfume. Culinary use typically distinguishes herbs as referring to the leafy green parts of a plant (either fresh or dried), from a "spice", a product from another part of the plant (usually dried), including

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seeds, berries, bark, roots and fruits. In Ethiopia several culinary herbs are produced: chervil, chives, coriander, dill, green basil, mint, oregano, , thyme, etc. Next to that, the medical herbs produced in Ethiopia are described below.

Most people know the names of a few fresh herbs that are most commonly used in recipes. Basil and rosemary have quite a distinctive look so it's easy to remember what they are.

However, many other herbs have a very similar leaf structure, especially if the plant is not too developed. This can make it hard to identify the plant you have in front of you.



Fig.1.30 marjoram

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Basil

Figure 1.31 Basil and chevil

Spice and herb, parts of various plants cultivated for their aromatic, pungent, or otherwise desirable

substances. Spices and herbs consist of rhizomes, bulbs, barks, flower buds, stigmas, fruits, seeds, and leaves. They are commonly divided into the categories of spices, spice seeds, and herbs.

- **Distinctive qualities**

Spice seeds are the tiny aromatic fruits and oil-bearing seeds of herbaceous plants such as anise, caraway, cumin, fennel, poppy, and sesame. Herbs are the fresh or dried aromatic leaves of such plants as marjoram, mint, rosemary, and thyme. Spices, spice seeds, and herbs are employed as adjuncts to impart flavor and aroma or piquancy to foods. In the small quantities used to prepare culinary dishes, they have little nutritional value, but they stimulate the appetite, add zest to food, and enhance flavors.



Figure 1.32 Anise (*Pimpinella anisum*)



Figure1.33 Peppermint (*Mentha piperita*).

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Figure1 .34 Rosemary (*Rosmarinus officinalis*).



Fig.1.35 Thyme (*Thymus vulgaris*)Walter Chandoha



Fig.1.36 Ginger rhizomes (*Zingiber officinale*) figure 1.37: Cardamom (*Elettaria cardamomum*).

Spices are usually used dried, though some, such as chile peppers and ginger, are used in both their fresh and dried forms. Some typically dried spices are used in their fresh form in the countries that produce them. Many of the world's highly prized spices—such as cardamom,

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cinnamon, cloves, ginger, and pepper are fragrant or pungent plant products cultivated in tropical and subtropical regions.



Fig.1.37 Buds of a clove tree (*Syzygium aromaticum*).

Modern uses of spices, spice seeds, and herbs are legion and ever-changing. There are few culinary recipes that do not include them, and their judicious use brings a delectable, distinctive aroma and taste to a host of dishes



Fig.1.38 Overview of dill

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Fig1.39 Overview of tarragon

- **Mint**

Learn about the unique flavor of mint, its health benefits, its use in various food preparations and varieties. In the food-processing industry they are employed in the preparation of numerous products including processed meats, sausages, sauces, vinegars, mustards, pickles, chutneys, preserves, salad dressings, biscuits, cookies, cakes, confections, and beverages. Spices and herbs or their oils, where processing temperature permits—also go into the preparation of a number of liqueurs, including



Fig.1.40 Overview of mint.

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Figure.1.41 Overview of coriander

- **lavender**

Uncover the numerous medicinal powers of lavender oil and the culinary use of the lavender herb. Both herbs and spices contain essential oils, which are the flavoring components of extracts, and they are employed in the production of perfumes, cosmetics, toiletries, lotions, hair products, toothpastes, and soaps. These essential oils and oleoresins (natural plant products that contain essential oils and resins) are the basis of a number of spice flavorings and seasonings employed in food manufacturing. In many cases, oil extractives of spice are preferred to the whole or ground spices, largely because the extracts are easier to blend, the volatile oil content can be quantified, and the flavor intensity can be adjusted. A more common extract for home cooking is vanilla, which is cultivated in tropical climates.



Figure.1.42 Overview of lavender

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Figure.1.43 Vanilla beans



Figure.1.44 Overview of basil.

- **Angiosperm**

Significance to humans-Angiosperm are found in herbs and spices for example, cloves, the dried flower buds of *Syzygium aromaticum* (Myrtaceae). The use of herbs and spices in cooking predates recorded history. Herbs are usually leaves or young shoots of non woody plants, although bay leaves and a few other leaves from woody plants are also Tree Economic importance.

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Fig1.45 Angiosperm

Significance to humans—Angiosperm are found in herbs and spices for example, cloves, the dried flower buds of *Syzygium aromaticum* (Myrtaceae). The use of herbs and spices in cooking predates recorded history. Herbs are usually leaves or young shoots of non woody plants, although bay leaves and a few other leaves from woody plants are also Tree Economic importance

For more delicious taste and authentic Ethiopian recipes, be sure to try our Ethiopian cultural dishes such as:-Doro Wat, Segwa Wat, Misir Wat , Gomen , Injera etc

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1.2 Preparation of ingredients

A. Vegetables

- ✓ Rinse thoroughly before cooking or preparing.
- ✓ Do not overcook or under cook vegetables.
- ✓ Give lift by squeezing lemon juice over cooked vegetables.

B. Cereals and Legumes

Preparation of legumes and cereals may include

- ✓ Beans preparation
- ✓ Lentil
- ✓ Peas
- ✓ Chick peas
- ✓ Cracked wheat and others

1.1.1. Methods of cooking/preparation

- A. **Stewing;** - cooking food over low heat in small amounts of warm water in a covered cooking pot.
- B. **Stir frying;** - cooking equal size cut meat, etc. in small amount of fat over high heat, first adding ingredients with the longest cooking time. Stir constantly.
- C. **Frying;** - cooking in hot fat for food to sizzle gently. Avoid crowding the pan to let food absorb the fat.
- D. **Grilling;** - cooking meat placed on the rack from the bottom heat.
- E. **Steaming;** - cooking over boiling liquid in tightly covered pot.
- F. **Roasting;** - cooking meat and poultry uncovered in a closed oven for 15-25min.

1.3 Producing cultural dips and staple cultural foods

Ethiopian staple cultural dishes

i. Injera

The national dish for most Ethiopians is injera, a flat, sour dough pancake made from a special grain called teff, which is served with either meat or vegetable sauces. Ethiopians eat these injera by tearing off a bit of injera and use it to pick up pieces of meat or mop up the sauce. Berbere,

the blend of spices which gives Ethiopian food its characteristic taste can be hot for the uninitiated, although hot curry fans will not have any problem.

When eating national food Ethiopians eat together, off one large circular plate. Visitors and guests will have choice morsels and pieces of meat placed in front of them, and when eating doro wot, chicken stew, the pieces of meat are eaten last, after filling up on injera and sauce. You eat with your right hand, and should always wash your hands before eating



Figure 1.4.1 Injera

ii. Wet

Wat begins with a large amount of chopped red onion, which is simmered or sauteed in a pot. Once the onions have softened, *niter kebbeh* (or, in the case of vegan dishes, vegetable oil) is added. Following this, *berbere* is added to make a spicy *keiywat* or *keyyihitsebhi*. Turmeric is used instead of *berbere* for a milder *alichawat* or both spices are omitted when making vegetable stews, such as *atkiltwat*. Meat such as beef (Amharic: ሥጋ, *saga*), chicken (Amharic: ደረጃ, *doro* or Tigrinya: *derho*), fish (Amharic: ሳሳ, *asa*), goat or lamb (Amharic: በጎ, *beg* or Tigrinya: *beggi*) is also added. Legumes such as split peas (Amharic: ክክ, *kək* or Tigrinya: *kikki*) and lentils (Amharic: ምስረ, *məsər* or *birsin*); or vegetables such as potatoes (Amharic: ድንጕ, *Dənəch*), carrots and chard (Amharic: ቆስጥ) are also used instead in vegan dishes.



Figure. 1.4.2 Typical serving of wat..

Each variation is named by appending the main ingredient to the type of wat (e.g. *kekalichawat*). However, the word *keiy* is usually not necessary, as the spicy variety is assumed when it is omitted (e.g. *dorowat*). The term *atkiltwat* is sometimes used to refer to all vegetable dishes, but a more specific name can also be used (as in *dinich'nacarohtwat*, which translates to "potatoes and carrots stew"; but notice the word "atkilt" is usually omitted when using the more specific term).

iii. Doro Wat

Doro wat is a festive type of wat stew made with chicken, usually bought from outdoor markets. The meat gets soaked in water, salt, and lemon juice to eliminate bacteria, and it's then cut into eight to twelve pieces. Peeled hard-boiled eggs are added to the stew about five minutes before it is done in order to absorb all the savory spices and the delicate red color.

With tender meat, spicy eggs, and a rich, flavorful sauce, doro wat is a must-have at every festivity, Christmas and Easter included. Many Ethiopians fast on meat for 43 days before Christmas, and on Christmas most of the people choose doro wat as their preferred and finally allowed meat-based dish.



Figure 1.4 3 Doro Wat

iv. Segá Wat

Segá wat or sigá wat is a traditional dish from Ethiopia and a type of wat (Ethiopian stew). In order to prepare it, onions are sautéed in niter kibbeh clarified butter, followed by ginger, garlic, cardamom, berbere spices, and beef broth.

Once the sauce has developed a thick consistency, browned beef pieces are added to the pot and the dish is simmered until the liquid is reduced and the sauce becomes very thick. Segwa wat is traditionally served hot with injera flatbread or rice on the side.



Figure1.4.4 Segwa Wot

v. Tibs

Meat along with vegetables are sautéed to make *tibs* (also *tebs*, *t'ibs*, *tibbs*, etc., Ge'ez: ተብስጥ፤*tibs*). Tibs is served in a variety of manners and can range from hot to mild or contain little to no vegetables. There are many variations of *tibs*, depending on type and size or shape of the cuts of meat used.

vi. Ayibe

Ayibe is a cottage cheese that is mild and crumbly. It is much closer in texture to crumbled feta. Although not quite pressed; the whey has been drained and squeezed out. It is often served as a side dish to soften the effect of very spicy food. It has little to no distinct taste of its own. However, when served separately, ayibe is often mixed with a variety of mild or hot spices typical of Gurage cuisine.

vii. Kitfo

Kitfo is a popular Ethiopian dish consisting of raw beef that is freshly ground and combined with Ethiopian butter (*niter kibbeh*) and spices such as chili and salt. The dish is served with a variety of breads, with *injera* being a staple of every restaurant that serves kitfo.

Although kitfo is usually served on its own, it can also be accompanied by salty cheeses or collard greens.

Kitfo can be served with aib (like dry cottage cheese) and gomen (minced spinach), a recommended pairing making the meal even more delicious, as well as especially filling --

highly recommended after a hard day's traveling or if one is confronted with a hangover after a long night



Figure1.4.5 Kitfo

viii. Kita

Kita is an unleavened Ethiopian flatbread made with wheat flour, water, and salt. The dough is traditionally baked in a pan on both sides until it develops a golden-brown color of the exterior. The flatbread can be additionally spiced with chili and cardamom. It is usually served warm with melted butter, or used in a dish called *fit-fit*.

ix. Genfo

Genfo is a simple Ethiopian porridge that is commonly consumed for breakfast, made by adding dry-roasted barley flour to boiling water and stirring the concoction with a wooden utensil until it develops a smooth, yet extremely thick consistency.

The porridge is then transferred to a bowl, and a hole is created in the center, usually by using a finjal (Ethiopian coffee cup). The well is filled with clarified spiced butter and berbere spices. Genfo is traditionally consumed as it is, although it can be accompanied by a scoop of yogurt.

The dish is often shared and consumed by pulling the thick porridge pieces from the outside and dipping them into the spice blend in the center.



Figure1.4. 6 Genfo

x. Chechebsa

Chechebsa, also called kitafirfir (*also* called kitafitfit), is typically eaten for breakfast and is one of the rare Ethiopian dishes eaten with a spoon. Chechebsa is made of lightly fried injera or other bread cooked in berbere sauce and often served with honey. On the right it's pictured with eggs, which can be substituted out to make it vegan.



Figure 1.4.7 Chechebsa

Ethiopian cultural dips

xi. Awaze

Traditionally, awaze is made for special occasions like weddings and served with raw meat (many consider gored gored - cubed raw meat with dipping sauce - an unofficial national dish in Ethiopia that no celebration is complete without.) Personally, I don't care for raw meat, but there are many other delicious ways to bring this traditional sauce into your cooking. On its own, you can use awaze as a dip for your favorite fresh vegetables or as a flavor boost to a sandwich or wrap similar to how you might add hot sauce. You can also substitute awaze for berbere in stews and stir fries (or drizzle over the top after cooking). For example, if you like the beef tibs recipe from last week, try using awaze instead of the plain berbere. This substitution is quite common and the dish is so popular in restaurants that the dish has claimed its own name: Awaze tibs. The

extra ingredients in the awaze will elevate the richness and flavor of whatever stew or stir fry you add it to.

Like many Ethiopian sauces, different households and restaurants use slightly different ingredients and proportions based on their preferences. Below is my go-to recipe, but it's truly customizable.



Figure1.4. 7 Awize

Self check 1	Question
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Name _____ IDNO _____

Part I

Directions: Give short answer for the following

1. _____ are the process of adding or improving flavor of food.
2. Flavoring combines taste and smell of spices and herbs .Write down spices and herbs that flavoring combines.
3. What are examples of seasoning include in herbs, spices, and all other condiments.

Note: Satisfactory rating 3 and 5 points

Unsatisfactory below 3 and 5 points

You can ask you teacher for the copy of the correct answers.

Score = _____
Rating: _____

Operation Sheet 1- Identifying cultural spices and flavoring

1.1 All Spice (Mekalasha)

Ingredients:-

-Cardamom	200g
-Clove	100g
-Cinnamon	100g
-White Pepper	100g
-Timize	100g
-Cumin	100g

Preparation method

1. Remove unwanted item like sand and soil from all spice separately
2. Toast all spice on pan separately
3. Combine together all spice
4. Grind with grinder until powdered very well
5. Sieve and use when needed

1.2. White Spice (Nech Kimem)

Ingredients:-

-Garlic-roughly chop	300g
-Ginger-fine chop	200g
-Nech azmud	300g

Preparation method/ Recipe/Procedure/Techniques of Preparation/

1. Peel and wash ginger and garlic separately
2. Toast Nech azmud on low heat in pan
3. Combine all ingredients in bowl
4. Add in mewkocha and grind means mewket by zenazena

5. Dry on the sun for 2-4 day until dry
6. Grind or mewket
7. Sieve and use when needed

1.3. spiced butter(Nit'ir Qibe)

Ingredients:-

- Clarified butter (infused with herbs and spices)

Preparation techniques of spiced butter

Niter Kibbe (Nit'ir Qibe) is an ingredient integral to Ethiopian cuisine and is made by clarifying butter that has been infused with herbs and spices. In the process of clarifying the spiced butter, the same process used to make ghee, the butterfat is separated from the milk solids and water and the result is a highly aromatic and flavorful cooking fat. This clarified butter has a higher smoke point and longer shelf life than regular butter.

While niter kibbe is famously used in Ethiopia's national dish, Doro Wat, it is highly versatile and used to bring life and flavor to a wide variety of dishes. Include a dollop in your favorite stews, your beans and lentils, sauces and gravies, add some to your vegetables and eggs, use it to brown your meat or chicken, spread some on your sandwich...and then sit back and savor your meal.

1.4. Authentic Niter Kibbeh (Ethiopian Spiced Clarified Butter)

Ingredients :-

- Unsalted butter, cubed 1 pound
- Chopped yellow onion 1/4 cup
- Minced fresh garlic 3 tablespoons
- Minced fresh ginger 2 tablespoons
- Cinnamon sticks 1 2-inch
- Whole black peppercorns 1 teaspoon

-Black cardamom pods	3 pieces
- Cloves	3 whole
-Fenugreek seeds	1 teaspoon
-Coriander seeds	1 teaspoon
-Dried oregano	1 teaspoon
-Cumin seeds	1/2 teaspoon
-Ground nutmeg	1/4 teaspoon
-Ground turmeric	1/4 teaspoon
-Besobela,	1 tablespoon
-Kosseret	1 tablespoon

Procedure/Recipe

1. Toast the whole spices over medium heat in a dry skillet for a few minutes until very fragrant. Be careful not to scorch the spices or they will become bitter. Set aside.
1. Place all the ingredients in a medium saucepan and bring it to an extremely low simmer. Continue to simmer over low for at least one hour or up to 90 minutes.
2. BE VERY CAREFUL NOT TO BURN THE BUTTER. If it burns it will be bitter and there is no salvaging it.
3. Pour everything through a fine-mesh cheesecloth strainer. (No need to skim off the foam, everything will be removed during straining.)
4. Pour the niter kibbeh into a jar, let it cool, and cover so that it is airtight. It will keep at room temperature for several weeks, in the fridge for at least a couple of months, and even longer in the freezer (it will be hard in the fridge and freezer, let it come to room temp for easy scooping). Makes about 2 cups, you'll make it again and again!

1.5 Awaze

Ingredients

- ¼ cup berbere
- ½ tablespoon ground black cardamom
- ⅛ teaspoon salt
- 3 tablespoons red wine
- 3 tablespoons warm water

Procedure:

2. Mix all ingredients until you get a smooth consistency.
3. Yield: about ½ cup of Ethiopian chili dip

Note:-dip in the refrigerator for up to one week.

1.6 Kochkocha

Ingredients

- Green Pepper
- Basil
- Garlic
- Ginger
- Salt
- Butter/oil

Procedure:

1. Mash the entire ingredient together except the oil.
2. Melt the oil/butter and add the mashed ingredients and cook only for two minutes
3. Serve with anchote

Note:-Kochkocha can be served with other foods as required

LAP Test 1	Lab
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Name: _____ Date: _____

Time started: _____ Time finished: _____

Instructions: Given necessary templates, workshop, tools and materials you are required to perform the following tasks within __ hours.

Task 1: Prepare White Spice (Nech Kimem).

Task 2: Prepare Spiced butter(Nitir Qibe)

Task3: Prepare Awaze

Unit Two: Preparing vegetable dishes

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- selecting vegetables in season
- cooking a variety of vegetables dishes
- Preparing sauces and accompaniments
- presenting vegetable dishes

This guide will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- select vegetables in season
- cook a variety of vegetables dishes
- Prepare sauces and accompaniments
- present vegetable

2.1 Selecting vegetables in season

Vegetables in season are selected according to availability, quantity, quality and price.

- Leaves
- Bud
- Stems
- Seeds
- Roots

Bulbs - A bulb is an underground vertical shoot that has modified leaves (or thickened leaf bases) that are used as food storage organs by a dormant plant.

A bulb's leaf bases generally do not support leaves, but contain food reserves to enable the plant to survive adverse conditions. The leaf bases may overlap and surround the center of the bulb as with the onion. A modified stem forms the base of the bulb, and plant growth occurs from this basal plate. Roots emerge from the underside of the base, and new stems and leaves from the upper "Eat your fruits and vegetables" is one of the tried and true recommendations for a healthy diet. Increasing consumption of fruit and vegetables can significantly reduce the risk of many chronic diseases.

Any plant part which is regularly eaten as food by humans would normally be considered to be a vegetable. Vegetables are very often eaten cooked. But many such as carrots, bell peppers and celery are quite commonly eaten either raw or cooked.

Vegetables are brimming and overflowing with fiber, and also a whole range of vitamins, anti-oxidants, minerals and many other protective ingredients, and are also low in calories.

The market is flooded with different types of vegetables, each belonging to a distinctive vegetable group. Availability of vegetables also differs from season to season, as in what you can find in winter season, that won't be available during summers in the temperate countries. However, all types of vegetables may be available throughout the year in tropic and sub-tropic countries. There are some vegetables that can be eaten raw in the form of salad like tomato, cucumber etc. And as it is said, variety is the spice of life. The term "vegetable" generally refers to the succulent edible part of a plant. The definition is traditional rather than scientific. It is

somewhat arbitrary and subjective, as it is determined by individual cultural customs of cooking and food preparation.

In general, vegetables are regarded by cooks as being most suitable for salted dishes, rather than sweet dishes, although there are many exceptions, such as pumpkin pie, etc.

Vegetables are a catch-all category that includes many of the edible parts of a plant, like stems, roots, flowers, and leaves. Tomatoes, peppers, eggplants, and beans, for example, are all fruits, but we usually refer to them as vegetables.

A. Root Vegetables

Root vegetables are rich in nutrients, low in fat and calories, inexpensive and usually available throughout the year. Root vegetables will last awhile in your pantry, and even longer in your refrigerator.

1. Beetroots -Beets have a distinctive earthy flavor that's enhanced by roasting, but they can also be steamed, micro waved, or boiled. .

3. Carrot -Raw or cooked, carrots add sweetness and color to stews, soups, stir-fries, slaws, cakes, plus they're a great source of carotenoids (Vitamin A).

3. Anchote : Anchote tubers usually reach a harvestable stage within four to five months from planning, depending on environmental conditions. The parts that are harvested are the fruits for seed propagation and the tubers to be used as a vegetable after being boiled or otherwise cooked.

Anchote is a valuable food source with multiple medicinal qualities. It contains high quantities of nutrients like crude fiber, protein, calcium, iron, zinc and magnesium, which is rare in other tuber crops. According to local farmers, it helps in fast mending of broken bones and displaced joints. Due to its good vitamin A content, consumption of anchote may also help to reduce the problem of vitamin A deficiency. Traditionally, it is also believed that anchote makes lactating mothers healthier and stronger. Flour made from the tuber may be used as a supplementary food for infants and young children. Furthermore, juice prepared from anchote tubers has saponin as an active substance and is used to treat gonorrhea, tuberculosis, and tumors. Like other tubers, anchote is rarely eaten raw. It undergoes some form of domestic processing and cooking before consumption. The roots are cleaned then boiled (either with or without being peeled) and further cooked with butter and spices like coriander, sweet basil, ginger, garlic and salt. Cooked anchote is served usually with kochkocha (“green pepper paste”), a fermented side dish prepared from ground



Figure2.1 Anchet

B. Stalk Vegetables

Edible plants whose stems are consumed like vegetables; the leaves of some varieties are also edible.

Stalk Vegetables includes:-

1. Asparagus -Asparagus has a wonderfully distinctive flavor and a meaty texture. It's often served as a side dish, after being steamed or briefly boiled.
2. Celery -Raw celery is flavorful and wonderfully crunchy, and it's a great vehicle for dips or fillings like peanut butter or cream cheese. Celery can also be sautéed and used to flavor soups, stews, and sauces. A bunch or stalk of celery consists of a dozen or so individual ribs, with the tender innermost ribs called the celery heart.

C. Bulbs

1. Green onion -These are onions have small bulbs and long green stalks. They're usually eaten raw, but can also be grilled or sautéed.
2. Leek -Leeks look like large green onions, and they have a more complex onion flavor. They're often cooked as a vegetable side dish, or used in soups.
3. Spring onion -Some people use the name spring onion as a synonym for green onion, while others use it to refer to a green onion with a partially formed bulb.

4. Dry Onions-There are two categories of dry onions: storage onions and sweet onions. Storage onions are low in water and high in sulfur, so they store well and are available year-round. Sweet onions are usually available just from April to August

5. Garlic-Almost every cuisine on our planet has found an important role for garlic.

D. Salad Greens

A variety of green leaves are used exclusively for salads. The salad greens popularly used are discussed below:

A. Lettuce -These are mild salad greens that are always served fresh, either in salads or as garnishes. There are four basic categories: iceberg lettuce, leaf lettuce, butterhead lettuce, and romaine lettuce, Lettuce leaves are very crisp and low in calorie

E. Inflorescent Vegetables

Inflorescent vegetables are those vegetables whose flowers or flower buds of edible plants. Some commonly used inflorescent vegetables given are below.

1. Broccoflower -This is a green variety of cauliflower.

2. Broccoli (pronounced: BRAHK-uh-lee) -Broccoli is tasty, good for health and easy to cook. The florets can be steamed or boiled and served as a side dish, or served raw on a crudité platter, or stir-fried. The stems are good, too, but you should peel them first and cook them a little longer.

3. Broccoli Romanesco -This is similar to broccoli, but its florets resemble pine cones. It's especially good raw.

4. Cauliflower -Cauliflower florets often wind up in soups, or as a side dish smothered with a cheese sauce, or served raw on a crudité platter. Select heads that are heavy for their size. When cauliflower pieces are placed in hot water, all the worms present in the head will come out.

F. Cabbages

The many varieties of cabbage can be widely dissimilar, but most have a short, broad stem and leaves or flowers that form a compact head. The most common cabbages are green and red cabbage, collards, kohlrabi, broccoli, Brussels sprouts, cauliflower, and kale. They're loaded with vitamin C, fiber, and possibly cancer fighting compounds to boot.

A. Green cabbage -Cabbage is quite versatile. You can cut it into chunks, boil it, and serve it with corned beef or other fatty meats. You can also use cooked leaves as wrappers for meat fillings, or shred raw ones

G. Fruit Vegetables

We don't usually consider the fruits of a plant to be vegetables, except for fruits that aren't very sweet. Tomatoes, squash, peppers, eggplants, and beans, for example, are all fruits, but we usually refer to them as vegetables.

1. Tomato -With their rich flavor and mild acidity, tomatoes have worked their way into thousands of recipes. Summertime is the best season for tomatoes; those sold at other times of the year are often bland.
2. Eggplants (brinjal or patlican) - This is a spongy, mild-tasting vegetable that's meaty yet low in calories. It's never eaten raw, but it can be baked, grilled, or sautéed. The best eggplants are firm and shiny eggplants with unbroken skin. Eggplants have fewer seeds, which are less bitter.
3. Cucumber (cuke) -These gourd relatives are crisp, cool, and juicy. A slicing cucumber is usually served raw in salads, sandwiches.
4. Fresh chile peppers - Fresh chile peppers include (fresh), banana chile, bird cherry pepper,, or cole slaw. Select heavy heads of cabbage that have shiny leaves.

2.2. Cooking a variety of vegetables dishes

A variety of vegetables dishes are cooked using suitable cookery methods and preserving optimum quality and nutrition. Different raw materials are used in cooking to produce a complete dish. Each ingredient in a dish has a special part to play and knowledge of what each food does is necessary to understand cooking thoroughly. The materials are classified according to the part they play in making a dish. The following is the major classification of raw materials:

- | | |
|--------------------------|------------------------------|
| 1) Foundation ingredient | 6) Flavorings and seasonings |
| 2) Fats & oils | 7) Sweetening |
| 3) Salt | 8) Thickenings |
| 4) Raising agents | 9) Eggs |
| 5) Liquids | |

- **Cooking Greens**

Green leaves which are used for cooking are discussed below:

A. **Spinach** -Spinach is packed with nutrients, and it's quite versatile. You can toss it raw into salads, or cook it briefly to make a side dish or soup. Of the two main varieties, smooth leaf spinach or flat leaf spinach or salad spinach is more delicate and better suited to salads than curly leaf spinach.

B. **Broccoli raab** -This is slightly bitter cooking green. It's best to just eat the florets and leaves; the stems are quite bitter.

C. **Kale** -Kale is a kind of cabbage with dark green, wrinkled leaves. It's prized more for its hardiness than its flavor or delicacy.

2.3. Suitable sauces and accompaniments to be served with vegetables

“Sauce is to culinary art, what grammar is to language” - Grimande De La Royere The word "sauce" is a French word that means a relish to make our food more appetizing. Sauces are liquid or semi-liquid foods devised to make other foods look, smell, and taste better, and hence be more easily digested and more beneficial. Because of the lack of refrigeration in the early days of cooking, meat, poultry, fish, and seafood didn't last long. Sauces and gravies were used to mask the flavor of tainted foods. Sauces are one of the fundamentals of cooking.

Sauces may be prepared. Sauces, such as soy sauce, which are usually bought, not made, by the cook; or cooked sauces, such as Béchamel sauce, which are generally made just before serving. Sauces for salads are called salad dressing. Another variation is the pan sauce; this is made by adding an aromatic (such as chopped shallot) to a pan that has previously cooked meat, which has left hardened juices (called the fond) in the pan.

A person who specializes in making sauces is often referred to as a "saucier", a French term borrowed for its situational usefulness. Sauces are an essential element in cuisines all over the world.

2.3.1 Sauces and accompaniments

Sauce is a thickened liquid that is flavored or seasoned to enhance the flavor of the food that it is to accompany. The sauce can be sweet, sour, spicy, or savory and may be added to the food to become part of a main dish or used as an accompaniment to the food being prepared. Sauces add a variety of features to foods, such as complimenting or enhancing flavors, succulence, attractive appearance, and additional texture.

Some the sauces which are served with vegetables are

A. Tomato Sauce

A tomato sauce is any of a very large number of sauces made primarily out of tomatoes, usually to be served as part of a dish (rather than as a condiment). Tomato sauces are common for meat and vegetables, but they are perhaps best known as sauces for pasta dishes.

The simplest tomato sauces consist just of chopped tomato flesh (with the skins and seeds optionally removed), cooked in a little olive oil and simmered until it loses its raw flavor, and seasoned with salt.

B. Vinegar Sauce

Vinegar sauce is a light, easy sauce that supplies a sweet, tangy, Asian flair to steamed vegetables. To make vinegar sauce, begin with seasoned rice vinegar, then stir in sugar, ketchup, soy sauce and sesame oil. Whisk thoroughly to blend the ingredients, then serve in a bowl for dipping. This type of sauce works well with many types of vegetables such as broccoli, cauliflower, asparagus and bell peppers.

C. Sweet Mustard Sauce (senafch)

Sweet mustard sauce provides a blend of sweet and tangy flavors to accentuate the flavors of steamed vegetables. To make the sauce, whisk together Dijon mustard and maple syrup, then blend in soy sauce and freshly ground black pepper. Serve the sauce as an accompaniment to steamed vegetables such as carrots, broccoli and cauliflower.

D. Yogurt Sauce

Yogurt sauce is a cool, refreshing sauce that provides a mild herb flavor to steamed vegetables. Place plain yogurt in a bowl, then stir in cumin, curry powder and salt. Use low fat or regular yogurt. You also can use Greek yogurt, which provides a rich, creamy consistency and tangy flavor. Serve yogurt sauce in bowls alongside steamed vegetables such as artichokes and asparagus.

E. Carrot and Pepper Sauce

Carrot and pepper sauce adds a fiery flavor to steamed vegetables. Start with fresh squeezed lemon or lime juice, and then blend in minced chili peppers such as peppers, minced garlic, grated carrot and a small amount of sugar. Serve carrot and pepper sauce for dipping or it sparingly over steamed vegetables like potatoes or broccoli.

1.4 Presenting vegetable

Vegetable should be presented attractively and neatly by using suitable garnishes, where appropriate.

Considerations for the presentation of Ethiopian foods including:

- Plate and portion size
- Temperature of plate appropriate for the temperatures of the food

- Placement of food
- Avoiding grease marks, spills and drips
- Removing grease marks, spills and drips

Use of appropriate sauces and garnishes

Self Check 2	Written Question
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NAME _____ IDNO _____

Part I

Instruction-give short answer

1. What are presentation techniques of vegetable dishes?
2. What is a vegetable?
3. Name four fruit vegetables.
4. Name four varieties of green vegetables
5. What must be the first thing to be done when preparing vegetables?

Operation Sheet 2	Preparing vegetable dishes
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1. Minced Abash Gomen/Zilbo

Ingredients

- 1 lb kale
- 1 cup red onions (chopped)
- ½ cup oil
- 1 Tbsp garlic (mashed)
- 1 Tbsp ginger (mashed)
- 4 cups water

Procedure:

1. Wash kale in cold water.
2. Tear the leaves from the stem.
3. Peel the stem and cut into small pieces.
4. Add the water to the kale and bring to boil.
5. Stir in the salt, oil, onion, garlic and ginger.
6. Cook until the kale is tender for 25 minutes.
7. Serve hot or cold. Serves 6. Refrigerate.

2. Pumpkin stew

Ingredients

- 1/2 kg of sun-dried pumpkin
- 3 grams of crushed red onion
- 1 milliliter of oil
- 2 tablespoons of wet spices
- ½ tablespoon of white spice
- 2 tablespoons of honey
- ½ teaspoon onion
- 1 teaspoon of salt

Procedure

1. Boil red onion well in water.
2. Adding onion, adding oil,

3. When the water comes well, massage and cook, including awaze.
4. Adding the wet spice and dried pumpkin

3. Habesha Gomen(Sauted Greens)

Ingredients

- 1 1/2 tablespoons nitter kibbeh or oil
- 4 cloves garlic minced
- 1/2 onion diced
- 2 hot chilies minced
- 1 bunch of greens kale, chard, collards, spinach etc. spine removed and chopped
- 1 1/2 tablespoons soy sauce
- ground pepper to taste

Procedure

1. In a frying pan, melt the nitter kibbeh or heat oil over medium heat. Add onion and garlic and saute for a minute or two stirring frequently.
2. Add in the greens and saute for another couple minutes
3. Add in the soy sauce, black pepper and a couple of tablespoons of water.
4. Reduce heat and stir occasionally until greens reach desired tenderness, about 5 minutes.
5. Serve hot on Injera

4. Traditional Salad

Ingredients

- 1 big Tomato's
- 2 cucumbers
- 4 – 5 carrots
- 5Leaves lettuce
- 2tbs.lemons juice
- Salt to test
- Olive oil

Procedure

1. Cut every things small cubes and mix it

5. Green Salad

1head lettuce - rinsed, dried and shredded

2 large tomatoes, chopped

Salt to test

$\frac{1}{8}$ Teaspoon ground black pepper

1 teaspoon minced garlic

Procedure

1. Combine all the ingredients together in a large salad bowl
2. Serve immediately

6. Potato salad

Ingredient

9potatoes, peeled

$\frac{3}{4}$ cup chopped onions

2tbs. oil

2teaspoons salt

$\frac{1}{2}$ teaspoon celery seed

$\frac{1}{3}$ Cup distilled white vinegar

Procedure

1. Place potatoes in a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain, cool, and slice thin.
2. Combine potatoes, celery seed, pepper oil vinegar and salt together in a salad bowl
3. Serve

7. Ethiopian Beet & Root Salad

Ingredient

5potatoes, peeled and diced

5 red beets

$\frac{1}{4}$ cup fresh lemon juice

2Tbsp.oil

2Tbsp onion (finely diced)

Salt to test

¼ yellow mustard seed

1 Chile seeded finely diced

Procedure

3. Wash and trim the beets, and simmer in a medium saucepan for about 35 - 45 minutes (depending on size), or until tender.
4. Remove the beets from the liquid and remove skins with a paper towel. Cut into bite sized pieces.
5. Meanwhile, in a separate saucepan, gently simmer the potatoes for 20 – 25 minutes, or until tender. Drain the potatoes, and let them dry out a little in the warm pot.
6. While the beets and potatoes are cooking, dice the onion and jalapeño, and place them in a large serving bowl with the lemon juice and peanut oil. When the potatoes have dried off a little, add them (still warm) to the onion mixture, and gently combine.
7. Add the beets, and stir through until everything is a lovely pink shade.
8. roast the yellow mustard seeds just until they start popping, then pour them over the salad, along with the salt.
9. Stir well to combine.

10. Keysir alcha

Ingredient

- 1 tbsp olive oil
- 1 tsp chopped galic

- 1 tsp chopped ginger
- 1/2 jalapeno chopped
- 1 medium onion chopped
- 2 medium beets peeled and cubed
- 1 potato peeled and cubed
- 1 tsp Berbere powder optional
- salt to taste

Procedure

1. On a heated pan, add oil and chopped garlic, ginger, and jalapeno.
2. Add onions and fry until onions are translucent. Then add the beet and mix.
3. Season with salt and Berbere if using. Add water and cover with the lid. When beet is cooked half way through add potatoes and allow it cook.
4. Serve with Injera or rice.

9. Atakilt Wat /Ethiopian Cabbage Carrot &Potatoes Wat)

Ingredient

- ½ head medium green cabbage chopped
- 3 medium carrots peeled and diced
- 3 medium potatoes peeled and diced
- 4 tablespoon virgin olive oil
- 1 medium onion sliced
- 1 green chili slit
- 2 garlic cloves grated
- 1 inch ginger grated
- ½ teaspoon turmeric powder
- 1 teaspoon cumin powder
- ½ teaspoon black pepper freshly crushed or to taste
- sea salt to taste

Procedure

1. Heat oil in a large pan. Add in onion, green chili, carrots, and potatoes. Saute over medium flame for about 5 minutes until the onion potatoes and carrots are slightly golden.
2. Add in grated ginger, garlic, turmeric powder, cumin powder, crushed black pepper, and salt. Saute for about 2 minutes until fragrant.
3. Add in cabbage, saute to combine, simmer the flame cover and cook for about 15-20 minutes until the vegetables are completely tender. Saute in between.
4. Once ready, serve hot with your choice of meal.

10. **Shahsuka with Ethiopian Berber**

Ingredient

2 shallots, finely sliced

1 tablespoon olive oil

1 can of diced tomatoes (or about 2 fresh tomatoes if you want to go that route)

2 tablespoons tomato paste

1 tablespoon berbere spice

4 eggs

salt and pepper, to taste

chives, diced to garnish

fresh parsley and/or dill to garnish

Procedure

1. Heat olive oil in a frying pan and saute shallots until just slightly brown and toasted.
2. Add tomato paste, mix until it coats the shallot and allow to fry for one more minute,
3. Add whole can of diced tomatoes and cook over medium-low and stir every so often until bubbling.
4. Add berbere, salt, and pepper and mix (if you like it really spicy, add a bit more

paste is fragrant.

5. Make 4 "wells" and crack an egg in each well.
6. Sprinkle with a little more salt and pepper (if needed) and then reduce the heat to low and cover.
7. Let cook for a few minutes until the whites are opaque and set. You can gently shake the
8. Cook a little longer for a solid yolk.

pan to see if the yolks move, meaning they are runny

Remove the pan off the heat immediately once cooked and finish off by sprinkling chives and dill/parsley. Enjoy with injera or fresh bread while still hot!

NOTES

We find this serves two if we're hungry (with a little leftover) or up to four if you're having other dishes in the meal. I've even crammed six eggs in a larger pot if you need to stretch it out a little bit.

3.11 Cabbage stew

Ingredients

- ½ kg of cabbage
- 1 cup of crushed onion
- 4 medium peppers (cut into dice)
- 2 cups of water
- ½ teaspoon of crushed garlic
- 2 milliliters of oil/butter
- Salt to taste

Procedure

1. Clean the cabbage well and cook it by adding it to hot water.
2. Remove the fruit from the pepper and chop it into small pieces.
3. Finely chop the cooked cabbage.
4. Cook the onion in a little water and add the oil and cook.
5. Add the chopped cabbage and cook until the water boils.
6. Add all t

3.12 Vegetable stew / red / for 1 person he spices and mix well

Ingredients

- 3 grams of grated carrot

3 grams of mashed potatoes
3 grams of crushed phosolia
2 tablespoons of onion
Salt to taste
1 milliliter of oil

Procedure

1. Saute and cook the red onion in oil.
2. Add the onion and fry it again.
3. Dry roasting, including carrots.
4. Dry laying, including fossils,
5. Leave it to cook, including wet spices and water.

3.13 Anchote

Ingredients

- 250 gm anchote
- 1 TPS.butter
- 1 TPS oil
- 1tsp. salt
- 1 TPS turmeric powder
- 100gm onion
- 2 clove garlic
- 1tsp.pepper

Procedure

1. Wash & peel the anchote.
2. Cook in the boiling water until tender.
3. Strain & mash in the food masher.
4. Melt the oil add chopped onion, garlic, turmeric powder and anchote & cook for 20 minutes.
5. At the end add butter, salt and pepper
6. Serve with injera

Unit Three: Preparing cereal and legumes dishes

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Types of Dried Legumes
- Cooking Dried Legumes.
- Preparation of Grains in food service

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Distinguish the major Types of Dried Legumes
- Prepare Dried Legumes
- Understand about Grains

3.1. Types of Dried Legumes

A **legume** is a plant that bears seed pods that split along two opposite sides when ripe. Legumes include beans, peas, lentils, and a number of other plants. In culinary usage, we use the word to refer to the seeds from these pods, especially when they are mature and dried. (Do not confuse the English meaning of *legume* with that of the French word *legume*, which means “vegetable.”) Dried beans and peas have been used as food for thousands of years, and they continue to be important foods today. In fact, with today's increased interest in healthful eating and in vegetables of all sorts, as well as a greater knowledge of cuisines from around the world, many more interesting varieties of beans are widely available now than only a few years ago. Legumes are high in protein and, thus, are important in vegetarian diets. They are rich in B vitamins and minerals. Some legumes, like the soybean, are also rich in fat.

The three most important types of dried legumes are kidney beans, peas, and lentils. In addition, several other unrelated legumes, including chickpeas, beans, soybeans, and lima beans, play smaller roles on the menu. The following descriptions include most of the commonly available beans.

Kidney Beans

Most of the many-colored beans in the illustrations are types of kidney beans. These are all varieties of one species of plant—the same plant that gives us the common green bean. Their flavors and textures vary slightly, but their cooking and handling characteristics are similar, although some may require longer cooking times than others.

The members of this group are white beans of various sizes. The term *kidney bean* is then used for the remaining beans in this family, which have colors other than white.



Figure 3.2.1 Red kidney beans

Peas

Dried green and yellow peas are the same peas we eat as a fresh vegetable, but they are left on the vine until mature and dry. They are usually split, with the hull removed, in order to speed cooking time, although whole peas are also available. Split peas cook quickly without preliminary soaking.



Figure3.2.2. Red kidney beans

Lentils

Lentils are small, lens-shaped legumes. They have a shorter cooking time than kidney beans, even when whole, and do not need soaking. If desired, however, they may be soaked, resulting in an even shorter cooking time.



Figure3.2.3 Split Lentiles

Other Legumes

A number of other legumes are also important

Chickpeas, also called garbanzos, hard, yellow-brown beans about twice the size of peas and best known as the main ingredient in hummus .They stay firm and whole when cooked and have a nutty flavor. Dried chickpeas are also ground into flour

Soybeans are one of the world's most important bean crops because of their high protein content as well as their rich oil content. Fresh soybeans are used as a vegetable. Dried soybeans are very

hard and require a long cooking time, but they are not often cooked and eaten directly. Rather, they are used to make a variety of other foods, such as soy sauce, soybean paste or bean curd.

3.2. Preparing Dried Legumes

Because dried beans, peas, and lentils are dry and hard, they must be rehydrated—that is, they must absorb water—in order to be made edible. Thus, the primary cooking method used to prepare dried legumes is simmering. Once the beans are cooked and tender, they can be finished in a variety of ways.

A. Kikalicha

If you don't have a high tolerance for spicy food, then you're going to be thankful for kikalicha. It refers to an Ethiopian lentil stew made from split peas, niterkibbeh, and turmeric. Unlike many of the dishes in this Ethiopian food guide, it isn't made with any berbere so it isn't nearly as spicy as dishes like dorowat and sigawat.

Kikalicha is a mildly flavored stew made with yellow split peas simmered with garlic, onions, ginger, turmeric, and niterkibbeh. It's a popular type of vegetarian stew that's often served as part of a combination platter. Like any wat, its best enjoyed with injera.

B. Miser Wat

It's a spicy stew made from red lentils, niterkibbeh, and berbere. Like kikalicha, it's a common dish at restaurants and often served as part of a larger communal platter.

To prepare, onions are slowly simmered with niterkibbeh followed by garlic, tomato paste, and a generous amount of berbere. Red lentils are then added and slowly simmered until they become nice and soft and soak up all the seasonings. Depending on the cook, an extra helping of niterkibbeh and berbere can be thrown in at the end for an even spicier finish.

C. ShiroWat

Like dorowat, shirowat is one of the most popular types of Ethiopian stews and something you'd surely find on a mixed platter at any Ethiopian restaurant. It's made with ground chickpea flour cooked with onions, garlic, and other ingredients like ginger, tomatoes, and chili peppers.

Shirowat has a smooth and creamy texture is best paired with shreds of injera.

D. Buticha

Buticha refers to an Ethiopian dip made with chickpeas or fava beans mixed with onions, peppers, lemon juice, olive oil, mustard, cloves, and other spices. It's an easy-to-make dish prepared by blending the ingredients together until a smooth consistency is achieved.

Here you can see buticha served as part of a larger platter with other vegetarian dishes like misirwat.



Figure 3.3.1 Buticha

E. YetsomBeyaynetu

If you find yourself at a restaurant in Addis Ababa on a Wednesday or Friday and are unsure what to get, then you may want to go with the yetsombeyaynetu. It doesn't refer to any specific Ethiopian dish but a mixed platter of strictly vegan dishes served with injera. *Yetsom* means “fasting” while *beyaynetu* means “a bit of every type”, so yetsombeyaynetu is essentially a communal platter of fasting food.

Only vegan food is served on fasting days so every Ethiopian restaurant in Addis Ababa will offer some form of yetsombeyaynetu on Wednesdays and Fridays. They're comprised of different stews and curries, many of which are featured in this Ethiopian food guide. It's a great way of sampling as many meat-free dishes as possible in one sitting

Preparation of grains

Teff The grains are small (1000 grains weigh 0.3 - 0.4 g) and the foreign particles are removed by winnowing. The grains are contaminated with soil by the threshing procedure, and the large soil particles are picked out by hand.

Barley The grains are soaked in hot water for 5 minutes, pounded in wooden mortars and left in the sun to dry. The husks are blown away. The grains are again pounded slightly, left to dry and the remaining husks are blown away. This procedure wastes about 15 % of the crop.

Emmer wheat The grains are cleaned with the help of a sefied (straw plate) and foreign particles are removed by hand. After drying in the sun, the grains are pounded in wooden mortars and the husks are blown away. By this process about 25% of the initial weight is lost.

The grinding of grains can either be done between two stones in the home or in the local mill, which nowadays is more and more common. This milling process gives an extraction rate of about 90- 95%.

Preparation of Enjera

Enjera is thin, pancake-like, sour, leavened bread, which can be made of either tef, corn, sorghum, barley or a mixture of two or three of these, depending on which is the main crop in the area. Enjera has been prepared since at least 100 B.C. The way in which it is prepared differs according to the type of cereal, the altitude, and the temperature. Investigations were carried out in different areas, among some ethnic groups, as shown in the following table:

Tef enjera Preparation The flour is mixed with water to form a dough and kneaded by hand. A leaven (ersho) is added. The leaven can be obtained in different ways, for example, a small amount of the previous enjera dough may be saved for the next dough or the bowl may be left uncleaned after the dough is made and the small quantity left will be sufficient for leavening. If no enjera leaven is available, one can use the local beer (tella).

The enjera is allowed to ferment for 1-5 days. Most often 3 days of fermentation are allowed, but, if time is scarce, the dough is fermented for only 1 or 2 days. The long-fermented enjera will give a better sourer taste and look nicer.

During the fermentation period a top layer consisting of mould and a yellow liquid appears. The custom is to remove this in order to get an enjera with a nice texture. Poor people cannot afford to throw this away. The liquid can also be used as a leaven.

A small part of the dough is added to boiling water and this mixture is stirred until it starts to boil again, after which the whole mixture (called absit) is added to the enjera dough. This gives the dough the right fermentation before baking starts. More water is added, if necessary. About 30 minutes afterwards the baking can start. The pH value of the dough is 4.0-5.0.

In the northern part of the country (at a higher altitude) the preparation of the enjera differs, in that the flour is toasted lightly on the mitad and the clay container with the dough is put in the warm ash or in the sunshine for a few hours, in order to start the fermentation process. The time for fermentation is 4-5 days.

Corn enjera in the Oromo communities in Shoa Province is made in a different way, as far as investigation shows. The corn is crushed between stones, and hot water is added to form thick dough. This dough is fermented during the day and after that the dough is kneaded twice between stones, and water is added to obtain the desired consistence of the dough, which is then baked.

Baking. The enjera pan (mitad) is made of clay and has a diameter of 45-60 cm. The mitad is heated and cleaned with a piece of cloth. The pan is greased with kale and rape seeds. The dough is put on the pan in a circular shape, forming a thin cake, which is first baked without a cover for about 45-60 seconds. After that the cover is put on and the bread is baked on one side. The total baking time for one enjera is 2 1/2 - 3 1/2 minutes. The temperature in the middle of the enjera during the baking process was found to be 88-90 degrees C. The weight of one tef enjera is 350-450 g and of one corn enjera 400-500 g.

The bread is removed from the fire with the help of a straw plate and allowed to cool down. After the baking is finished, some rape seeds are put on the mitad until the next time for baking. Enjera can be kept for 3-4 days.

Self check 3

Question

Name _____ IDNO _____

Part I

Direction: Choose the best answer for the following.

- _____ 1. One of the following is different from the others
 - A. Peas
 - B. Wheat
 - C. Lentils
 - D. Chick peas
- _____ 2. The best cooking method for preparing injera is
 - A. Baking
 - B. Stewing
 - C. Frying
 - D. Boiling
- _____ 3. The best cooking method for preparing injera is
 - A. Buticha
 - B. Azifa
 - C. Shiro wat
 - D. Miser wat
- _____ 4. Which one is not true about Injera?
 - F. Injera is gluten free
 - G. Used for accompaniment
 - H. Have no any nutrient
 - I. Injera is staple
- _____ 5. Ethiopian wet preparation is different from other culture by using
 - A. Onion
 - B. Niter kibbeh
 - C. Garlic
 - D. Black pepper
- _____ 6. Ethiopian wet preparation is different from other culture by using
 - A. Onion
 - B. Niter kibbeh
 - C. Garlic
 - D. Black pepper

Part II

Direction: Give the short answer for the following

1. What are the basic ingredients to prepare Ethiopian wat?
2. Write some common Ethiopian spices.
3. Name some traditional dishes of Ethiopia which are prepared from legumes.

Operation Sheet # 3 Preparing cereal and legumes dishes

Recipes of cereal and legumes dishes

3.1 Yoshiro we't

Ingredients

- 1 ½ cup spiced powdered peas
- 2 cups water
- 1 cup red onion(chopped)
- 1 cup oil
- To taste salt
- ¼ tsp. garlic
- 2 green paper

Procedures:

1. Fry onion with oil in a pan until brown
2. Add water and let it boil then sprinkle spiced powdered peas a little at a time, stirring to prevent lumps
3. Add spices and cook until sauce is smooth and thick
4. Add sliced green paper and serve

3.2 Yemiser Kik We't(key)

Ingredients

- 2 cups split lentils
- 6 cups water (boiled)
- 2 cups red onion (chopped)
- 1 ½ cups oil
- 1 Tbsp. ginger
- 1 tsp. garlic
- 1 cup red pepper (berbere)
- ¼ tsp. black cumin

Procedures:

1. wash lentils and boil for 5 minutes then remove the lentil from heat drain and reserve water for later use
2. Cook onion adding oil and stirring gently until golden brown
3. Add red paper, garlic, ginger and liter water to prevent sticking
4. Add the lentils to the onion and add reserved water stirring to prevent mixture from sticking to the bottom of the Pan.
5. Add black cumin and salt to taste simmer for 20 minutes then serve hot or cold
6. serving

3.3. Yemiser Kik Acha wat

Ingredients

11. 1/4 cup (36.25 g) dry split yellow peas soak overnight or 2 hours.
12. 1/4 cup (36.25 g) dry split green peas soak overnight or 2 hours.
13. 1 1/2 cups (375 ml) water.
14. 2 teaspoons oil.
15. 1/2 (0.5) red onion chopped.
16. 4-5 garlic cloves minced.
17. 2 teaspoons ginger minced.
18. 1/3 teaspoon (0.33 teaspoon) turmeric powder

Procedures:

1. Soak the yellow split peas in plenty of cold water for 1 hour.
2. Drain them.
3. Boil three times the volume of split peas in water. As soon as the water comes to a boil, add the drained split peas.
4. Add the onion and cook, covered, for 45 minutes, or until the split peas are tender, stirring occasionally.
5. Season with salt, mix, and cook for 1 minute. Add the garlic, ginger and turmeric and cook for another 10 minutes.
6. Add the niter kibbeh and the peppers. Mix well so that the aromas diffuse in the split peas.
7. Serve piping hot with injera

3.4 Bozena Shiro /for 1 person/

Ingredients

- 1/2 kg of chopped beef or large meat
- 3 grams of crushed red onion
- 15 grams of syrup
- 4 tablespoons of crushed garlic
- 3 tablespoons of wet spices
- ½ tablespoon of onion
- 1 milliliter of wet spice mixed with milk or water
- 4 tablespoons of butter
- 1 teaspoon of turmeric
- 2 teaspoons of salt

Procedure

1. Boil the red onion in hot water.
2. Add onion and fry well.
3. When the water comes, dry roast the meat, including the meat.
4. Stir well including wet seasoning.
5. Add hot water to make sauce.
6. When it boils, remove the syrup or add a little more.
7. After mixing well, let it cook with butter and add the crushed garlic.
8. Taping, including wet seasoning,
9. Prepare and serve hot salt without thickening or straightening,

3.5 Azifa

Ingredients

- Lentils 1 cup

Lemon juice 3medium

Salt to taste

Green peppers 3medium

Red onions 3medium

Black pepper 1/2tsp

Ginger powder 1/2tsp

Cooking oil 1cup

Mustard powder 1tbsp

Procedure

1. Boil Lentils until they are soft. Drain the water and mash
2. Chop green pepper and onion
3. Mix the mashed lentils with oil, mustard and lemon juice.
4. Add the green peppers, onions, ginger, salt and the black pepper.
5. Mix well and refrigerate. Serve cold as needed.

Note Azifa will not keep for too long.

Azifa-is vegetarian dish usually served during .it is eaten with injera or bread or can be served with lettuce and tomatoes and cottage cheese for alight, diet snack.

3.6. YeAter Fifit

Ingredients:

1/2 cups of peas

2 cups chopped red onion

11/2 cups of oil

4 cups of water

¼ teaspoon of garlic

½ teaspoon of ground dry ginger

¼ teaspoon of peppercorns

3 medium peppers, split lengthwise

Salt to taste

4 bread

Procedure

1. Cook the onion in a pan.
2. Boil the oil and add 2 cups of water.
3. Cook for 5 to 1 minute, including the atura.
4. Add garlic, ginger and two cups of water and cook the ataru.
5. Add pepper and salt.
6. Take it out and mix it with the bread on a plate and serve it hot or cold

3.7 YSuf Ftfif

Ingredients:

- 2 cups of wool
- 2 cups chopped chilies
- ½ teaspoon chopped onion
- ¼ teaspoon of grated ginger
- ¼ teaspoon minced garlic
- Salt to taste
- 1 cup of water
- 4 to 6 loaves

Procedure

1. Boil the wool for 15 minutes and strain the water.
2. Shake until it shakes;
3. Mix the ground with 4 cups of water and strain.
4. Combine onion, ginger, pepper and salt on the sheltered wool.
5. Breaking the bread and offering

3.8 Seljo

Ingredients:

- ½ kilogram of white bean flour
 - 3 liters of water
 - 1 liter of soy water
 - Wet spice mixed with water
 - 1 gram of mustard powder
 - 5 heads of garlic
- Water of 5 fruits of ginger is crushed and 5 spoons of water are mixed and sheltered.

5 pieces of unpeeled ginger,

1 fruit crushed in clean water / crushed and mixed with 5 soup spoons of water and sheltered.

Preparation

1. Soak the bean flour in cold water.
2. Concealment so that there is no interest,
3. Immerse yourself in lukewarm water, including on the surface.
4. Lower the flame and let it cook quickly while simmering.
5. When it is cooked, take it out and put it in a pot or a plastic container and stir it with a wooden spoon.
6. Put the garlic and ginger in a clean container so that it doesn't blow when it is fixed, and put it in a cold place to ferment for three days.
7. Charting Siboka with other sources

3.10 Foul (fuul)

Ingredients:

- 1cup cooked beans
- 1/3 cup olive oil
- 3tbsp. chopped chili pepper
- 3tbsp.diced tomato
- 1/4 tsp. Cardamom
- 1/2 chopped small onion
- bread

Procedure:

1. Boil beans in a saucepan, then lower heat and simmer
2. Mash and cook down until similar to the consistency of refried beans
3. Add oil and other spice for taste
4. Cook for 15 minutes over low heat
5. Add chill powder until it reaches desired spiciness
6. Serve in a bowl, garnished with chopped tomatoes and chill pepper
7. Serve with bread

3.11 Yeshimbira Assa

Ingredients

Red onion 250gm

Chick pea flour	250 gm
Water	250ml
Oil	125 ml
Red pepper cardamom	1/2tsp
Ginger	1/4tsp
Garlic	1/4tsp
Salt	to taste

Procedure

1. Cook onions in a medium pan until brown. Add 5tbsp. water and mix.
2. Add red pepper and oil stirring to mix, add the remaining water cook well set aside.
3. Mix pea flour with water adds oil, rub with fingers.
4. Pre heat oven, shape dough in a little fish-like figures, place on baking sheet, and bake until golden brown.
5. Replace the pan of cooking onions on medium heat and add spices add the chick pea cake and stir gently for 15 min .serve hot.

3.12. Yeshinbira ‘buticha’

Ingredients

2 cups	powdered chick peas or lentils
½ cup	Oil
1 cup	Red onion (chopped)
1 Tbsp.	Mustard
2 Tbsp.	Lemon juice
¼ tsp.	Salt
¼ cup	red pepper (berbere)
4 cups	green pepper

Procedure:

1. Mix chick pea powder with red pepper in 1 cup of water and cook over low heat for 10-20 minutes.
2. Remove from stove and set aside.
3. Blend green peppers with red onion, oil, black pepper, mustard, lemon juice and salt to taste.

4. Add this to the powder mixture, blend well, cook and serve.
5. Makes 6 servings. Refrigerate

3.13 Injera

Ingredients

Teff or rice wheat or barely flour	1 1/2lb.
Water	2liter
Yeast	2pkt

Procedure

1. Sift flour mix with liquid in large bowl and add yeast mix together.
2. Leave covered for 2-3 days until fermentation begins water rises to the top.
3. Carefully discard the water, boil 2cups of water.
4. Take 1cup of the mixture, put in the boiling water (Abseet)
5. Cool and pour back in to the original pot. Add more water, cover and Let stand till the mixture rises.
6. Pre heat pan cake pan(injera mitad)at 420°.Take 3/4cup of the mixture and pour in to the pan slowly, starting at the edge, going clockwise, in circles and coming to the center.
7. Cover pan 2-4 min.When ready the rim of the injera will rise from the pan.
8. Remove immediately.

Note: Injera is served with all kind of dishes on any occasion and eaten with fingers.

3.14 Annebabero

Ingredients

2 lbs.	Wheat flour
1 tsp.	Baking powder
To taste	Salt
1 Tbsp.	red pepper (berbere) or red pepper paste (awaze)
1 cup	butter or oil
4 cups	water (lukewarm)

Procedure

1. Add wheat flour to lukewarm water and rub with your fingers to form a pancake-like mix.

2. Add baking powder and salt, mix well. Spread in a round pizza pan and bake over a low heat for 50 minutes; remove and set aside.
3. Make a second crust of the same size and in the same way. Before the second crust is well-done, pour some of the butter (about $\frac{1}{2}$ cup) on it, spread and put the first crust top (like a sandwich).
4. Repeat this process until you run out of the first cup of the butter. In a small bowl, mix remaining butter or oil with red pepper and spread lightly over the hot crusts. Make sure that both sides are spread evenly.
5. Cut in small squares or pizza slices to serve. Should make about 4 annebabereros cover and store in a cool place. Serve hot or cold.

Note: Annebabero is a delicious snack or appetizer.

3.15. Dabo Qolo

Ingredients

- 1 lb. Wheat flour
- 1 cup cooking oil
- 2 tbsp. Sugar
- To taste salt
- 2 cups water

Procedure

1. Put wheat flour, sugar, salt in a bowl and mix thoroughly, adding water a little at a time.
2. Knead until the dough is a thick, smooth paste.
3. Add sugar or salt and oil. Knead for 15 more minutes.
4. Roll into thin strips, $\frac{1}{4}$ inch thick, and cut into thin pieces with scissors.
5. Deep-fry in boiling oil until crisp and brown.
6. Serve hot or cold.
7. Store in covered container indefinitely.

Note: - For variation, add a little red pepper while kneading or food coloring as desired.

For variation, add a little red pepper while kneading or food coloring as desired.

3.16. Hibist

Ingredients

- 2 lb. All purpose flour

3 pkt.	Yeast
1 tsp.	Bishop's weed
¼ tsp.	Nutmeg
½ cup	oil (cooking)
3 ½ cups	water
To taste	salt

Procedure

1. Dissolve yeast ½ cup of warm water.
2. Add 2 lbs. all purpose flour in 3 cups of water.
3. Add bishop's weed, nutmeg, and ½ cup oil and knead.
4. Cover and leave overnight at room temperature.
5. Knead again the next day.
6. Pour into steamer pan and decorate by hand.
7. Keep water boiling over low heat to steam bread 3 hours or while wooden pick inserted in center comes out clean.
8. Serve hot or cold. Makes 6-8 servings.
9. Store covered, refrigerate or at room temperature.

3.17. Genfo

Ingredients

- 1 cup of wheat flour
- tbsp niter kibbeh (Ethiopian clarified butter)
- 1 tbsp berbere
- ½ tsp cardamom
- cups water

Procedure

1. Start by adding the cardamom to the flour and mix.
2. Boil the water then start adding the flour mix slowly while reducing the heat, stirring thoroughly so as to avoid any lumps from forming and until the mix moistenes well enough.
3. Then transfer the Genfo to a mid-sized bowl, and create a hole right in the middle.

3. 18. Chachbissa

Ingredients

- 1 cup of all-purpose wheat flour
- tbsp niter kibbeh (Ethiopian clarified butter)
- tbsp berbere
- 1 tsp salt
- 1 cup water

Procedure

1. Start by adding the cardamom to the flour and mix.
2. Boil the water then start adding the flour mix slowly while reducing the heat, stirring thoroughly so as to avoid any lumps from forming and until the mix moistenes well enough.
3. Then transfer the Genfo to a mid-sized bowl, and create a hole right in the middle.

3. 19. Kinche

Ingredients

2grams / 4 cups of coffee / wheat or barley flakes

Quarter liter of milk

Half a liter of water

2 tablespoons of oil

2 tablespoons of butter

1 teaspoon of salt

Procedure

1. Wash the chickpeas well in cold water.
2. Boil the oil and salt with the water and the milk or only with the water.
3. When it boils, add the wheat.
4. Waiting for the water to come without rinsing.
5. Take it out when the water comes.
6. When it cools down, put butter on top and mix it slowly while simmering on fire and serve it hot

3. 20. Yesuf fitfit

Ingredients

- 2 cups of wool
- 2 cups chopped chilies
- ½ teaspoon chopped onion
- ¼ teaspoon of grated ginger
- ¼ teaspoon minced garlic
- Salt to taste
- 1 cup of water
- 4 to 6 loaves

Procedure

1. Boil the wool for 15 minutes and strain the water.
2. Shake until it shakes;
3. Mix the ground with 4 cups of water and strain.
4. Combine onion, ginger, pepper and salt on the sheltered wool.
5. Breaking the bread and offering it,

3. 21. Yeater fitfit

Ingredients

- 1 1/2 cups of peas
- 2 cups chopped red onion
- 1 1/2 cups of oil
- 4 cups of water
- ¼ teaspoon of garlic
- ½ teaspoon of ground dry ginger
- ¼ teaspoon of peppercorns
- 3 medium peppers, split lengthwise
- Salt to taste
- 4 bread

Procedure

1. Cook the onion in a pan.
2. Boil the oil and add 2 cups of water.

3. Cook for 5 to 1 minute, including the atura.
4. Add garlic, ginger and two cups of water and cook the ataru.
5. Add pepper and salt.
6. Take it out and mix it with the bread on a plate and serve it hot or cold.

Lab Test 3	Practical demonstration
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Name: _____ Date: _____

Time started: _____ Time finished: _____

Instructions:

1. You are required to perform any of the following:
2. Arrange all the necessary tools, materials and ingredients.
3. Submit your outputs to your teacher for evaluation.
4. Perform the following tasks in front of your teacher:
 - a) Prepare Yeshinbira buticha
 - b) Prepare Azifa
 - c) Prepare Genfo
 - d) Prepare Chachbissa
 - e) Prepare Yemiser Kik We't(key)
 - f) Prepare Kinche
5. Request your teacher for evaluation and feedbacks

Unit Four: `Working in team

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Demonstrating good teamwork in kitchen.
- Organizing and following a kitchen routine
- Maintaining high standard of personal and work-related hygiene practices

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Demonstrate good teamwork in kitchen.
- Organize and follow a kitchen routine
- Maintain high standard of personal and work-related hygiene practices

4.1 Demonstrating good teamwork in kitchen

Teamwork, a group of people working together to achieve a common goal.

A good teamwork with all kitchen and food service staff is demonstrated to ensure timely, quality service of food.

Demonstrating good teamwork with all kitchen and food service staff includes:

- Identification of purpose and aim of team
- Goal setting
- Planning and organizing work routines
- Strategies for the promotion of corporate working environments including:
 - ✓ Good communication
 - ✓ Mutual respect
 - ✓ Understanding roles and responsibilities
 - ✓ Positive working relationships
- Application of codes of conduct, workplace policies and procedures

4.2. Organizing and following a kitchen routine

Routine –means a course of actions to be followed regularly; a standard procedure a set of normal procedure, often performed mechanically OR / a set of instructions designed to perform a specific task,/ A kitchen routine for food service is organized and followed to maximize food quality and minimize delays in the kitchen or cuisine in different organizations /establishments.

Clarification of work requirement

This describes the interpreting of schedules and plans, as well as a clear understanding of procedures to be undertaken and the targets to meet.

When the requirements of the standards' met, employees understand the role their work

- plays, in maintaining quality output
- Motivated work force supports management in detecting, solving, correcting and preventing problems in the production area.
- Identification of the required resource

- Doing any work related with modern dairy production system we have to allocate the necessary resources which, proper and suitable to undertake the general work activities.

It is usually done within routines methods and procedures where some discretion and judgment is required in the selection of equipment and materials, organization of work, services, and actions to achieve outcomes within time and budgetary constraints should be properly allocated. The resource, which allocated used to achieve the work. Some of the resources are, materials, tools and equipment, financials, labours, machinery, personal protective equipment, etc, have to be allocated so as to run the work properly

4.3 Maintaining of personal and work-related hygiene practices

A good, sound health and safety program is an effective way to manage risks and productivity in your operation.

- ✓ Accidents are not only costly in human terms, but they can disrupt the flow of work and halt production.
- ✓ There are always hidden costs.
- ✓ The actual injury to an employee is only the “tip of the ice berg”. A good health and safety program should include the following components:

4.3.1 Written Health and Safety Policy

This simple statement shows your commitment to health and safety for all employees. It only needs to be a few sentences or a short paragraph.

4.3.2 Written Safety Rules

A set of basic rules for your operation as well as specialized safety rules for specific tasks, equipment or processes need to be developed. The list should not be long and unmanageable. Rules should be simple and easy to understand and may need to translate into a worker’s language. The rules should be reviewed with all new employees, as well as posted for all employees to see

4.3.3 Safety Director/coordinator

You need to appoint someone to look after safety as a part of their job. You may also want to have a safety committee or safety representatives from both workers and management. This will keep safety out front all the time.

4.3.4 Employee Training

- ✓ Employees should receive periodic training as necessary to review safety procedures.

- ✓ New employees should receive safety training both before and on the job.
- ✓ Close -calls or accidents should trigger an immediate review of procedures and safety with employees.

4.3.5 Workplace Inspection

- ✓ System of workplace inspection should be set up to review hazards and practices in the workplace.
- ✓ Any time that there is a new process introduced or new machinery installed, an inspection should take place
- ✓ Employees should be encouraged to report hazards, close calls or anything out of the ordinary that could lead to

4.3.6 Injury Emergency Plan

- There should be an emergency plan for any accident, fire, disaster or other unexpected event that may occur
- Employees should know what their responsibilities are during an emergency.
- Plan could include what to do during fires, power failures etc.
- Documentation is important
 - ✓ To keep records of training
 - ✓ Safety meetings/concerns
 - ✓ Corrective actions for accident investigations etc. as “Due Diligence”.

4.3.7 Managing West material from kitchen waste products

- Liquid waste
- Solid Waste
 - ✓ Damaged product
 - ✓ Out of date products

Self-Check 4	Written Test
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NAME _____ IDNO _____

Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page:

Part I choose the best answer

- _____ is the interpreting of schedules and plans, as well as a clear understanding of procedures to be undertaken and the targets to meet in working place.
 - Develop Health and Safety Program
 - Clarification of work requirement
 - Written Health and Safety Policy
 - Written Safety Rules
- Group of people working together to achieve a common goal
 - Group
 - Social
 - Team work
 - Mutual respect
- _____ is not for the promotion of corporate work environment.
 - Good communication
 - Mutual respect
 - Negative work relationship
 - Positive work relationship

References

[:http://www.foodsubs.com/Tubers.html](http://www.foodsubs.com/Tubers.html)

<http://www.marketfresh.com.au/download.asp>

Wayne Gislen Professional cooking 7th edition

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