

## Berbere Lentils

**Season:** All

**Serves:** 30 tastes in the classroom  
or 4 serves at home

**Fresh from the garden:** garlic, onion, tomato

**Recipe source:** Eva and Maria Konescny from Gewürzhaus ([www.gewurzhaus.com.au](http://www.gewurzhaus.com.au))

This tasty lentil dish relies on a traditional Ethiopian spice mix called berbere, made from an array of spices (see **Berbere Spice Mix** recipe). It can be served with **Injera Bread**, a traditional Ethiopian flatbread. This is a good dish to serve alongside roasted vegetables.

### Equipment:

metric measuring scales,  
jug and spoons  
clean tea towel  
chopping board  
cook's knife  
sieve  
large saucepan  
wooden spoon  
serving platters

### Ingredients:

250 g red or brown lentils  
4 tbsp unsalted butter  
1 onion, finely chopped  
4 garlic cloves, finely chopped  
2 tbsp **Berbere Spice Mix**  
1 tomato, roughly chopped  
1 L vegetable or chicken stock  
¼ tsp salt, to taste  
**Injera Bread**, to serve



### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Rinse the lentils under cold water in the sieve.
3. Melt the butter in the saucepan over a medium heat, add the onion and fry until golden brown.
4. Add the garlic and half of the **Berbere Spice Mix**. Fry until fragrant, about 30 seconds.
5. **\*Add the lentils, chopped tomato and stock and bring to the boil.**
6. Reduce the heat to low–medium and simmer uncovered for about 20 minutes for red lentils or 45 minutes for brown lentils, stirring occasionally. As the lentils cook the mixture will thicken.
7. Once the lentils are cooked, add the remaining **Berbere Spice Mix**, salt to taste and serve immediately with **Injera Bread**.

**\*Adult supervision required**