

June 2019



*Abay Ethiopian Dishes*

# Recipe Book

[www.abayethiopiandishes.com](http://www.abayethiopiandishes.com)



# Tomato Wot

This product can be picked up from the 18 injera, wot and kulet stores in Greater Toronto area and Ottawa

\*\*\*to locate all the 18 stores, go to [www.abayethiopiandishes.com](http://www.abayethiopiandishes.com)

## Directions:

- Empty it in a pot
- Boil on stove top or microwave
- Serve it with injera, rice, pita bread or pasta





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# Spicy Potato and Tomato Wot

\*\*\*to locate all the 18 injera, wot and kulet stores, go to [www.abayethiopiandishes.com](http://www.abayethiopiandishes.com)



## Directions:

- Boil your ½ liter tomato wot on a cooking pot
- If it is too spicy, add any of your favorite tomato sauce, boil together
- Add 2 cups of water
- Peel and chop 1 cup potato
- Add potato in the diluted tomato wot
- When potato is cooked and ready to eat, salt and spice to taste
- Serve with injera, rice or pita bread
- The sauce and injera can be picked up at any of our 17 stores in Toronto





# Mushroom, Eggplant and Tomato wot

\*\*\*to locate all the 18 injera, wot and kulet stores, go to  
[www.abayethiopiandishes.com](http://www.abayethiopiandishes.com)



## Directions:

- Boil  $\frac{1}{2}$  liter of Abay Ethiopian Dishes Tomato wot with 2 cups of water
- Add 1 cup of chopped eggplant
- After 15 minutes of cooking, add  $\frac{1}{2}$  cup of zucchini and mushroom
- Serve this wot with rice or injera, rice or pita bread



# Spicy, Vegan, Misir wot

\*\*Order frozen misir from [abayethiopiandishes.com](http://abayethiopiandishes.com) or from any of the 18 injera,wot and kulet stores

## Directions:

### Option A

- Defrost in microwave or stove top low heat
- Heat it to boil then serve with injera

### Option B

- Add 1 liter of water to ½ liter spicy kulet
- Add 1/2 cup of cooking oil (optional)
- When sauce boil, pour washed and strained 1 ½ cup misir then cook until misir is ready
- Salt and spice to taste
- Serve with injera





# Vegan Yeshiro wot SPICY (powdered chick peas wot)

\*\*\*to locate all the 18 injera, wot and kulet stores, go to  
[www.abayethiopiandishes.com](http://www.abayethiopiandishes.com)

## Directions:



\*\*You can use the quarter  
key or alichu (spicy or non  
spicy) base

### Heat to Eat

- Defrost and heat to boil and serve with injera
- Or defrost in the fridge, pour it in the cooking pot. Boil, stir and salt to taste and serve with injera

### Cook to Eat

- Or for spicy shiro, take half a liter of spicy Abay Ethiopian kulet, pour it in cooking pot
- add 1 liter of water in the sauce let it boil. Then add 4 cups of shiro powder in the pot with your left hand while you stir the mix with your right hand. Let it boil for about 20-30 minutes
- it will be as thick as pancake mix, then serve with injera



## Key Doro Wot (Spicy Ethiopian Bird... hen, chicken)

Buy 1 litre Ethiopian spicy or Red kulet (order online) [www.abayethiopiandishes.com](http://www.abayethiopiandishes.com) or buy it at our 18 stores. *Our website has store locator tab for your nearest store.*

### Ingredients:



- \*1 Liter Spicy Kulet
- \*1 hen, or whole chicken cut into 12 pieces thoroughly washed (lemon & salt) *(for Ethiopian style cut google "doro mebelet") Wash pieces of the chicken or hen*
- 8 washed & brushed with oil chicken legs baked in oven for about 20 minutes (380°C) *The purpose of baking chicken legs in oven for a bit is ( just to peel skin off(only if you wish),and keep chicken legs in tact from breaking in pieces and get rid of blood or any unwanted substance) then wash it with water to make sure it is clean and firm*
- 8 boiled,peeled and pocked eggs..so the Kulet sauce can enter whole egg to give it rich taste
- add half liter tomato sauce — if you like it mild (optional)

### Directions:

- empty 1 liter spicy kulet in a large pot. (pot that will hold about 4 liter wot)  
*If you want your wot or sauce mild, add half a liter tomato sauce*
- let it boil for about 10 minutes stirring it occasionally
- add three quarter liter water in the kulet and let it boil together
- add 8 washed and (oven very lightly baked chicken legs)or whole chicken (hen) in small 12 pieces in the sauce
- let it cook together for 20-30 minutes in medium heat stir occasionally
- hen will need more time to cook (about 1 hour) check to see if the hen is cooked by pocking it with knife or fork  
Add quarter cup Ethiopian butter (optional)
- stir occasionally add 8 boiled peeled and slightly pierced or pocked eggs in the sauce. stir .taste salt and let it cool serve with Injera, or rice, or pita bread or even pasta

