

# International Flavor Series- Ethiopian Doro Wat Family Recipe



*Part of the international flavor series, this recipe, adapted from an authentic family recipe, was prepared and offered to students throughout several schools in Cambridge. The recipe was presented to the district through community outreach and collaboration with the Cambridge Public Health Department, and the Community Engagement Team, Department of Human Services . The International Flavors Series was created in order to bring authentic international recipes, reflecting the diversity of Cambridge Students and families, into the school menu.*

## INGREDIENTS:

Oil, Vegetable	1 Tbsp
Onions, Yellow, Diced	1 cup
Garlic, Fresh, Minced	2 cloves
Ginger, Ground, Dry (or Fresh, Chopped	1/2(1) tsp
*Berbere Spice Mix	2 Tbsp
Tomatoes, Canned, Crushed	1, 15oz can
Tomatoes, Canned, Diced	1, 15oz can
Water	2 cups
Chicken, Cooked and Diced	1 pound
Scallions, Fresh, Thinly Sliced	¼ cup
Rice, Brown, Cooked (optional)	2 ½ cups
Injera, Ethiopian Bread (optional)	1 or 2 rounds

**This recipe makes 4 servings.**

## PREPARATION METHODS:

1. In a large skillet or medium sized pot warm the vegetable oil over medium high heat.
2. Reduce the heat to low and add the onions. Stirring occasionally for 10 minutes until soft and golden.
3. Add the garlic and cook over low for another 5 minutes.
4. Add the ginger and the Berbere Spice and cook for another 3 minutes stirring frequently to incorporate the spice.
5. Stir in the tomatoes and water.
6. Increase the heat to high and bring the mixture to a boil. Once boiling reduce heat to simmer for 30 minutes.
7. After 30 minutes add the cooked chicken and bring back to a simmer.
8. Cook for another 10 minutes or until the chicken is heated through and breaks apart.
9. Serve the Doro Wat over the brown rice and garnish with the sliced scallions. Serve with Injera.

*\*This can be purchased or to make your own: Blend the following spices together to create 2 cups of the Berbere Spice Mix:*

¾ cups- Pure Chili Powder  
½ cup- Sweet Paprika  
¼ cup- Kosher Salt  
4 tsp- Coriander, Ground  
2 tsp- Ginger, Ground  
1 ½ tsp- Cardamom, Ground  
1 ½ tsp- Fenugreek, Ground  
1 tsp- Nutmeg, Ground  
1 tsp- Allspice, Ground  
½ tsp- Cloves, Ground

