

# Ethiopia

Africa

## Menu

### 1. Injera (recipe altered for US cooks)

Ingredients:

- 1 cup buckwheat pancake mix
- 1 cup biscuit mix
- 1 egg
- 1 Tbsp. oil
- 1 1/2 cups water

Directions:

Cook like a pancake.

### 3. LAB

Ingredients:

- 1 lb. small curd cottage cheese
- 4 Tbsp. plain yogurt
- 1 Tbsp. grated lemon rind
- 1 tsp. salad herbs and salt
- 2 Tbsp. chopped parsley
- 1/4 tsp. black pepper

Directions:

Combine ingredients. Drain using cheesecloth. The mixture should be firm when served. Place one or two heaping tablespoons of LAB on Injera to serve.

### 2. Doro wot

Ingredients:

- 3 cups onion, finely chopped
- 1/4 cup olive oil
- 1/2 tsp. cayenne pepper
- 1 tsp. paprika
- 1/2 tsp. black pepper
- 1/4 tsp. ginger
- 1 cup water
- 1 3-lb chicken cut into 1-inch pieces and soaked in 2 cups water with 1/4 cup lemon juice for 10 minutes

Directions:

In a 4-6 quart Dutch oven or stew pot, combine onion and seasoning. Add water and then chicken mixture. Cover and simmer until chicken is fully cooked.

### 4. Coffee

## Consumption comparisons

Average calories per person, per day

United States of America: 3,699

Ethiopia: 1,858

Percentage of children underweight

United States of America: 1%

Ethiopia: 48%

## Life in Ethiopia

The population is overwhelmingly rural, with the highest density of people found in the central highlands. Ethiopians generally live with their extended families in a group of thatched huts that are clustered together. The Ethiopian people have faced difficult upheavals, including major famines.

## Typical meal

Grains like millet, sorghum, wheat, and ancient teff form the basic diet of Ethiopians.

## Ubah's travel



Ubah Ali, 5, is eating rice and drinking milk at the World Vision therapeutic ward. She came from a small village and spent 10 days on the road. Her sister died on the way because they did not have enough food and water.

References:

Sandle, Bea. The African Cookbook. New York: Carol Publishing Group, 1993.

Millstone, Erik and Tim Lang. The Penguin Atlas of Food: Who Eats What, Where, and Why. 2003. Penguin Books: New York.