

MISIR WOT

Misir Wot is a delicious Ethiopian lentil stew that is flavorful and comforting. It is typically made with red lentils and a rich blend of spices.

Here's a simple recipe for making Misir Wot.

Ingredients:

1 cup red lentils rinsed and drained
3 cups water
2 tablespoons vegetable oil
1 large onion finely chopped
3 cloves garlic, minced.
1 tablespoon berbere spice mix (Ethiopian spice blend) or substitute with a mix of paprika, cayenne pepper, and other spices for a milder flavor
1 tablespoon tomato paste
1 teaspoon ground cumin
Salt to taste
Fresh cilantro or parsley for garnish (optional)

Instructions:

In a medium-sized pot, combine the red lentils and water. Bring to a boil over medium heat, then reduce the heat to low and simmer for about 15-20 minutes or until the lentils are tender and cooked through. Stir occasionally to avoid sticking.

Once cooked, remove from heat and set aside.

In a separate larger pot, heat the vegetable oil over medium heat. Add the chopped onions and cook until they become soft and translucent.

Add the minced garlic to the onions and sauté for another minute until fragrant.

Reduce the heat to low and add the berbere spice mix and ground cumin to the onion and garlic mixture. Stir well to combine and let the spices release their flavors for a couple of minutes.

Add the tomato paste to the pot and mix it with the spices until well incorporated.

Transfer the cooked lentils to the larger pot with the spiced onion mixture. Stir everything together until the lentils are fully coated with the spices and tomato paste.

Add about a cup of water to the lentils, adjusting the amount based on your desired consistency. Bring the mixture to a simmer and cook for an additional 10-15 minutes, stirring occasionally, to allow the flavors to meld together.

Season with salt to taste.

Once the Misir Wot has reached the desired thickness, remove the pot from the heat.

Serve the Misir Wot hot, garnished with fresh cilantro or parsley if desired.

Misir Wot is typically enjoyed with injera, but you can also serve it with rice or bread.

It's a flavorful and satisfying dish that will transport you to the rich culinary world of Ethiopian cuisine. Enjoy!

