



Travel the World via Your Spice Cabinet Culinary Class with Chef Lisa Fidler January 22, 2015

Ethiopia Chicken Stew with Lentils

Highlighted Spice is BERBERE

Berbere is a spice mixture whose constituent elements usually include chili peppers, garlic, ginger, basil, korarima, rue, ajwain or radhuni, nigella, and fenugreek. It serves as a key ingredient in the cuisines of Ethiopia and Eastern Africa

Ingredients

1 1/2 cups red lentils, rinsed thoroughly
2 1/2 lbs. boneless, skinless chicken thighs Tonight we used diced
1 Tablespoon butter
2 teaspoons olive oil
4 cups chopped red onions (about 3 medium)
5 cloves garlic, finely chopped
1 Tablespoon fresh ginger, minced
5 Tablespoons Berbere* Tonight we used 3T
1/2 cup dry red wine
1 14 oz. can (or equivalent) diced tomatoes
2 cup chicken broth
2 Tablespoons fresh lemon juice
1 Tablespoon kosher salt

Directions

Spread rinsed lentils in the bottom of a 5- to 6-quart slow cooker and place chicken pieces on top of the lentils.

In a large skillet, heat butter and oil over medium-high heat. Add onions and cook, stirring often, until soft (4-6 mins.). Add garlic and ginger and cook until fragrant, stirring often, 1-2 mins. Add berbere and cook, continuing to stir, 2-4 mins. Add wine; use a wooden spoon to scrape cooked bits from the bottom of the skillet. Add tomatoes and their juice.

Pour the onion mixture over the chicken and lentils in the slow cooker; add broth. Cook until the chicken is tender and falling apart, 5 hours on High or 7-8 hours on Low. Add lemon juice and salt; stir to combine the stew. Serve with rice.