

East African Spiced Lentils

Serves 4

Basically an Ethiopian recipe, but most East African countries have something similar. The berbere is quite strong, so adjust to taste and add gradually to your lentils. I double or triple the berbere spice when I make it, so I have some ready for the next time I want to cook it!

Ingredients

2 medium onions, chopped
Sesame oil (untoasted) or peanut oil, for frying
2–3 garlic cloves, chopped
250g red lentils, rinsed
2 tbsp berbere spice mix (recipe below)
400g tin chopped tomatoes
400ml water
Salt and black pepper

Yoghurt/Kefir Yoghurt/Coconut Yoghurt and flat bread to serve

For the Berbere Spice

2 cloves
1 tbsp fenugreek seeds
½ tsp cumin seeds
1 tsp coriander seeds
2 tbsp cayenne pepper
2 tbsp paprika
1 tbsp salt
1 tsp ground turmeric

½ tsp each of ground allspice, black pepper, ground cardamom, and ground nutmeg

Method

1. To make the berbere, toast the cloves with the fenugreek, cumin and coriander. Grind in a pestle and mortar or coffee grinder and add the cayenne, paprika, salt, black pepper, cardamom, nutmeg, turmeric and allspice.
2. Fry the onions. When softened, add the garlic, lentils and berbere to the pan. Mix well, then add the tomatoes and water. Bring to the boil, turn down the

heat and simmer for 30 minutes, adding more water if necessary. The lentils should be soft, but not quite dissolved.

- 3.** Season; eat with organic bread and thick organic kefir yoghurt or coconut yoghurt.