TIBS ? ADDIS - ABEBA

Ingredients
(for 4 people)

600 g minced or diced beef
2 large onions
3 cloves of garlic
2 tomatoes (peeled and seeded)
1 tsp cumin powder
1 tsp saffron
1 tsp paprika
3 tbsp sunflower oil
Salt, pepper

For the crepes (Injera)

350 teff or buckwheat flour
900 ml water

Preparation:

Prepare the crepes the day before. Pour 250 ml of water into a mixing bowl, add the teff or buckwheat flour, and then add the rest of the water.

Beat the mixture energetically to obtain a smooth batter. Cover with a clean cloth and leave at room temperature for 24 to 48 hours (the batter should rise and the surface should crackle).

The next day, blend the batter and leave to rest for 5 minutes.

Heat a small amount of oil in a non-stick pan, pour one ladle of batter into the pan, and cook for 1 to 2 minutes on each side (the pancakes should be thick).

Prepare the meat: heat the sunflower oil in a stew pot and sauté the chopped onions, garlic and tomatoes.

Add the spices and meat and simmer on low heat for 30 minutes.

Season with salt and pepper and serve on the crepes.

