

Doro Wat Recipe

Hands on Time: 40 minutes
Total cooking time: 3 Hours
Servings: 4

INGREDIENTS

For the Doro Wat:

275g boneless chicken breast / thighs, cut into 1-inch cubes (or cooked turkey)
2 tablespoons fresh lemon juice
2 tablespoons niter kibbeh (or butter or ghee)
2 tablespoons extra virgin olive oil
1 large onion chopped
2 cloves garlic grated
2cm (1 tablespoon) grated ginger
100g butter
125ml white wine
1 teaspoon of honey
250ml chicken stock or water
1 teaspoon salt
1 teaspoon berbere or if you prefer something less hot then prepare your own mix to your own taste (see recipe)
4 hard boiled eggs pricked all over

Instructions

1. Make the niter kibbeh (see recipe). You can use plain butter or ghee if you prefer but this is really easy to make and makes the whole house smell wonderful.
2. Place the chicken pieces in a bowl and pour over the lemon juice. Allow to sit at room temperature for 30 minutes.
3. Heat the niter kibbeh and the olive oil in a large sauté pan covered on a low heat for 45 minutes stirring occasionally.
4. Add the garlic, ginger and one third of the butter (30g) and covered continue to sauté covered for another 20 minutes.
5. Add the berbere or the alternative spice mix and the rest of the butter and sauté covered on a low heat for 30 minutes.
6. Add the chicken, stock, salt, wine, honey and bring to the boil and simmer for 45 minutes.
7. Adjust the seasoning and the boiled eggs. Simmer for another 15 minutes.
8. Halve the eggs and serve with the stew on top of the injera.

Adjustments

If you prefer a thicker sauce add a cup of red lentils 20 minutes before end.

