

Injera Recipe

INGREDIENTS

Injera

Makes about 12 “pancakes”

- 3 cups of self raising flour
- ½ cup of finely milled whole wheat flour
- ½ cup corn flour
- 1 teaspoon active dry yeast
- 3.5 cups warm water

Instructions

1. In a large bowl, mix all ingredients together and beat until smooth.
2. Cover with a cloth and leave to prove for at least one hour (but 3 or 4 hours is fine). It will expand in size and so make sure your bowl is big!
3. Heat a large skillet over medium/high heat. You don't need any fat.
4. Using a scoop, pour batter (about half a ladle) into the skillet creating a circle to fill the pan. Carefully swirl the pan around to thin out the batter until it fills the pan.
5. You will see the bubbles appearing. Allow the bread to cook through. Do not flip!
6. Once cooked, slide onto a plate and keep warm while you cook the rest.

If you have injera left over then roll up and store in an air tight container in the fridge. You can use them as wraps or as an alternative to bread.

How to serve

Serve the doro wat on top of the injera.

This works well with a lentil/spinach based side dish or any roasted vegetable.

