

Zigni

This Eritrean beef stew is bursting with flavor!



Thank you to Shewit, for helping us with this recipe!

Ingredients

1 lb. lean beef roast; cubed
1 can diced tomatoes
4 green onions (only the white part); sliced
2 garlic cloves; sliced (not diced)
1 small onion; sliced (not diced)
3 tbsp berbere (recipe below, ingredients to the right)
½ tsp sugar
½ cup fresh coriander leaves; finely chopped
Vegetable oil
Salt, to season

BERBERE

2 tsp Cumin seeds	½ inch cinnamon bark
6 cloves	½ tsp black pepper powder
1 tsp cardamom seeds	½ tsp fenugreek seeds
1 tsp Coriander seeds	
1 tsp red chilli powder	
4 garlic cloves	
2 tbsp hot paprika	
¼ tsp turmeric powder	

Instructions

- 1) Start with the Berbere ingredients. Place all of the spices in a pan on on medium heat and cook them for a few minutes until fragrant and a bit brown. Be careful not to leave them on too long or they'll burn! Once cooled, grind into a powder using a spice or coffee grinder. If you don't have one, you can use a pestle and bowl. Extra spice can be saved in a jar, stored at room temperature, to use as a rub on fish and other meats prior to cooking.
- 2) Heat 4-5 tbsp vegetable or olive oil in a deep bottom pan; sear the beef cubes in batches and keep aside.
- 2) Add more oil if necessary and when medium hot, add the garlic, onions and spring onions. Cook till softened and then add the berbere.
- 3) Mix well to combine and cook on low heat for a minute.
- 4) Next add the tomatoes and mix well. Add the sugar and season with salt. Cook on medium for 2 minutes and then add the seared beef cubes.
- 5) Add 2 cups water and bring to boil. Taste and season with salt if necessary.
- 6) Simmer and cook till the beef pieces are tender and soft (stir occasionally and add more water if necessary).
- 7) Finish with fresh coriander leaves mixed through.
- 8) Let sit for 15-30 minutes prior to serving, serve with Injera!

Enjoy!