

Atakilt Wat

Makes Approx. 4 – 6 Servings

Atakilt Wat is a cabbage and potato stew that is served on injera bread. As we have seen, cabbage is a common staple for Ethiopian dishes. Combined with potatoes, carrots and Berbere, this dish is very simple and a common daily part in dinners all over Ethiopia.

Amount	Size	Description
4	Small	Potatoes – Cubed
1	Medium	Onion - Diced
3	Cloves	Garlic – Minced
1	Tsp.	Ginger - Grated
4	Medium	Carrots – cut into 1” lengths
1	Tbl.	Old Norse World Cuisine Ethiopian Berbere
1	Medium	Cabbage – Cored and cut into 1” cubes
1	Tbl.	Turmeric
½	Tbl.	Ginger Powder
½	Tbl.	Black Pepper
½	Tbl.	Cumin
-	-	Salt and Pepper to Taste
-	-	Canola Oil

1. Heat a pot to medium-high. Add a little canola oil.
2. Add the onion and garlic. Sauté until the onions start to become translucent.
3. Add the Ethiopian Berbere, turmeric, and ginger. Stir to coat the onions.
4. Add the cabbage, carrots, and potatoes to the pot. Stir to combine and cover.
5. Simmer for about 15 minutes until the vegetables are tender, but still crunchy.
6. Season with salt and pepper to taste.
7. If more tender vegetables are desired, add a little water and simmer a little longer.
8. Serve warm with injera.

