

# Awaze Beef Tips

Makes Approx. 6 Servings

*Little is known about the origins of Awaze sauce, but we do know that it has been used for centuries. It is normally very hot and spicy but can be made mild. There are some tales of how Awaze sauce was made by the Amharians and made it so hot that the Roman army wouldn't steal any of the Ethiopians food. A few forensic culinarians believe this may have some truth to the story, as the Romans would take the Berbere that is used in Awaze and use it to trade with the Somalians. The belief is that the Romans did not trust the spiciness of the Berbere, and we also know that Berbere never made it past the Somalian region. Regardless of if the tale is true or not, Awaze sauce is a deep rich flavor that is especially unique to the Ethiopian region.*

Amount	Size	Description
<i>Awaze Sauce</i>		
3	Tbl.	Old Norse World Cuisine Ethiopian Berbere
1	Tea.	Black Pepper
½	Tea.	Cumin
½	Tea	Ground Ginger
½	Tea.	Salt
1	Tbl.	Olive Oil
¼	Cup	Water
<i>Beef Tips</i>		
1 ½	Lbs.	Beef – Cut into 1 ½” Cubes
1/3	Cup	Niter Kibbeh – Can use clarified butter as a substitute
½	Medium	Onion – Diced
2	Cloves	Garlic – Diced
1	Tbl.	Lemon Juice
1	Large	Jalapeno Pepper – Diced with Seeds Discarded
½	Tea.	Black Pepper
½	Tea.	Salt
¼	Cup	Cilantro – Coarsely Chopped
-	-	Canola Oil

## Awaze Sauce:

1. Add all the spices together in a medium size bowl.
2. Add the oil and a little water.
3. Mix well. Add a little more water and stir.
4. Repeat the process until a paste is formed.

## Beef Tips:

1. Heat a skillet to medium-high.



2. Add some canola oil, then add the beef once the oil is heated.
3. Add the salt, black pepper and the Ethiopian Berbere to the beef.
4. Stir and cook until the beef is browned.
5. Once the meat is browned, remove it from the skillet.
6. Add the Niter Kibbeh to the skillet to melt.
7. Add the onions and garlic and sweat for a minute or two.
8. Add the Awaze sauce and stir well.
9. Allow the mixture to simmer for about 5 minutes on low heat.
10. Add the beef with the lemon juice.
11. Continue to simmer for 5 more minutes.
12. Place a portion on a plate and top with a little cilantro.

