

Ethiopian Beef & Noodles

Makes 8 – 10

This dish is a great example on how the Italians influenced the cuisine of the Ethiopian people. Using the Italian pasta, the Ethiopians, used their own Berbere spices to season the meat, used large tomato dices and curdled milk. In the last 50 years, milk has been replaced with cottage cheese. When serving the dish, it will look amazingly like an Italian Spaghetti.

Amount	Size	Description
1	Lb.	Ground Beef – 85% Lean
¾	Cup	Unsalted Butter
2 – 3	Tbl.	Old Norse World Cuisine Ethiopian Berbere
4	Cups	Sweet Onion – Finely Diced
3	Clove	Garlic – Minced
½	Cup	Tomato Paste
2	14.5 Oz.	Diced Tomatoes
16	Oz	Spaghetti Pasta
8 ½	Oz	Cottage Cheese
-	-	Parsley for Garnish

1. Preheat a pot to medium high.
2. Melt the butter and add the onions. Continue to sauté until the onions start to turn brown.
3. Add the beef, garlic and berbere. Cook until the meat is cooked through.
4. Add the tomato paste and simmer until it starts to turn a deeper red.
5. Add the tomatoes and simmer for about 30 minutes, until a thicker sauce remains.
6. In a separate pot, fill with water and bring to a boil.
7. Add a few large pinches of salt and the pasta.
8. Once the pasta is cooked, save 1 cup of water. Drain the pasta.
9. To prepare a few servings, add some pasta to a large skillet that's preheated to medium high.
10. Add a little of the reserved water and some of the meat mixture to the skillet.
11. Stir and toss for a few minutes until the pasta water reduces.
12. Plate the pasta into a shallow mound, then top with more of the meat mixture.
13. Place a spoonful of cottage cheese in the center of the meat mixture.
14. Sprinkle a little minced parsley over the top to add a little color.

