

Ingudai Tibs – Ethiopian Sauteed Mushrooms

Makes Approx. 5-6 Servings Cups

Ingudai Tibs is a complexing dish when it relates to the history of Ethiopia. There is very little documented about how and in what quantities mushrooms were used in their cuisine throughout the centuries. When considering the many theories around the long ancestral cuisine of the region, the strongest may be that since the mushrooms had to be harvested from the forest floors, it may not have been seen as appropriate spiritually. But as modern times have forced hunger upon the region, mushroom farms have gained in popularity to aid in supplying nutrition for an increasing demand. We can accept that when mushroom cuisine has been historically documented, there have been dishes that closely resemble Ingudai Tibs.

| Amount | Size | Description |
|---------|--------|---|
| ½ | Medium | Onion – Medium Julienne |
| 10 – 12 | Medium | White Mushrooms |
| ½ | Large | Tomato – Cut into 6 – 8 Wedges |
| 4 | Cloves | Garlic – Minced |
| 2" | Length | Ginger Root – Minced |
| 3 | Tbl. | Old Norse World Cuisine Ethiopian Berbere |
| 1 | Tbl. | Water |
| - | - | Salt and Pepper to Taste |
| - | - | Parsley to Taste |
| - | - | Canola Oil |

1. Heat a skillet to medium heat. Add a little oil to the skillet and allow to heat.
2. Add the onions and sweat for 1 – 2 minutes.
3. Add the mushrooms and sweat until they start to turn darker.
4. Add the garlic and ginger. Stir and sauté for 1 – 2 minutes.
5. Add the tomato wedges and stir again.
6. In a separate bowl, add the Ethiopian Berbere and water and stir to make a thick paste.
7. Add the paste to the mushroom mixture. Stir to evenly coat.
8. Season with salt and pepper and add parsley. Mix well.
9. Serve as a side dish to many other dishes.

