

Injera – Ethiopian Flatbread

Makes Approximately 6 – 8 Servings

Injera is a bread where the batter is fermented for up to 5 days. It is used with soups, stews, and various meats. Ethiopians will tear a strip and use it as a spoon, or place some of the dish on the bread. Injera uses a type of flour that is specific to Ethiopia, called Teff. Since Teff flour is made from an Ethiopian grass, it is considered a very cultural and regional condiment. If no Injera is available, then a local flat bread can be used.

Amount	Size	Description
2	Cups	Teff Flour
3	Cups	Distilled Water
1	Cup	Water

1. In a large bowl, mix the flour and water.

Tip: Teff Flour is an Ethiopian gluten free flour made from the eragrostis tef plant. Unlike other forms of flour, the eragrostis tef plant is related to the grass family and not wheat. It is difficult to use for the first time, so mixing it with a little barley flour will make it a little easier. Teff flour comes in both dark and lighter varieties.

Tip: Why distilled water? The fluoride and chlorine found in tap water will interfere with the fermentation process.

2. Loosely place plastic wrap over the top of the bowl. Air still must be exchanged during the fermentation process. The covering is to keep any dust out.
3. Place the bowl in a space that is room temperature for 4 – 5 days.
4. Pour off any Aerobic yeast that has formed on top. The remaining dark clay-like batter will remain.
5. Stir the batter well.
6. Using a small saucepan, bring the water to a boil.
7. Take ½ cup of the Injera batter and add to the boiling water. Stir well.
8. Pour the mixture back into the injera batter and mix well.
9. Add more water until the batter is thinner, resembling a crepe consistency.
10. Heat a non-stick skillet to medium. Spraying a little oil into the skillet may be helpful.
11. Spread some batter into the skillet. The thickness should be greater than a crepe, but less than a pancake.
12. Allow the batter to bubble. Let the bubbles pop.
13. Once the bubbles have popped, place a lid on the skillet and take off the heat.
14. Let the steam in the skillet and lid cook the Injera for a few minutes.
15. Use a spatula to remove the Injera.
16. Repeat for all the batter.

