

Miser Wot- Ethiopian Spiced Lentils

Makes Approx. 6 Servings

With lentils being a major crop in the Ethiopian highlands, it is a major ingredient in many of the vegetarian dishes. Miser Wot is a very common dish during periods of fasting. With its simplicity and the robust flavor of Berbere, it has been enjoyed for centuries. It is normally served along with injera.

Amount	Size	Description
3	Tbl.	Unsalted Butter
1	Medium	Onion – Finely Chopped
1	Tsp.	Ginger – Minced
2	Tbl.	Tomato Paste
2	Tbl.	Old Norse World Cuisine Ethiopian Berbere
1	Cup	Red Lentils
2	Cups	Water
¼	Cup	Cilantro - Chopped

1. Heat a pot to medium heat and add the butter.
2. Once the butter is melted, add the onions. Sauté until the onions are translucent. Keep stirring them often so they do not burn.
3. Add the garlic, ginger, tomato paste and Ethiopian Berbere. Stir and combine for 2 minutes until fragrant.
4. Add the water and stir.
5. Rinse the lentils then add to the mixture.
6. Reduce the heat to low and cover the pot. Simmer for 30 minutes until the lentils are tender.
7. Check halfway through and add a little water if the lentils are still dry and the water is almost soaked up.
8. Once done, spoon into a bowl and top with chopped cilantro and injera on the side.

