

# Shiro Wat

Makes Approx. 4 Cups

*Shiro wat is a stew that is enjoyed for either lunch or dinner. It has traditionally been made with small amounts of bite size beef cubes, or completely meat free. The vegetarian version of Shiro Wat has origins that date back almost 2000 years and continues to be a nutritious meal during times of fasting. Since Ethiopia has had a combined spiritual presence of both Orthodox Christianity and Islam, Shiro Wat was served on Wednesday and Fridays for fasting, during the 8 weeks of the Great Lent and during Ramadan.*

Amount	Size	Description
½	Cup	Canola Oil
½	Cup	Chickpea Flour
2	Medium	Onions – Pureed
1	Large	Roma Tomato – Pureed
4	Cloves	Garlic – Minced
2	Tbl.	Niter Kibbeh
2 – 2 ½	Cups	Water
3	Tbl.	Old Norse World Cuisine Ethiopian Berbere
1	Tea.	Garlic Powder
¼	Tea.	Sugar
1	Large	Jalapeno Pepper – Diced.
-	-	Salt to taste
-	-	Injera for Serving

- Using a heavy bottom pot, heat it to medium-high.
- Add the pureed onions to the dry pot and cook for a few minutes until they become dry and start to color.
- Add the oil and Ethiopian Berbere. Stir and cook until fragrant.
- Add the tomato and garlic. Stir and cook for 2 minutes.
- Slowly add half the flour, stirring constantly.
- Slowly add one cup of water while stirring.
- Add the remaining flour stirring as it is added. Using a whisk will be useful with this mixing.
- Continue to stir as another cup of water is added.
- The remaining half cup of water can be added if a thinner consistency is desired.
- Heat until the Shiro Wat starts to bubble and pop.
- Add the niter kibbeh, garlic powder, sugar, and salt to taste.
- Simmer for about 10 minutes over low heat until everything combines, and the oil starts to separate.
- Scoop out a little into a bowl, garnish with some jalapeno, and serve with injera.

