

Atakilt Wot (potatoes and cabbage)

Total Yield: 1/2 cup

Shelf Life: _____

Allergens: _____

Components

Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import

Carrot, Whole Fresh

Potato, Yukon Whole Fresh

Onion, Yellow Whole Fresh

Garlic, Whole Clove Peeled Fresh

Spice, Xawaash Blend (subrecipe)

Salt, Coarse Kosher

Spice, Turmeric Ground

Cabbage, Green Fresh Whole

Water, Tap

Spice, Xawaash Blend

Total Yield: 0.019 oz

Shelf Life: _____

Allergens: _____

Components

Spice, Peppercorn Black

Spice, Cardamom Pods Green

Spice, Cinnamon Stick

Spice, Clove Whole

Spice, Cumin Whole

Spice, Turmeric Ground

Spice, Coriander Seeds

Stew, Ethiopian Fish

Total Yield: ~2/3 cup

Shelf Life: _____

Allergens: fish

Components

Fish, Tilapia 3-5 oz Filet Boneless Skinless Raw

Onion, Red Diced Fresh

Tomato, Diced Canned

Garlic, Whole Clove Peeled Fresh

Ginger, Root Fresh

Pepper, Jalapeno

Spice, Berbere Blend

Spice, Turmeric Ground

Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import

Herb, Cilantro Fresh

Rice, Yellow

Total Yield: 3/4 cup

Shelf Life: _____

Allergens: milk

Components

Rice, Basmati

Butter, Ghee Niter Kibbeh (subrecipe)

Spice, Turmeric Ground

Spice, Cumin Ground

Spice, Coriander Ground

Herb, Cilantro Fresh

Water, Tap

Butter, Ghee Niter Kibbeh

Total Yield: ~1/8 oz

Shelf Life: _____

Allergens: milk

Components

Butter, Unsalted

Onion, Red Whole Fresh

Garlic, Whole Clove Peeled Fresh

Ginger, Root Fresh

Spice, Cardamom Pods Green

Spice, Clove Whole

Spice, Cinnamon Stick

Spice, Oregano Leaf Dried

Spice, Turmeric Ground

Spice, Fenugreek Seed Dry Ground