

MISIR ALICHA

Serves 8

Submitted by:

Blue Nile Ethiopian Cuisine

Country of origin:

Ethiopia

Ingredients

1/4 cup olive oil

1 tablespoon chopped (puréed)
ginger

1 tablespoon salt

1/2 cup chopped tomatoes

1 cup rinsed red lentils

1/2 cup chopped onion

1 tablespoon chopped (puréed)
garlic

1 teaspoon turmeric

3 cups water

1 teaspoon black cardamom

Method

In a large pot, heat oil on medium heat until hot. Add onions and sauté 4-5 minutes until almost translucent. Add ginger puree, garlic puree, turmeric, tomatoes, and salt. Continue cooking until onions are completely translucent (10 minutes) while stirring constantly.

Be careful not to burn. Add water and lentils, turn heat down to low heat. Cover pot and stir occasionally for next 10-15 minutes. Lentils cook quickly so be sure to keep an eye on it. Add cardamom when lentils are fully cooked (but not mushy). Cook 5 more minutes then remove from heat.

"This Traditional Ethiopian, vegan and gluten free, dish is served at Blue Nile Ethiopian Cuisine. Located at 181 North Main St, in Harrisonburg, VA." ~Blue Nile Ethiopian Cuisine