

Plant-Based Ethiopian FEAST Cooking Class (ALL RECIPES INCLUDED!)

What to do before we cook...

wash all produce

prepare necessary tools (listed below)

Prepare Berbere Spice blend

Prepare Niter Kibbeh

Prepare Injera batter (2 options in the recipe, one takes time for fermentation)

Prep some or all the onions, ginger, garlic, chillies, mushrooms, spices, etc.

Preheat oven to 250F (120 C) to keep dishes warm

What you'll need...

cutting board

chef's knife and small paring knife

food processor (optional)

various bowls for prepped ingredients

1-2 sauté or frying pans

1 medium pot

pantry items (add to shopping list if not on hand!)

spice grinder (only if you need to grind whole spices for the Berbere)

A great way to organize your recipe prep (aka mise-en-place) is to label the bowls. Label each recipe as A, B, C, D, etc. Then label each bowl with the prepped vegetables or spices using a small piece of masking tape, blank labels, or a dry erase marker. I will be prepping most of the ingredients/recipes in real time, but will have already made the Berbere spice blend and the Overnight Injera recipe. Depending on how quickly you can slice and dice, if you have help, or whether you intent to prepare the recipes with me in

real time with determine how much prep YOU need to do beforehand.