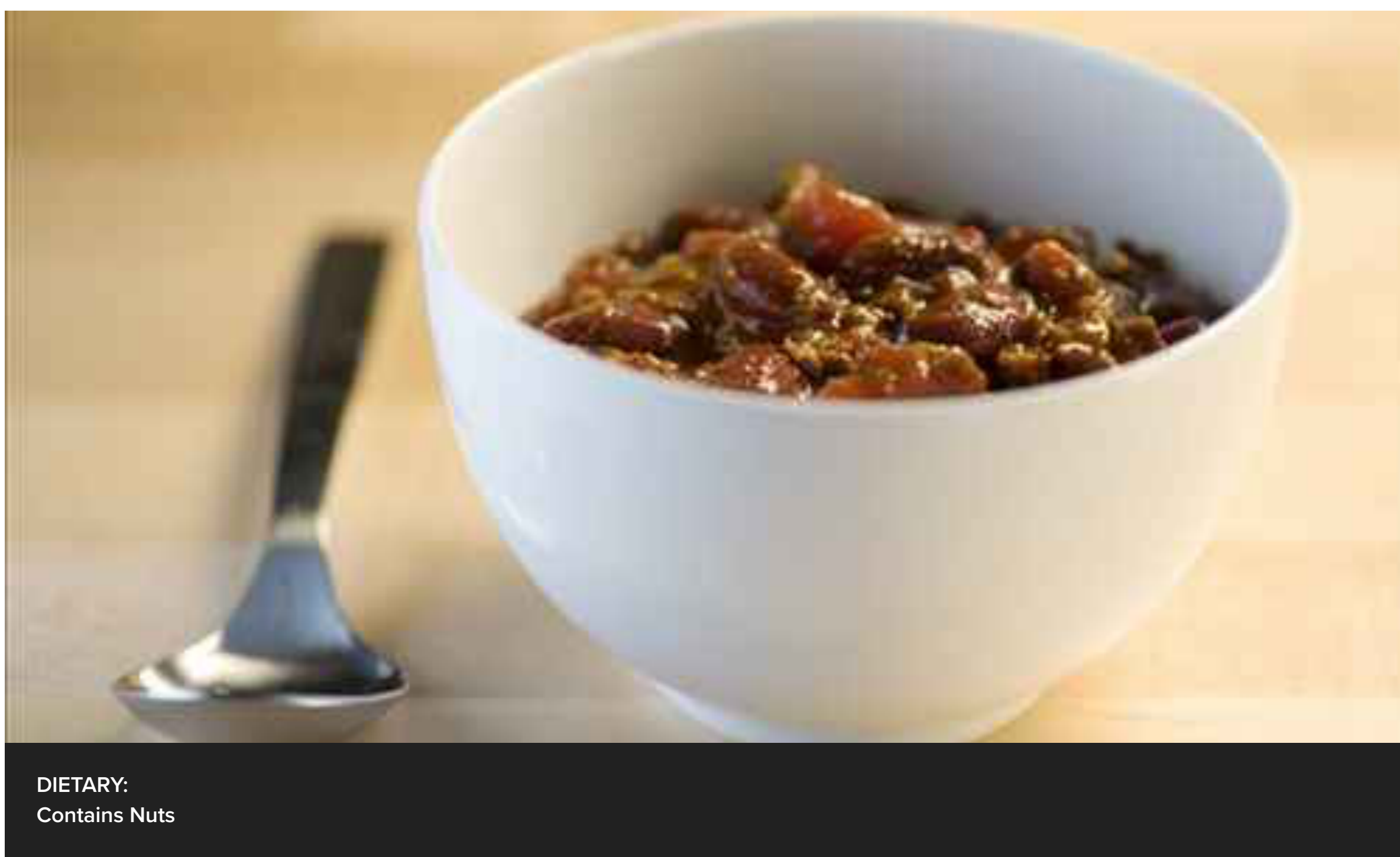


# Ethiopian Berbere Stew

TIME 30 MINUTES | SERVES 4 | CUISINE AFRICAN | SPICY

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### MAKING THIS RECIPE

#### Ingredients

- Berberbe Spice Blend (2-4 tsp)
- Chicken stock (4 tbsp)
- Diced Lamb (900 g / 2 lb)
- Fresh Ginger (5 cm / 2" piece, crushed)
- Garlic Cloves (3 crushed)
- Olive oil (4 tbsp)
- Red Onion (2 chopped)
- Red Pepper (1 roughly chopped)
- Red ripe Tomato (2 chopped)
- Sea Salt (to taste)

#### Method

- hearty Ethiopian Berbere Stew
- 1) In a large heavy pan heat the olive oil and stir-fry the lamb until brown. Remove the lamb and put to one side.
  - 2) Stir-fry the onion & garlic for 6-8 minutes until a light golden colour. Throw in the red pepper, stock, Berbere & ginger and cook for a further 10 minutes until sauce starts to thicken.
  - 3) Reduce the heat, mix in the lamb and simmer, covered, for 30 minutes until the lamb is tender.
  - 4) Stir in the tomato & salt to taste. Serve hot.

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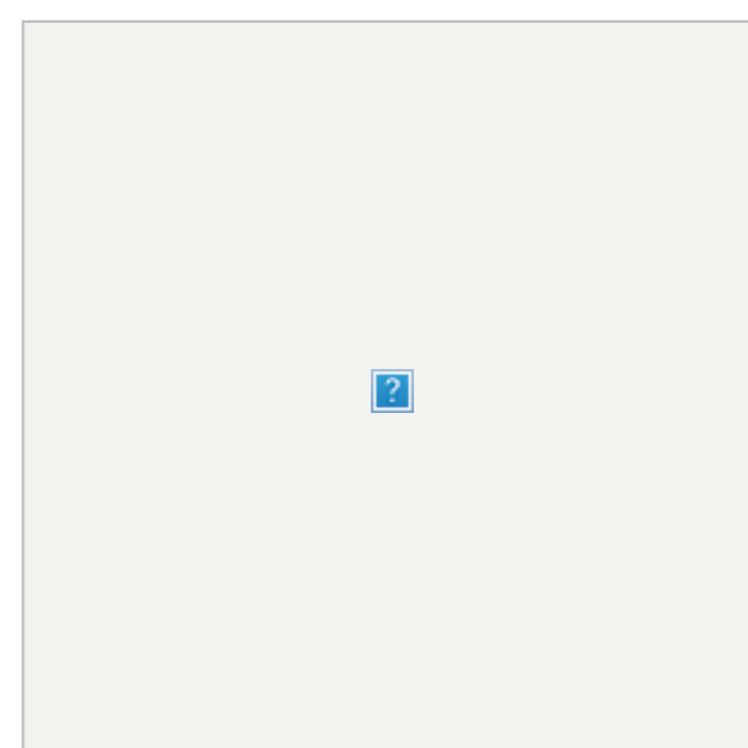
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### Buy the ingredients for this recipe

**Berberbe Spice Blend**

£ 3.25

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Anne L  
★★★★★

Just perfect for roasting chick peas! Aromatic.

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