



Doro Wat (Ethiopian Spicy Chicken)

Doro Wat is a spicy Ethiopian dish. The recipe here has been adapted to use ingredients easily obtained in supermarkets. Great with boiled rice, couscous or unleavened breads

Serves : 4

Preparation Time : 30 minutes marinating

Cooking Time : 30 minutes

Ingredients

Juice of 1 lemon or lime
1 tsp salt
4 chicken breasts, skin removed
2 onion, finely chopped
3 oz / 75 g butter
4 garlic cloves, minced
1 tsp of chopped fresh ginger root
1 tomato, chopped
10 fl oz / 1/2 pint / 275ml chicken stock
4 hard boiled eggs

Herbs & Spices

1/2 tsp Fenugreek Ground
1/2 tsp Cardamom Ground
1/2 tsp Nutmeg Ground
2 tsp Chilli Ground
2 tsp Paprika

Cooking Instructions

Place the lemon or lime juice, 1/2 tsp salt and the chicken in a large bag and seal. Squidge the chicken around until it is covered with juice and allow to marinate for at least 30 minutes (or overnight in a fridge).

Heat a heavy based casserole dish over medium heat and add the finely chopped onions. Dry fry the onions for 5 minutes, stir constantly to prevent burning, reduce / remove heat as necessary. The onions should not be allowed to brown.

Add the butter to the onion, along with the garlic, 1/2 tsp salt and all the spices. Stir to mix, then add the tomato. Continue to stir allowing the mixture to simmer in its own juice for 4-5 minutes. The onions should be soft and translucent at the end.

Add the chicken stock and bring to a simmer. Allow the stock to reduce for 5 minutes before adding the chicken breasts. Continue simmering the sauce until the chicken is cooked (about 20 minutes). If the chicken breasts are not totally covered by the sauce, turn half way through cooking, to ensure they are cooked evenly through. In the last 5 minutes of cooking add the hard boiled eggs, gently spooning over sauce and allow them to heat through before serving.