Spicy Ethiopian Chicken Stew – Doro Wat
This is a delicious and fiery meal to prepare on those cold evenings in the wintertime,
or anytime a significant degree of internal heat is needed. We like it best served with
steamed rice and a sweet root vegetable such as carrots cooked and coated with
butter and nutmeg.
Ingredients:
6 chicken thighs
Juice of 1 lemon
Salt
3 TBL olive oil
3 TBL butter
4 large onions, sliced thinly
1-2TBLEthiopianBerbere
(depending on desired heat level)
1 TBL ginger, minced
1 TBL garlic, minced
1 TBL honey
1 cup white wine
1 cups chicken stock or water
Salt to taste
4hardboiledeggs,peeledand
quartered
Spices Used: Ethiopian Berbere
4 Servings
Instructions:
1 - In a bowl, mix chicken pieces with the lemon juice and some
salt. Let sit for 30 minutes outside the fridge.
2 - While the chicken is marinating, begin sautéing the onions in
oil and butter in a large Dutch oven over medium heat until
caramelized, about 30 minutes.
3 - Stir in the Ethiopian Berbere and salt, cook 2 minutes.
4 - Add the ginger and garlic, cook 1 minute.
5 - Add Chicken and cook on each side for a few minutes. Remove
chicken from pot and keep warm.
6 - Add wine and honey to deglaze pot. Bring to boil.
7 - Add stock and return chicken to pot.
8 - Bring to a boil. Adjust salt, cover and simmer until chicken is
tender (1 hour or more).
9 - Serve with quartered boiled eggs alongside injera or rice.