

Injera

Ingredients

$\frac{3}{4}$ cup **Pure** Teff flour
 3 $\frac{1}{2}$ cups water
 salt
 sunflower or other vegetable oil

Preparation method

1. Mix the Teff with the water and let stand in a bowl covered with a clean cloth/tea towel at room temperature until it bubbles and has turned sour. This may take as long as 3 days
2. The fermenting mixture should be the consistency of pancake batter (which is exactly what it is). Pour off any liquid which may have risen to the top.
3. Stir in salt, a little at a time, until you can barely detect the taste.
4. Lightly oil an 8- or 9-inch skillet (or heavy frying pan). Place on a medium heat.
5. Pour in enough batter to cover the bottom of the skillet. About $\frac{1}{4}$ cup will make a thin pancake covering the surface of an 8-inch skillet, however, injera is not supposed to be paper thin so you should use a bit more batter than you would for crepes, but less than you would for a flapjack.
6. Cook briefly, (injera does not easily stick or burn) until holes form in the injera and the edges lift from the pan. Remove from the pan and allow to cool.

To set an Ethiopian table, one lays down a circular injera on top of which the other food is arrayed, directly, without any plate (both salads and hot stews are served with injera). Other injeras are served on the side and torn into pieces to be used as grabbers for the food on the "tablecloth" injera. Eventually, after the meal is finished, you eat the tablecloth, a delicious repository of the juices from the food that has been resting on it.



5-10 minutes (plus 3 days)

Preparation time

5-7 minutes

Cooking time

Makes 10-12

By: Innovative

In Ethiopia and Eritrea this sour pancake forms part of the staple diet and it is not uncommon for friends and family members to feed one another pieces of dipped injera.

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