

Ethiopian Collard Stew or Ye'Abesha Gomen

This is a simple version of the real thing. However, each recipe I see of this tasty dish seems to vary a little. This recipe seems perfectly good regardless of the greens you use. I generally use collards but sometimes I add broccoli. Everyone who tastes this dish just loves it!



2 tbsp coconut oil, olive oil or butter/ghee

1 small red onion

4 garlic cloves, minced

2 tsp pureed ginger root

1 tsp salt

1 tsp - 1 tbsp berbere spice blend (this is very hot, so be careful!)

2 c. vegetable stock

1 or 2 potatoes, peeled and cut up into small pieces

1 or 1/2 bunch collards with stems removed and chopped into small pieces

Note: This recipe also calls for green pepper which I generally avoid whenever possible because it is a nightshade. You can also add more spice. Please research "niter kibbeh" to discover how to enhance the flavour by using more traditional Ethiopian spices.

Directions:

In a large frying pan, chop onion, garlic, ginger and oils and fry at medium heat for about 10 minutes or until the onion looks cooked. Add salt and berbere spice and stir for several minutes. Add greens, potatoes, and soup stock, stirring for several minutes. Then heat till boiling and then quickly turn down heat to just below a simmer and let cook under cover for about 15 minutes.

This dish can be served with rice, bread, injera, meat or any vegetarian dinner!! Enjoy!!

Here is a youtube instructional video of yet another collard stew recipe:

<http://www.youtube.com/watch?v=oNOpq5Kkgyo>