

MISSER WAT

RECIPE BY BLACK JESUS EXPERIENCE

INGREDIENTS

- 1 Red Onion
- 5 Garlic Cloves
- 1 Inch of Fresh Ginger
- 1 Cup Red Lentils
- Berbere (Ethiopian Spice Mix) to taste
- ½ Tsp Black Cardamom
- ½ Tp Black Pepper
- Olive Oil
- 1 x Can Diced Tomatoes

TIBS

- Olive oil
- ½ kg diced lamb
- 1 red onion
- 3 garlic cloves
- 2 diced tomatoes
- 1 hot green chilli
- ¼ teaspoon black cardamom
- 1 sprig of rosemary
- 1 tablespoon clarified butter

METHOD

1. Caramelize onion then add garlic and ginger. Cook for 1 minute.
2. Add Berbere, black cardamom, black pepper and tomato and cook for 3- 5 minutes.
3. Wash the red lentils thoroughly and add water (3cm above lentils).
4. Bring to boil then stir and simmer for 3 minutes. Cook longer for greater flavour.
5. Adjust consistency with more water if required.

TIBS METHOD

1. Heat pan and add olive oil.
2. Add diced lamb, sear for 2 minutes and stir.
3. Add onion for 2 minutes.
4. Then add garlic and tomatoes, stir and cook for 2 minutes.
5. Add butter, green chilli, cardamom, black pepper, rosemary and a pinch of salt.
6. Cook for 2 minutes and serve.