

Thanksgiving 2018

Ethiopian cuisine inspired fare

Mains

[Kitfo](#)

[Chicken craisin](#)

[Injera](#)

Sides

[Spicy zucchini stew](#)

[Misor wot](#) (change to 2 cups of lentils)

[Sauteed Brussels sprouts](#)

[Butternut squash dish](#)

[Potato stew with carrots and green beans](#)

- [carrots](#)
- [green beans](#)

Desserts: Ask Jen

Drinks: Ask Jen

Name of Dish	Thursday	Friday to do	Ingredients	Who does stuff
Kitfo	Complete entire dish and put in fridge	Rewarm	1/4 c Niter kebbeh 1/2 c Onions — chopped fine 4 ts Green pepper — chopped Fine 2 ts Chiles — chopped fine 1 ts Ground ginger 1/2 ts Garlic — chopped fine	Just Mara

			<p>1/2 ts Ground cardamom 1 ts Lemon juice 2 ts Berbere or awaze 2 ts Salt 2 lb Ground round steak</p> <p>(Half for Thanksgiving, half to freezer)</p>	
Chicken with craisins	Sous vide chicken	Finish dish on Friday at Jen's	<p>½ yellow onion 2 gloves garlic 1/2 tsp of ground cardamom 1 tsp of paprika 1 can tomato paste ½ cup craisins 2 tsp berbere</p>	Make on stovetop at Jen's
Injera	Make dry batter	Add water and let rise for 1 hour at Jen's and then make on stovetop or on griddle (would have to bring from home)	<p>220g teff flour 220g plain flour 2 tsp dry active yeast 1 tsp salt 800ml warm water 125ml very hot water, just off the boil is perfect</p>	Mara at home and some at Jen's
Zucchini stew	Chop zucchini,	Reheat	2 tsp olive oil	

	onions Prepare spices		<p>1/2 to 1 medium onion, cut into 1-inch chunks</p> <p>+/- one bunch of green onions</p> <p>zucchini, 4 cups cubed</p> <p>2 cloves garlic, minced</p> <p>1/2 tsp ground cinnamon</p> <p>1/4 tsp ground cumin</p> <p>1/4 tsp turmeric</p> <p>1/4 to 1/2 tsp cayenne pepper, to taste</p> <p>2 cups tomato sauce</p> <p>1/2 to 1 tsp honey (or agave if want to make dish vegan)</p> <p>Kosher salt, to taste</p> <p>1 tsp fresh mint leaves, or 1/2 tsp dried mint</p> <p>Berberere to taste</p>	
Misor wot	Make dish	Reheat	<p>2 cups of red lentil</p> <p>1 large onions fine chopped</p> <p>1/2 cup of vegetable oil</p> <p>2 teaspoons minced garlic</p> <p>2 teaspoons turmeric</p>	

			<p>Salt to taste (~1 tablespoon for me for this size) 4-5 cups of water</p>	
Brussels Sprouts	Dice red onion, garlic	Make dish	<p>0.5 lb brussels sprouts, halved then cut into thin ribbons 1/2 red onion, diced 2 cloves garlic chopped 1 tablespoon of Niter Kibbeh (Nit'ir Qibe) butter</p>	Jen get Brussels Sprouts
Butternut squash	Pack ingredients	Make dish	<p>large box of butternut squash cubed ~1.5 pounds 1/4 cup plus 1 teaspoon extra- virgin olive oil 1 1/2 teaspoons berbere (see Note) Kosher salt Pepper 1 teaspoon finely grated orange zest 1/4 cup fresh orange juice 1/2 cup pecans 1/4 teaspoon sugar 1/4 cup dried cranberries, chopped</p>	
Potato stew with	Carrots Beans	Finish potatoes	<p>2 large potatoes peeled and chopped</p>	

<p>carrots and green beans</p>	<p>Make spice packet Take extra beans</p>	<p>and onions and combine</p>	<p>8 ounce green beans 1 cup carrots ½ medium onion sliced ¼ cup or more canola oil ½ jalapenos pepper deseeded and diced 2 teaspoons minced or granulated garlic 1 teaspoon grated ginger ½ teaspoons curry powder or turmeric spice 1 teaspoon ground coriander spice 1 teaspoon smoked paprika ½ teaspoon white or black pepper 1 teaspoon salt plus more adjust to suit taste buds 1 8 ounce canned diced tomatoes</p>	

- Shopping list for Jen
- 0.5 lb brussels sprouts
 - 1 can tomato paste
 - bag of raisins
 - one bunch of green onions
 - 2 cups tomato sauce
 - 1/2 to 1 tsp honey
 - 1 tsp fresh mint leaves

large box of butternut squash cubed ~1.5 pounds
olive oil and canola oil for cooking
orange zest
1/4 cup fresh orange juice
4 large potatoes yukon
8 ounce canned diced tomatoes

At Jen's

1. Start injera batter with water
2. Butternut squash dish
3. Potato stew
4. Zucchini stew
5. Chicken with craisins
6. Brussels sprout dish

Packing list

- kitfo
- carrots
- beans: fresh and cooked
- chicken
- pecans
- flours x2
- clarified butter
- onions
- peppers
- ginger
- garlic
- 1/2 tsp of ground cardamom
- 1 tsp of paprika
- 2 tsp berbere
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cumin
- 1/4 tsp turmeric
- 1/4 to 1/2 tsp cayenne pepper, to taste
- red onion, diced
- 1 teaspoon grated ginger
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