

Kev's Kitchen

DORO WAT

Time: 90 minutes

Serves: 6

Ingredients:

¼ cup ghee (clarified butter)
2 onions – chopped
4 cloves garlic - finely chopped or grated
2 teaspoons freshly-grated ginger
1 tablespoon Ethiopian berbere
1 teaspoon kosher salt
2 tablespoons tomato paste
½ cup dry red wine
3 pounds bone-in skinless chicken pieces
6 hard boiled eggs - halved

Preparation:

Preheat the oven to 350F.

Place a dutch oven on medium heat and add the ghee.

When the ghee is hot, add the onion, garlic and ginger, stirring occasionally for seven minutes.

Stir in the berbere, salt, tomato paste and wine then, add the chicken pieces, turning to coat.

Cover the dutch oven and place it in the oven for one hour.

Place the dutch oven on medium heat and remove the chicken, setting it aside to keep warm. Simmer the remaining sauce to thicken (approximately three minutes).

Return the chicken to the dutch oven, surround with eggs and serve family style.

Nutritional Information Per Serving:

Calories: 455
Fat: 26g
Carbs: 13g
Fibre: 2g
Protein: 38g