

Christmas in Ethiopia

Draw a picture of someone from
this country celebrating
Christmas.



One Interesting Tradition

An octagonal frame with horizontal lines, intended for writing about a Christmas tradition.

Draw a picture of this country.



Draw a picture of the food you
made from this country.



Recipe

Injera

Ingredients:

1 tablespoon active dry yeast
1 teaspoon honey
5 cups warm water (110 degrees F/45 degrees C)
3 cups finely ground millet flour
¼ teaspoon baking soda

Directions:

Step 1: Dissolve yeast and honey in 1/4 cup of the water. Allow to proof and add the remainder of the water and the millet flour. Stir until smooth and then cover. Allow to stand at room temperature for 24 hours.

Step 2: Stir the batter well and mix in the baking soda.

Step 3: Heat a large non-stick skillet over medium heat. Pour about 1/3 cup of the batter into the pan in a spiral pattern to cover the bottom of the pan evenly. Tilt the pan to quickly even out the batter. Cover the pan and allow to cook for about 1 minute. The bread should not brown but rather rise slightly and very easy to remove. It is cooked only on one side. This top should be slightly moist. Remove to a platter and cool. Stack the cooked breads on a plate.

Recipe

Doro Wat

Caution: Berbere is VERY spicy, so use less if you are sensitive to heat.

Ingredients:

1 cup butter, divided

1 onion, chopped

2 ½ cups water, divided

1 (6 ounce) can tomato paste

¾ cup berbere seasoning

1 teaspoon chopped garlic

½ teaspoon ground ginger

4 skinless, boneless chicken breasts, cubed

⅓ cup sweet white wine

½ teaspoon ground cardamom

½ teaspoon freshly ground black pepper

4 hard-boiled eggs

Directions:

Step 1: Heat 1/2 cup butter in a skillet over medium-low heat. Cook and stir onion until translucent, 5 to 6 minutes. Add 1/2 cup water and tomato paste; stir until hot, about 2 minutes. Stir in remaining butter, berbere, garlic, and ginger. Adjust heat to low and cook until mixture thickens to paste consistency, 20 to 30 minutes.

Step 2: Stir remaining water into berbere paste; add chicken. Simmer until thickened to sauce consistency, about 45 minutes.

Step 3: Stir white wine, cardamom, and black pepper into the sauce; add hard-boiled eggs. Cook until sauce is reduced slightly, about 15 minutes more.

Activity or Craft

Ethiopian Flag

Materials:

Construction Paper (green, yellow, and red)

Stick

Glue or tape

How to make:

With green, yellow and red construction paper, have the kids create their own Ethiopian flag. Take a piece of paper and glue a green, yellow and red strip onto it then use a stick to make a pole for the flag.

