

Ethiopian Doro Wat

Serves 4 to 6 · 2 hr 15 min · The festive chicken stew of Ethiopia



Photo: Doro wat on injera: Edsel Little, CC BY-SA 2.0 (https://commons.wikimedia.org/wiki/File:Injera_and_doro_wat.jpg)

Ingredients

- 3 lb (1.4 kg) red onions, very finely chopped (a food processor helps)
- 6 tbsp niter kibbeh (90 g), or ghee plus 1/2 tsp ground cardamom and 1/4 tsp ground fenugreek
- 3 to 4 tbsp berbere, to taste
- 5 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 8 bone-in chicken pieces, skin removed (about 2.5 lb / 1.1 kg)
- Juice of 1 lemon
- 1 1/2 cups water or chicken stock (360 ml)
- 6 eggs, hard-boiled and peeled
- Salt
- Injera or flatbread, to serve

Method

- 1 Rub the chicken with the lemon juice and 1 tsp salt and set aside.
- 2 Put the onions in a large heavy pot with no oil. Cook over medium-low heat, stirring often, for 30 to 45 minutes until they have collapsed and darkened to a soft, jammy paste. Add a splash of water if they start to catch.
- 3 Stir in the niter kibbeh and cook 5 minutes. Add the berbere, garlic and ginger and cook 5 more minutes, stirring, until deep red and fragrant.
- 4 Add the water or stock and bring to a simmer. Add the chicken, turning to coat, then cover and simmer gently for 40 to 45 minutes until tender and cooked through to the bone (165 F / 74 C).
- 5 Score each egg lightly all over with a knife and add to the pot. Simmer 10 minutes more, spooning sauce over the eggs.
- 6 Taste and adjust salt. The sauce should be thick enough to cling to the chicken.
- 7 Serve on injera with an egg and a piece of chicken in each portion.

More on this dish, its history and the full photo credits: <https://intercontinentalchef.com/ethiopian-doro-wat/>