

fekerte's

ethiopian cuisine



Ethiopian Cuisine

Introduction

Ethiopia is a country rich in history, culture, and food. The cuisine offers a unique array of spicy and flavourful food. The modern Ethiopian menu has emerged out of a long tradition of farming and cooking practices in which the products of the land are applied to the cooking in new and inventive ways.

At the heart of every Ethiopian cooking is **Enjera**, a very thin flat bread made from a grain called **Teff** (the smallest grain in the world), which is grown only in Ethiopia. Alternatively, enjera is also traditionally made from sorghum and wheat flour, both which act as substitutes to Teff. When eating Ethiopian style, **Enjera** is used to scoop up the **Stews**, which are of two main types: **Wat & Alich**. The **Wats** are distinctive for their use of **berbere**, a favourite Ethiopian seasoning based on red peppers and numerous other spices. They vary from mild to hot. The **Alichas** are delicately seasoned dishes flavoured with more subtle spices, not including berbere, and are thus milder.

Ethiopian's have also developed a parallel cuisine known as **ye-tsum migib** (fasting food). This was created in response to the many fasting days per week, on which members of the Ethiopian Orthodox Church follow a strict vegan diet. These dishes are prepared using oil rather than butter and consist of a large variety of seasonal vegetables, creating the wide choice of vegetarian dishes in the cuisine.

Ethiopian cuisine is also steeped in social traditions. Traditionally meals are served on platters for two or more people to share. The meal is then completed with **coffee**, the world's favourite drink, which originated in the Kaffa region of Ethiopia.

Fekerte's Ethiopian Cuisine, established in Canberra since 1994, offers selected Ethiopian food based on Fekerte's personally favoured recipes. To maintain the authenticity and originality of the dishes Fekerte uses traditional spices for their distinctive aroma and flavour. Whilst the settings and presentation appear modern, we guarantee the complete authenticity of all the dishes. We hope that you will find Ethiopian food a truly different, exciting, and repeatable experience.



Entrée

- 1. Vegetarian Samosa**
Pastry filled with a mixture of whole lentils, coriander, shallots and other fresh herbs served with sauce (2 per serve) 8.5
- 2. Meat Samosa**
Pastry filled with a mixture of lean minced beef, coriander, shallots and other fresh herbs served with sauce (2 per serve) 8.5
- 3. Cauliflower Fritters**
Finely cut cauliflower and fresh herbs mixed with chickpea flour and egg deep-fried and served with a yoghurt sauce (3 per serve) 9.5
- 4. Bakela – Broad Bean Dip**
Cooked beans, green peppers, tomatoes and fresh herbs served with wholemeal crispy bread 10.9
- 5. Yeshimbra – Chickpea Patties**
Oven roasted chickpea patties simmered in a sauce made from berbere and other Ethiopian spices served with yoghurt 14.0
- 6. Kita**
Ethiopian pan bread brushed with olive oil and spices (4 per serve) 6.9

Salads and Sides

- 7. Azifa Salata – Lentil Salad**
Brown lentils, sweet onion, green chilli, lemon juice, mustard, and fresh herbs with an olive oil dressing 9.9
- 8. Keysir Salata – Beetroot Salad**
Fresh beetroot, potato, carrot, and fresh herbs with a special Ethiopian dressing 9.9
- 9. Timatim Salata - Tomato Salad**
Finely diced tomatoes, green pepper, onion and shallots with a spicy Ethiopian dressing 9.9
- 10. Tossed Green Salad**
Mixture of tomato, lettuce and other seasonal greens 8.9
- 11. Eyeb**
Ethiopian style homemade cottage cheese ~ Plain 4.9
Ethiopian style homemade cottage cheese ~ Flavoured with spice & spinach 5.9
- 12. Plain Natural Yoghurt** 3.50



Mains

Doro – Chicken

13. Doro Wat – Chicken in Red Pepper Sauce

Marinated chicken pieces in lemon juice and berbere slowly cooked in honey wine until tender served with a side of homemade cottage cheese, **enjera and rice** 25.9

14. Chicken Coconut

Diced chicken pieces and cauliflower cooked in a lightly spiced tomato and coconut sauce **served with enjera and rice** 24.9

Bere - Beef

15. Key Wat – Spicy Beef Chefs Speciality

Diced beef gently simmered until tender in a blend of onion, exotic spices and berbere **served with enjera and rice** 25.9

16. Bozana Wat

Diced beef and red lentils slowly cooked with tomato and berbere paste **served with enjera and rice** 24.9

Bege - Lamb

17. Lega Tibs

Lamb marinated in white wine and Ethiopian spices sautéed with rosemary, onions, and green peppers **served with enjera and rice** 27.9

18. Zilzil Alichu

Diced lamb and seasonal vegetables slowly cooked in a green pepper sauce and seasoned with ginger and jalapeno pepper **served with enjera and rice** 24.9

Assa - Fish

19. Assa Curry – Fish Curry

Nile Perch fillet lightly curried with garlic and coriander **served with enjera and rice** 25.9

20. Assa Wat – Fish and Vegetables in Red Pepper Sauce

Diced Ling fish fillet and seasonal vegetables simmered until tender in a blend of onion, Ethiopian spices and berbere **served with enjera and rice** 25.9

Extra:

Enjera 3.5
Rice 3.5



Vegetarian Dishes

*All vegetarian dishes are also suitable for a vegan diet

**All main dishes served with enjera and rice

	Side	Main
21. Ater Aicha – Mildly Spiced Pea Stew Yellow split peas cooked with garlic, turmeric and basil	11.9	21.0
22. Miser Wat – Spiced Lentil Split red lentils cooked with onion, ginger, garlic and berbere	11.9	21.0
23. Duba Wat – Pumpkin Curry Pumpkin cooked in a lightly spiced tomato based sauce	11.9	21.0
24. Atkilt Aicha – Vegetable Curry Fresh carrots, potatoes, cabbage and green beans cooked with turmeric and seasoned with mild spices	11.9	21.0
25. Adenguare Wat – Beans Curry Chefs Speciality Red kidney beans and onion cooked with ginger and a range of more than seven other spices	11.9	21.0

Combinations

26. Addis Ababa Doro wat (13), atkilt aicha (24) and homemade cottage cheese with spinach served with enjera and rice	27.9
27. Merkato Key wat (15), atkilt aicha (24) and homemade cottage cheese with spinach served with enjera and rice	27.9
28. Harar (vegetarian) Miser wat (22), atkilt aicha (24) and spinach served with enjera and rice	25.9
29. Kaffa (vegetarian) Atkilt aicha (24), adenguare wat (25) and spinach served with enjera and rice	25.9

Traditional Platters

Chefs Recommendation
(Minimum 2 people)

30. Option 1 Key wat (15), lega tibs (17), atkilt aicha (24), ater aicha (21), miser wat (22), timatim salata (9) and homemade cottage cheese served with enjera	31.9 per person
31. Option 2 Doro wat (13), lega tibs (17), atkilt aicha (24), ater aicha (21), miser wat (22), timatim salata (9) and homemade cottage cheese served with enjera	31.9 per person
32. Option 3 A combination of vegetarian dishes served with enjera	31.9 per person

PTO to see the banquet menu



Banquets

*Minimum 6 people

Banquet 1	Entrée Samosa Kita (6) Main Key Wat (15) Chicken Coconut (14) Miser Wat (22) Atkilt Aicha (24) Salad Served with enjera and rice Traditional Spiced Tea or Traditional Coffee	34.9pp
Banquet 2	Entrée Samosa Kita (6) , Cauliflower Fritters (3) Main Assa Curry (19) Key Wat (15) Doro Wat (13) Miser Wat (22) Atkilt Aicha (24) Salad Served with enjera and rice Traditional Spiced Tea or Traditional Coffee	39.9pp
Banquet 3	Entrée Samosa Kita (6) Cauliflower Fritters (3) Main Lega Tibs (17) Key Wat (15) Zilzil Aicha (18) Miser Wat (22) Assa Curry (19) Salad Served with enjera and rice Traditional Spiced Tea or Traditional Coffee	45.9pp
Lunch Banquet	Entrée Samosa Kita (6) Main Key Wat (15) Chicken Coconut (14) Mildly spiced lentil Salad Served with enjera and rice	27.0pp

****Please note we can accommodate any special dietary requirements (e.g. vegetarian diets and food allergies)**

