

World Cuisine



Embassy of the Federal Democratic Republic of Ethiopia in Japan

Ethiopia is located in the eastern part of Africa. The nation is home for more than 80 ethnic groups as well as various UNESCO registered tourist destinations. Ethiopian cuisine is not only appreciated for its variety and unique flavor but also its fascinating food culture. The Ethiopian culinary variety is extensive, mainly consisting of vegetables and meat. Hot spices are common in most Ethiopian dishes. Most Ethiopian meals are accompanied by Injera (እንጀራ), a slightly sour, soft, bubbly flatbread made from teff, a locally grown grain, and water. The mixture of teff and water is left to ferment for three or four days before it is ready for baking, which is done on a flat griddle. Injera is served in layers and paired with wot, a type of stew or curry served in many varieties for both vegetarian and non-vegetarian. To eat Ethiopian injera and wot, all you need to do is tear off a piece of injera and the wrapping to the Wot (ወጥ).

Doro wot (ደሮ ወጥ)

Doro Wot is a slow-cooked chicken stew made with a sauce of onions, berbere, and butter. Berbere is a blend of red pepper, herbs, spices, black pepper, and garlic. A boiled egg is added at the end of the cooking process. Doro Wot is typically served during holidays, special occasions, and events, and it takes several hours to cook. It is often offered to guests as a sign of respect.

Shiro wot (ሻሮ ወጥ)

Shiro Wot is a smooth stew made from chickpea, lentil, and bean flours. It can be prepared with a consistency ranging from soupy and thin to very thick. Shiro is served both during fasting and non-fasting periods. During

fasting, only vegetable oil is used.

Beyainetu (በዓይነት)

Beyainetu is made up of a mix of vegan curries, colorful vegetables, potatoes, and lentil stews served on a plate of injera. Dollops of different types of wot and vegetables are artistically placed on top of the injera. Beyainetu is widely available and served everywhere, from fancy hotels to small local restaurants.

Kitfo (ክትፎ)

Kitfo is finely chopped beef mixed with butter and mitmita (a spicy pepper blend). It can be served either slightly cooked or completely raw, with the meat being tender and smooth. Ayib (አይብ Ethiopian cheese) and chopped collard greens mixed with butter are served as side dishes. Kitfo is typically served with kocho (ቆቆ), a thick, hearty flatbread made from ensete (እንሰት).

Tej (ጠጅ)

Tej, Ethiopia's honey wine, is made from honey and incorporates gesho (ጌሻ), a local bittering leaf similar to hops. This unique ingredient balances the sweetness of the honey, giving it a distinctive taste. The taste of Ethiopian Tej is unique and distinct, offering a sweet yet slightly tangy flavour. Tej is traditionally served in small, rounded glasses, wide at the bottom and narrow at the top, called a berele (ብረሌ). Tej is more than just a beverage. It's served during festivals, weddings, religious ceremonies, and family gatherings.



From left : Doro wot, Beyainetu and Kitfo