



Feasting Together - Ethiopian Cuisine

"Ethiopian food is a feast for the senses!"

Ethiopian cuisine is (1)____ for its rich flavors, bold spices, and unique style of eating. One of the most special parts of Ethiopian food is how it is (2)____ in a communal way, with everyone sharing from the same plate. The most common ingredient in Ethiopian cooking is *injera*, a large, spongy flatbread made from *teff*, a (3)____ that grows in Ethiopia. It is used to scoop up different stews, vegetables, and meat.

Spices are at the heart of Ethiopian dishes, with *berbere*, a (4)____ spice blend made from chili, garlic, ginger, and other spices, being the star of many meals. *Niter kibbeh*, a spiced clarified butter, is often used for cooking. Common ingredients include lentils, chickpeas, vegetables, and beef, though Ethiopian cuisine is also very (5)____ due to religious fasting days.

Dishes are often slow-cooked to let the flavors of the spices develop. This method allows the complex spice blends to fully infuse the meat or vegetables, creating deep, rich flavors that are unique to Ethiopian cuisine.

Some of the most famous dishes are *doro wat*, a spicy chicken stew; *kitfo*, which is minced beef with butter and spices; and *shiro*, a simple stew made from chickpeas or lentils. For (6)____, Ethiopians often enjoy sweet honey bread. The hot drink of choice is coffee, which plays a very important role in their culture, since Ethiopia is the birthplace of coffee. They don't drink it in a rush but take their time enjoying it together: it is part of the nation's identity and way of life. Many Ethiopians also drink *tej*, a honey-based alcoholic drink.

In conclusion, Ethiopian food is known for its (7)____ flavors, strong use of spices, and the fun way it is shared. It is a cuisine full of (8)____ and surprises, making it (9)____ among people all over the (10)____.



Word Bank

grain, coffee, shared, famous, vegetarian, spicy, variety, popular, world, rich, dessert