



Injera (Ethiopian flatbread)

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

BREAD

Ingredients

- 2.5 teaspoons double-acting baking powder
- 1.5 cups buckwheat flour (see notes)
- 3 cups seltzer water
- 2 eggs beaten
- 1.5 cups flour all-purpose
- 1.5 teaspoons salt

Equipment

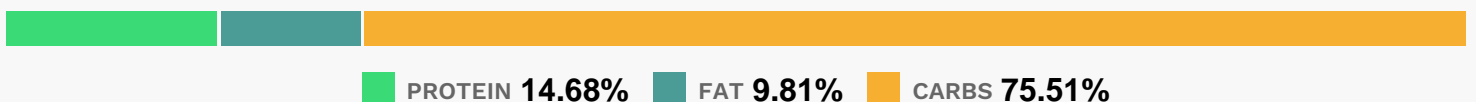
- bowl

- frying pan
- oven
- whisk
- kitchen towels

Directions

- In a large bowl, whisk together the flours, baking powder, and salt.
- Add eggs and club soda and whisk until batter is smooth. It should have the consistency of pancake batter; add more club soda if needed.
- Spray a 10-inch nonstick frying pan lightly with cooking oil spray and set over medium heat. When hot, pour 1/3 cup batter into the pan, tilting to coat most of the bottom. Cook until flatbread appears bubbly and dry on top, 2 to 3 minutes; do not turn.
- Slide bread onto a serving platter. Cover with a kitchen towel and keep warm in a 200 oven while you cook remaining breads.
- Place one injera flat on each of six dinner plates and top with stew.
- Serve with remaining injera to scoop up the food.
- Berbere: This heady spice mixture is the basis for all Ethiopian cooking. It can feature clove, cayenne, ginger, cumin, turmeric, and cinnamon, among other spices. Ground fenugreek seeds, which add a mildly sweet flavor, are also typical. Buy them at Middle Eastern markets or from Penzeys Spices (\$09 per 1/4-cup jar; www.penzeys.com).
- Injera: Authentic injera is made from fermented teff, a grain common in Ethiopia. The bread's spongy, bubbly texture is similar to that of a pancake. If authenticity is your aim, you can buy teff flour from Abyssinian Market (\$25 for 5 lb.; www.abyssinianmarket.com).
- Tej: This Ethiopian honey wine is the traditional match for spicy stews, but few retailers in the United States carry authentic imported tej. You can buy a bottle at many Ethiopian restaurants, but an accessible alternative is off-dry Riesling, which pairs beautifully with the spicy beef stew. Our favorite: Sptlese Rieslings from Germany's Mosel region.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:17.67, Inflammation Score:-5, Nutrition Score:12.395652268244%

Flavonoids

Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 236.11kcal (11.81%), Fat: 2.63g (4.05%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 45.59g (15.2%), Net Carbohydrates: 41.74g (15.18%), Sugar: 0.92g (1.02%), Cholesterol: 54.56mg (18.19%), Sodium: 807.63mg (35.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Manganese: 0.83mg (41.45%), Vitamin B1: 0.38mg (25.09%), Selenium: 16.81µg (24.02%), Magnesium: 85.58mg (21.4%), Folate: 80.28µg (20.07%), Phosphorus: 200.41mg (20.04%), Vitamin B3: 3.7mg (18.51%), Iron: 3.13mg (17.36%), Vitamin B2: 0.28mg (16.38%), Fiber: 3.85g (15.39%), Calcium: 129.41mg (12.94%), Copper: 0.22mg (10.89%), Vitamin B6: 0.21mg (10.66%), Zinc: 1.46mg (9.76%), Potassium: 229.6mg (6.56%), Vitamin B5: 0.49mg (4.94%), Vitamin B12: 0.13µg (2.18%), Vitamin K: 2.24µg (2.13%), Vitamin D: 0.29µg (1.96%), Vitamin E: 0.27mg (1.79%), Vitamin A: 79.2IU (1.58%)