



Injera Recipe

Injera is a flat-bread, native to Ethiopia and Eritrea. It is simultaneously food, eating utensil and plate, as stews and salads are placed directly onto the injera, which soaks up the juices and flavours.

Preparation time: 5 min

Cooking time: 2 min

Total time: 7 min

What you need

- 2 cups of whole wheat flour
- 1 cup unbleached white flour
- $\frac{1}{2}$ teaspoon of baking soda
- 3 cups of club soda
- Oil

What to do

1. Combine flour and baking soda in a large bowl.
2. Add batter and stir well to form a thin batter. Add more club soda if the batter is not thin enough.
3. Heat a large, non-stick frying pan until hot. Brush lightly with oil.
4. Using a large cup or ladle, pour batter into the pan, starting from the outside around to the middle, until the centre is filled.
5. Cook for 1 to 2 minutes until the surface is spongy and filled with tiny air bubbles. Don't flip the bread — just slide it off the pan onto a large plate.
6. Continue cooking the injera until batter is used, transferring them to the plate as they are done.
7. Arrange them around the outside edges of the plate so that the centres overlap.
8. Serve immediately with meat or vegetable stew.

