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Spice of the Month

take and make kit

August's spice is:
Berberere

Berberere is a complex, brick-red spice blend that serves as the flavor backbone of traditional Ethiopian and Eritrean cuisines.

In Amharic, the state language of Ethiopia, 'barbare' means pepper or hot. Not surprisingly, berbere spice, the flavor backbone of Ethiopian cooking, gives traditional Ethiopian dishes that fiery kick. Berbere's constituent spice is paprika (itself a ground spice made from Capsicum peppers), but the final blend could be made from up to 20 spices.

Ethiopian cooks of old were not short of kitchen experiments, and over time have added garlic, ginger, fenugreek seeds, African basil, black and white cumin, nutmeg, cinnamon, clove, cardamom, coriander seed, thyme, rosemary, turmeric and ajwain (carom seeds commonly used in Indian cooking) to the mix. This allows berbere to impart a richer, aromatic and more layered flavor to any dish it's added to, whether Ethiopian or not.

Culinary Uses:

It is a fiery, aromatic Ethiopian and Eritrean spice blend used to season slow-cooked stews, dry rubs for grilled meats, and vibrant vegetable dishes.

Register for future kits at:
tuxedoparklibrary.org/spice

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Spice of the Month

take and make kit

Berbere Fish With Roasted Broccoli and Potatoes

Makes 4 servings | Time: 1 hour

Recipe from Ifrah F. Ahmed

INGREDIENTS:

- For the potatoes
- 1 pound yellow baby potatoes, quartered
- 2 ½ tablespoons olive oil
- 1 teaspoon dried oregano
- Fine sea salt
- Grated Parmesan (optional), for serving
- For the broccoli
- 1 ½ pounds broccoli, cut into bite-size florets
- 2 ½ tablespoons olive oil
- ¼ teaspoon garlic powder
- Black pepper, to taste
- For the fish
- 3 tablespoons olive oil
- 1 tablespoon berbere seasoning
- 3 medium garlic cloves, finely grated
- 1 tablespoon chopped fresh cilantro leaves
- 1 pound skinless barramundi, cod or other firm white fish fillets



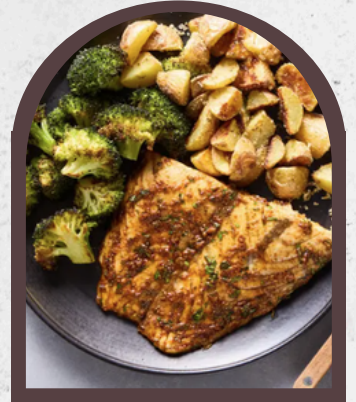
Spice of the Month

take and make kit

Berberere Fish With Roasted Broccoli and Potatoes

Makes 4 servings | Time: 1 hour

Recipe from Ifrah F. Ahmed



INSTRUCTIONS:

1. Heat the oven to 425 degrees and arrange racks in the upper and lower thirds of the oven. Line two large sheet pans with parchment paper.
2. Prepare the potatoes: In a large bowl, combine the potatoes, olive oil and oregano until coated; season with salt. Spread the potatoes out on one of the sheet pans in an even layer.
3. In the same large bowl, toss together the broccoli, olive oil and garlic powder; season with salt. Spread evenly on the remaining sheet pan, setting the florets on their cut sides.
4. Transfer the potatoes to the bottom rack of the oven and the broccoli to the top rack. Roast, flipping halfway through, until golden brown with crispy edges, 20 to 25 minutes. Once cooked, transfer the potatoes to a plate and top with Parmesan, if using. Cover to keep warm.
5. While the potatoes and broccoli roast, prepare the marinade for the fish: In the large bowl, mix together the olive oil, berbere seasoning, garlic, cilantro and salt. Turn the fish in the marinade until it is fully coated, and set aside.
6. Once the potatoes and broccoli leave the oven, adjust the oven to 400 degrees and roast the fish with its marinade on one of the lined sheet pans for 15 minutes, until the fish is tender and flaky in the center and the marinade is no longer runny.
7. Plate the fish with the potatoes and broccoli, and serve right away.

Spice of the Month

take and make kit

Berbere Meatballs

Makes 24 meatballs | Time: 25 minutes

Recipe by Ifrah F. Ahmed

INGREDIENTS:

- 1 pound ground beef
- ½ cup finely diced white onion
- 5 garlic cloves, minced
- ½ cup panko bread crumbs
- ⅓ cup milk
- ¼ cup finely chopped cilantro leaves
- 2 large eggs
- 2 tablespoons olive oil
- 3 tablespoons grated Parmesan
- 1 tablespoon berbere spice
- 1 teaspoon fine sea salt



INSTRUCTIONS:

- Heat the oven to 400 degrees and line a sheet pan with parchment paper. In a large bowl, combine all the ingredients and shape into 24 meatballs, arranging them on the sheet pan. (Meatballs can be frozen raw and kept in the freezer for several months. If cooking frozen meatballs, bake from frozen for about 20 minutes, until cooked through.)
- Once the oven has preheated, bake the meatballs for 15 minutes, until the meatballs are cooked through and browned on both sides, flipping the meatballs after the first 10 minutes. Serve with rice or salad, or in flatbread as a wrap.

Spice of the Month

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Berberere Brown Sugar Chicken

Servings: 4 | Time: 45 minutes

Recipe from Kiano Moju

INGREDIENTS:

- 1 ½ pounds boneless, skinless chicken thighs
- Kosher salt and black pepper
- 2 tablespoons olive oil or ghee
- 1 large red onion, finely chopped
- 4 garlic cloves, thinly sliced
- 2 tablespoons berbere spice
- ½ teaspoon dried oregano
- 1 cup chicken broth
- 1 large orange, juiced (about ⅓ cup)
- 1 tablespoon brown sugar
- Cooked rice (optional), for serving



INSTRUCTIONS:

- Season both sides of the chicken pieces with salt and pepper. Set aside.
- Heat a large skillet over medium-high. Once hot, add the olive oil and place the chicken in the skillet in a single layer. Cook for 4 to 5 minutes, until golden brown on the bottom. Turn the chicken and cook for another 3 minutes. Remove the chicken to a plate and set aside.
- Lower the heat to medium. Add the onion and garlic to the same skillet. Cook, stirring occasionally, until softened, about 3 minutes. Add berbere spice and oregano, and lightly season with salt. Stir until spices are fragrant, making sure they don't burn.
- Add the chicken broth, scraping up any browned bits from the bottom of the pan. Then add the orange juice and brown sugar, stirring until the sugar dissolves. Adjust the salt to taste, then return the chicken and its juices to the pan, nestling it into the sauce.
- Simmer for another 15 minutes, turning the chicken occasionally, until the chicken is tender and cooked through and the sauce has reduced by half. Serve over rice if desired.

Spice of the Month

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Berbere Steak With Rosemary Ghee

Servings: 4 | Time: 35 minutes

Recipe from Amelia Rampe



INGREDIENTS:

- 1½ pounds flank steak, cut into ¾-inch cubes
- 3 tablespoons store-bought or homemade berbere spice blend, divided
- Kosher salt (such as Diamond Crystal) and black pepper
- 3 tablespoons ghee, divided
- 3 (6-inch) fresh rosemary sprigs
- 1 medium white onion, halved and thinly sliced
- 3 medium tomatoes, cut into 1-inch pieces
- ½ lemon, juiced
- Quick injera, rice or orzo, for serving

INSTRUCTIONS

(continued on next page)

Spice of the Month

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Berbere Steak With Rosemary Ghee

Servings: 4 | Time: 35 minutes

Recipe from Amelia Rampe

INSTRUCTIONS:

1. Place cubed flank steak, 2 tablespoons berbere, 2 teaspoons salt and ½ teaspoon black pepper in a medium bowl (or zip top bag) and toss until the beef is evenly coated. Set aside to marinate.
2. Heat a large skillet over medium-high and add 2 tablespoons of ghee. When it shimmers, add the rosemary sprigs and cook, stirring, until the rosemary has mostly crisped and deepened in color, up to 1 minute. Remove the rosemary to a paper towel-lined plate, leaving the ghee in the pan.
3. Add the sliced onion, 1 tablespoon berbere seasoning and a generous pinch of salt, and cook, stirring occasionally, until the onions begin to wilt and lightly brown, 2 to 3 minutes. Add the tomatoes and cook, stirring occasionally, until the tomatoes have broken down and appear saucy, 4 to 5 minutes. If the tomatoes are less juicy, then add water to the skillet, 1 tablespoon at a time, until the mixture appears saucy. Remove the tomato and onion mixture to a medium bowl and reserve.
4. Add the remaining 1 tablespoon ghee to the skillet and when it shimmers, add the beef in a single layer. Cook, undisturbed, until the bottoms are browned, about 3 minutes. Using a spatula, flip the beef and cook, undisturbed, until browned, about 2 minutes more.
5. Stir the spiced tomato mixture into the beef, bring to a simmer until the flavors meld, about 2 minutes.
6. Remove from heat and stir in the lemon juice, then taste and season as needed.
7. Serve with rice, injera or cooked orzo. Garnish with crushed fried rosemary sprigs.