Main dishes / Ethiopia

Kitfo



Hand-chopped raw beef worked with spiced niter kibbeh butter and mitmita spice.

Time 70 min **Servings** 4

What you'll need.

- ☐ 700 g Beef fillet — very fresh
- ☐ 200 g Butter — for the niter kibbeh
- ☐ 30 g Ginger
- ☐ 5 clove Garlic
- ☐ 5 piece Cardamom pods
- ☐ 1 piece Cinnamon stick
- ☐ 1 tsp Fenugreek seeds
- ☐ 2 tbsp Mitmita spice
- ☐ 200 g Ayib or fresh curd
- ☐ 300 g Stewed collard greens
- ☐ 4 piece Injera — to serve
- ☐ Salt — to taste

Let's make it.

01 Melt the butter over a low heat with the ginger, garlic, cardamom, cinnamon and fenugreek.

02 Hold it twenty minutes without boiling, until the foam settles and the butter turns clear.

03 Strain the niter kibbeh through muslin and keep it warm.

04 Trim every membrane and sinew from the beef and chop it very fine with a knife, almost to a paste.

05 Work the warm niter kibbeh, mitmita and salt into the meat by hand for two minutes.

06 Warm the mixture in a pan for thirty seconds to body temperature, without letting it whiten.

07 Serve it on injera with the ayib cheese and stewed greens alongside.

Recipe & provenance UniTools / UniTools — theunitools.com / CC BY-SA 4.0.
Original recipe and attribution CC BY-SA 4.0
Photo: Milo.G / CC BY-SA 4.0 / UniTools. Cropped to fit this page.
recipes.dvs-services.be / kitfo