Bread & baking / Ethiopia

Injera



A sour, porous flatbread of teff on a three-day ferment, serving as both bread and plate.

Time 70 min **Servings** 8

What you'll need.

- ☐ 500 g Teff flour
- ☐ 100 ml Ersho starter — from a previous batch
- ☐ 20 ml Vegetable oil
- ☐ 1.2 l Water
- ☐ 1 tsp Salt

Let's make it.

01 Mix the teff flour with water to the consistency of pouring cream, without lumps.

02 Cover it with a cloth and leave it at room temperature for three days, without stirring.

03 Pour off the liquid that has separated on top; it is bitter and must not be left in.

04 Take a cup of the batter, cook it in boiling water to a thick paste and stir it back in.

05 Let the batter stand another two hours and let it down with water to a very thin cream.

06 Heat a wide pan, oil it lightly and pour the batter in a spiral from the rim to the centre.

07 Cover for two minutes, until eyes appear all over the surface, and lift it off without turning.

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