

# SHIRO: A COMFORTING AND FLAVOURFUL ETHIOPIAN DISH

By Liyu Alemayehu



# SHIRO: A COMFORTING AND FLAVOURFUL ETHIOPIAN DISH

Addis Ababa, Ethiopia



*By Liyu Alemayehu*

Shiro is a traditional Ethiopian dish made from ground chickpeas or broad beans, mixed with spices and served with injera, a type of sourdough flatbread. It is a hearty and flavourful meal that is often enjoyed with family and friends on special occasions or as an everyday meal, and is known for its comforting and satisfying qualities.



Serves 2-3

## INGREDIENTS

2 tbsp Niter kibbeh (Ethiopian spiced clarified butter) or oil  
2 onions, finely chopped  
3 garlic cloves, crushed  
2 tbsp tomato paste  
3 tsp Berbere spice blend (includes chilli, paprika, ginger, coriander, cardamom, fenugreek, and other spices)  
½ cup chickpea flour or broad bean flour (or a combination of both)  
2 to 2½ cups water  
Salt to taste

## METHOD

1. In a large pot, heat the niter kibbeh or oil over medium heat. Add the onions and sauté for about 5 minutes until softened and translucent.
2. Add the garlic, tomato paste and Berbere spice blend, and sauté for an additional minute until fragrant.
3. Add the chickpea flour or broad bean flour (or a combination of both) to the pot and stir well to combine with the onion and spice mixture.
4. Gradually pour in the water, stirring or whisking constantly to prevent lumps from forming.
5. Add salt to taste.
6. Reduce the heat to low and let the shiro simmer for 30-40 minutes, stirring occasionally, until it has thickened and the flavours have melded together.
7. Serve hot with injera or your favourite flatbread.

[Visit the virtual photo exhibition](#)