

# Flavors Around the World

Fall 2020

For past cooking class recipes, go to [uhs.berkeley.edu/cookwellberkeley](https://uhs.berkeley.edu/cookwellberkeley)



## Ethiopian Lentil Stew (Misr Wot)

Vegetarian, can be vegan. Common allergens: milk (can be omitted)

Recipe from [Oaktown Spice Shop](#)

Serves 4-6



### Ingredients

- 1 cup red lentils, rinsed and drained
- ¼ cup niter kibbeh, ghee, unsalted butter, or oil
- 1 yellow onion, finely chopped
- 4 cloves garlic, finely chopped
- 2 tablespoons berbere, divided
- 1 small tomato, chopped
- 2 cups water
- Salt to taste

You may find berbere at Ethiopian markets, spice shops, some grocery stores, or online.

You could also try making your own:

[Recipe 1](#)

[Recipe 2](#)

### Instructions

1. Heat the butter or oil in a saucepan over medium heat. Add onions and cook until golden brown, about 10 minutes. Add garlic and cook for about 30 seconds, stirring constantly. Add the lentils, 1 tablespoon of the berbere, tomato, and 2 cups water to the pan. Bring to a simmer.
2. Reduce heat to medium-low and simmer, stirring occasionally, until the lentils are tender, about 45 minutes. Stir in the remaining tablespoon of the berbere and season generously with salt.



## Chimichurri

Vegan. Common allergens: none

Recipe from: [Cafe Delites](#)

Serves 8

### Ingredients

- ½ cup finely chopped parsley
- ½ cup olive oil
- 2 tablespoons red wine vinegar
- 3-4 cloves garlic, minced
- 2 small red chilies, deseeded and finely chopped (about 1 tablespoon)
- 1 teaspoon coarse salt
- ¾ teaspoon dried oregano
- black pepper, to taste (about ½ teaspoon)

### Instructions

1. Mix all ingredients together in a bowl. Allow to sit for 5-10 minutes to release all of the flavors into the oil before using. Ideally, let it sit for more than 2 hours, if time allows.

### Notes

- Chimichurri can be prepared earlier than needed, and refrigerated for 24 hours, if needed.
- Customize the spice level to your preference, omitting the hot peppers if desired. You can also use crushed red pepper instead of fresh chilies.
- Other herbs are sometimes added, such as cilantro. Try other combinations if you'd like.
- Try this sauce with our [portabella steak recipe!](#)

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## Korean-Inspired Marinated Tofu (or Eggs)

Vegetarian, can be vegan. Common allergens: soy, sesame; may contain wheat

Adapted from: [Seonkyoung Longest](#)

Serves 3

### Ingredients

- 1 package extra firm tofu
- ½ cup reduced sodium tamari or soy sauce (reduce if not using reduced sodium)
- 3 cloves garlic, minced
- 3 to 4 green onions, chopped
- 1 green chili, chopped (optional)
- 1 red chili, chopped (optional)
- 1 tablespoon sesame seeds
- Sesame oil for drizzling

### Instructions

1. Drain the tofu and press to remove excess liquid.
2. Cut tofu into ½ inch cubes.
3. Combine remaining ingredients except sesame oil and add ½ cup water. Pour over tofu.
4. Let marinate for at least 6 hours or overnight. It will last in the refrigerator for 3-4 days. Drizzle with sesame oil upon serving.



### Serving Suggestions

Serve with rice and veggies such as sauteed spinach. Drizzle with sesame oil if you'd like.

### Baked Version

Follow steps above. Preheat oven to 400°F.

Grease a baking sheet or line with parchment paper or a silicone baking mat. Place tofu on the pan with plenty of space between each piece.

Bake for 30-40 minutes or until crisp on the outside.

### Egg Version

Bring plenty of water to a boil in a saucepan. Carefully lower eggs into water and reduce to a simmer. Cook about 8 minutes for medium boiled eggs. Drain and place eggs in ice bath.

Once cool, peel the eggs and start at step 2 above.