

Injera (Ethiopian Flatbread)



Makes:

4 servings, 3 each

Utensil:

Flatbread Pan
medium mixing bowl

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Recipe:

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Recipe Description:

Injera is a staple Ethiopian flatbread that is served with almost every meal. Injera is used as a serving dish and an eating utensil to scoop and sop up curries, stews, lentils and wet dishes. The distinctive flavor comes from Teff flour made from a tiny grain that grows in the highlands of Ethiopia. Teff is gluten free, high in calcium, iron and protein. Fermenting the simple batter gives Injera its distinctive flavor, slightly sour and spongy or bubbly in texture. The batter is often fermented for several days but an overnight ferment produces a nice flavor as well.

1 ½ cups
Teff flour
(237 g)
½ cup
all-purpose flour, unbleached
(63 g)
2 ½ cups
water
(600 mL)
½ teaspoon
salt
(3 g)

Directions:

1. Place flours in a mixing bowl. Slowly pour in water and whisk to combine.
2. Cover bowl with towel and let sit at room temperature overnight until it bubbles and has turned sour.
3. Stir salt into flour mixture.

4. Heat pan over low heat. When several drops of water sprinkled on pan skitter and dissipate, pour ¼ cup batter on pan, lifting pan, turning and swirling quickly so batter evenly covers the pan.
5. Cook Injera for 8 - 10 minutes until edges begin to curl and lift. Injera should not brown. Cook on only one side and then remove carefully from pan with metal spatula.
6. Place cooked Injera on a plate and layer with parchment paper between successive pieces to prevent sticking together until ready to serve.

Tips:

- Serve Injera with curries, wet dishes, vegetable stews and lentils.
- Cooking Injera takes a little skill and practice; try making Injera smaller to start with until you are comfortable with the cooking process and they will be easier to remove.
- Injera may seem a little gummy or sticky on bottom when it is warm but it will dry when it is cooled.

Nutritional Information per

▼ Serving

Calories: 228
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 296mg
Total 48g
Carbs:
Dietary Fiber: 2g
Sugar: 0g
Protein: 6g