

# Injera

---

This delicious, thin, spongy, slightly sour, fermented bread is integral to Eritrean and Ethiopian cuisine!

---



TOTAL TIME:  
37 HR  
(36 HR FERMENT, 1HR  
ACTIVE)

SERVINGS:  
PLENTY!



**GF & DF & V**

GLUTEN FREE, DAIRY  
FREE, AND VEGAN

RECIPIE FROM:  
SHEWIT!

*Thank you to Shewit, for helping us with this recipe!*

## Ingredients

---

2 lb teff flour (can be found at Habesha, an Eritrean or Ethiopian grocery, or online)  
1 tsp salt  
2 cups warm water

## Instructions

---

- 1) Mix the teff, salt and water in a big bowl, then cover with a kitchen towel and leave it for 12 hours untouched. After 12 hours you will see bubbles on the surface and the fermenting water rises to the top. This is okay, gently stir the mixture and leave it for the next day. The purpose of leaving it this long is to let the mixture to ferment very well and create more bubbles because that is the sign of a perfect Injera.
- 2) Wait 24 hours, check if the mixture has created more bubbles, if so it is ready to cook. Put the mixture in a plastic bag, or use a ladle to pour the mixture in the next step.
- 3) With a large saucepan on high heat, pour the mixture slowly in to the saucepan in a circle shape. Cook it until you see bubbles on the surface of the injera, that means Injera is cooked and ready to serve. Remove from pan, and repeat. This is the final result!

Tips on flour: You can make Injera with regular flour if teff is difficult to find. For best results, try to make it thin because it is so tasty and delightful when it is thinner. When serving injera you have to cut it into two pieces and roll it.

*Enjoy!*