



ETHIOPIAN

Sega Wat

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	30 min	2 hr 15 min	Stew	Chuck roast & stew beef

Ingredients

- 1.1 kg (2½ lb) chuck roast, cut into 3 cm (1¼ in) cubes
- 4 large red onions (about 800 g / 1¾ lb), finely chopped
- 4 tbsp niter kibbeh (spiced clarified butter) or ghee
- 4 cloves garlic, minced
- 2 cm (¾ in) fresh ginger, grated
- 4 tbsp berbere spice blend (or 3 tbsp paprika + 1½ tsp cayenne + 1 tsp each ground ginger and cumin + ½ tsp each cardamom and ground coriander)
- 2 tbsp tomato paste
- 250 ml (1 cup) water, plus more as needed
- 1 tsp salt, plus more to taste
- 4 hard-boiled eggs, peeled
- Injera, to serve

Steps

1. Put the onions in a dry heavy pot over medium heat. Cook, stirring often, for 15 minutes until they soften and release their moisture. This dry cooking is the traditional start.
2. Add 2 tbsp niter kibbeh, the garlic and ginger. Cook for 10 minutes more, stirring, until the onions are very soft and golden.
3. Stir in the berbere and tomato paste. Cook over medium-low heat for 8 to 10 minutes, adding a splash of water if it sticks, until the mixture turns deep red and the oil starts to separate.
4. Add the beef, salt and the water. Bring to a bubble, then cover and stew over low heat for 1½ hours, stirring now and then.
5. Check the sauce. If it looks tight, add a few tablespoons of water. Stir in the remaining niter kibbeh.
6. Score each egg lightly with a knife, add them to the pot, and simmer uncovered for 15 to 20 minutes until the beef is tender and the sauce is thick and glossy.
7. Taste for salt. Serve spooned over or beside injera.

Notes

- **Berberere:** heat varies between brands; start with 3 tbsp and add to taste.
- **Substitute:** no niter kibbeh? Use ghee plus a pinch each of cardamom, cumin and turmeric.
- **Make ahead:** wat is better the next day; keep 3 to 4 days or freeze for 3 months. Reheat until steaming hot.
- **Slow cooker:** do steps 1 to 3 in a pot, then cook the beef on low for 8 hours or high for 4 to 5. Add the eggs for the last 30 minutes and uncover on high to thicken.
- **Pair with:** injera, cooked greens and fresh cheese (ayib).