



ETHIOPIAN

Beef Tibs

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	15 min	15 min	Stir-fry	Flank steak

Ingredients

- 600 g (1½ lb) flank steak
- 3 tbsp niter kibbeh (spiced clarified butter), or ghee with a pinch of turmeric
- 1 large red onion, thinly sliced
- 4 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 1 to 2 tbsp berbere spice blend (to replace 1 tbsp: 1 tbsp paprika + ½ tsp cayenne + ¼ tsp each ground ginger, cardamom and cumin; double for 2 tbsp)
- 2 green chillies, sliced
- 1 tomato, diced
- 1 tsp fresh rosemary, chopped
- 1 tsp salt
- 60 ml (¼ cup) water
- Injera or flatbread and a squeeze of lemon, to serve

Steps

1. Slice the beef against the grain into strips 1 cm (⅜ in) thick, then into 4 cm (1½ in) lengths. Pat dry.
2. Heat a large skillet over medium heat. Add the onion with a pinch of salt and cook, without oil, for 5 minutes until it softens and begins to colour.
3. Add 1 tbsp niter kibbeh, the garlic and ginger. Cook for 2 minutes until aromatic.
4. Push the onions aside, raise the heat to high and add the rest of the niter kibbeh. Stir-fry the beef in two batches for 2 minutes each, until browned.
5. Return everything to the pan. Add the berbere and stir for 30 seconds until the spice coats the meat.
6. Add the tomato, chillies, rosemary, salt and water, and cook for 2 to 3 minutes until a thick, glossy sauce forms and the beef is still pink inside.
7. Finish with lemon juice and serve on injera, scooping with pieces of the bread.

Notes

- **Doneness:** tibs are traditionally served rare ("leb leb"), medium or well done; cook longer to taste.
- **Heat level:** start with 1 tbsp berbere, as strengths differ between brands.
- **Other cuts:** sirloin or ribeye trim are good, and skirt works well too.
- **Shortcut:** jarred minced garlic and ginger save chopping; keep the berbere and niter kibbeh, which define the dish.
- **Pair with:** timatim salata, a tomato and onion salad with jalapeño and lemon.