MEET THE CHEF
HENOK ZERIHUN

*His career started as a teenager when he saw, for the first time, a busy chef working in a small down-town restaurant.*

Every action he took, what he did, the way he communicated with service staff was mesmerizing. He always remembers that moment which ignited a deep sense of passion and desire to be in that uniform. Then he studied Culinary Art in one of the best catering schools in Addis and worked for 17 years in various hotels in different capacities.

Currently, he is working as a consultant for restaurants, advising them on how to make a restaurant the best place for dinning experiences. His job includes training staff and managing restaurants. As a passionate chef, he is involved in the Ethiopian Chefs Association and serves currently as its president. Further, he is a board member for Ethiopian Airlines catering service.

The Ethiopian cuisine is so unique and fascinating, as it uses fresh and organic food items, herbs and spices. Since prehistoric time, Ethiopia is the main route to spices and coffee to Middle East, Asia and Europe. The most amazing healthy food introduced now to the world is *injera* which is baked from *teff* which is originally from Ethiopia.
DO IT YOURSELF!
KITFO KEBAB WITH KALE AND COTTAGE CHEESE

INGREDIENTS

- 880 g minced topside lean meat
- 250 g Ethiopian clarified butter
- 20 g chili powder
- 20 g cardamom powder
- 200 g kale (cooked and finely chopped)
- 200 g cottage cheese
- 10 g salt
- 100 g false banana root bread (kocho)

STEP BY STEP

1. Place the clay pan on a medium fire and let it to get hot.
2. Put quarter of the butter, cardamom powder, chili powder and let it to get hot too.
3. Add the finely chopped kale to the mixture and cook it for a few minutes.
4. On another pan put the butter and cardamom powder and mix it with cottage cheese and season it well.
5. In a mixing bowl, mix the minced lean meat with the rest of the butter, cardamom and chili powder.
6. Put the mixed mixture on skewer, cook it on a hot grill basting with Ethiopian butter till done and serve with kale and cottage cheese.