



## NEIGHBORHOOD EATS

# Ethiopian beef stew

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[Lauren Glassberg](#)

Web produced by Jennifer Matarese

MONTCLAIR, NJ (WABC) -- Ethiopian cuisine may be one of the world's best kept secrets, and now a restaurant in New Jersey wants to change that.

One restaurant serves authentic Ethiopian food that has become a favorite of both vegans and meat lovers.

The name of the restaurant is "**Mesob**", which is the Ethiopian word for these very large baskets that are woven there.

When you step inside "**Mesob**", you'll see those baskets and taste the food that requires a hands-on experience.

"**Mesob**" is located at 515 Bloomfield Avenue in Montclair, New Jersey.

## **TIBS WET/ZIGNEE RECIPE**

### *Utensils:*

Heavy-bottomed medium-sized saucepan

Wooden spoon

### *Ingredients:*

3 cups chopped shallots or red onions

2 cups vegetable oil

1 medium tomato minced (optional)

1 cup Ethiopian hot pepper

1 tsp ground nigella seeds

1 tbsp minced garlic

1/2 tsp ginger

1 tbsp Ethiopian spiced butter

1 lb beef cut in cubes

2 cups boiled water

1/2 tsp false cardamom

### *Instructions:*

Sauté onions over low heat, stirring until translucent and soft. Add oil to the onions, stirring gently to mix well. If you choose to use tomato, add into the mixture at this point. Add Ethiopian hot pepper and salt (to taste) and mix together. Add garlic, ginger, and nigella seeds, mixing well. Stir occasionally. Cook for 15 minutes or when oil starts to rise to the surface and the mixture is a deep, rich, reddish color add the meat. Cook for 10 minutes and add boiling water. Add butter and false cardamom, cook for 5 minutes and remove from heat.

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