

Injera Recipe

One of the best—and tastiest!—parts of learning about another country is sampling the local cuisine. Try this recipe with your child and explore Ethiopia through one of its dietary staples—flat bread! Also called *injera*, Ethiopian flat bread is a versatile food that traditionally requires several days to prepare. This simplified version, however, cooks up quickly and requires just a handful of pantry standbys. While your child measures and mixes, talk to him about the importance of learning about and appreciating other cultures.

This activity is a good way to teach your child about the pride and self-fulfillment that comes with making something with your own hands, and is also a great way for your child to practice measuring, following step-by-step instructions, and completing a project from start to finish.



What You Need:

- Large bowl
- Non-stick skillet
- Mixing spoon
- Smaller mug or bowl
- Whisk
- 1/2 cup whole wheat flour
- 1/3 cup all-purpose flour
- 1 tablespoon brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1/8 teaspoon baking soda
- 2 beaten eggs
- 2 cups buttermilk
- 1 tablespoon vegetable oil (to grease the skillet)

What You Do:

1. Help your child mix together the baking powder, salt, baking soda, and brown sugar in the large bowl. Allow your child to do most of the measuring on his own while you supervise.
2. Have your child measure out the buttermilk and add it to the bowl. Break the eggs into the smaller mug or bowl, making sure no shells fall in, and beat well with the wire whisk. Once the eggs are beaten, have your child carefully add them to the large bowl and stir to combine.
3. Have your child measure out the wheat flour and all-purpose flour, then gradually mix them into the bowl. Help your child stir and mix the batter until it is smooth.
4. Heat the vegetable oil in the nonstick skillet over medium heat.
5. Have your child scoop out 2 tablespoons of the batter (it doesn't have to be exact), then carefully place the batter in the skillet. Tip the skillet from side to side to spread the batter around the bottom of the pan so it looks like a thin pancake.
6. Place the skillet back onto the burner and allow the batter to cook until lightly browned on the bottom, about 60 seconds. Carefully flip the bread over to brown the other side.
7. When the other side is golden brown, carefully remove the flat bread from the skillet and place on a paper towel-lined plate to cool. Repeat steps 4-6 with the remaining batter.

Now that your bread is cooked, it's time to dig in! In Ethiopia, meals are often served on flat bread, with

extra flat bread on the side for scooping.

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