


KULET  
AND QUICK TEFF CRÊPES



FROM TEFF LOVE  
BY KITTEE BERNIS



In this recipe, I walk you through the steps of making a basic *kay wot* sauce, or *kulet* (see page 68), which you can then use in whatever way you like. However, I suggest making one of the other recipes in this chapter before attempting this one, since they offer a little more guidance.

# kulet

**A BASIC, EASILY CUSTOMIZABLE, SPICY RED SAUCE**

MAKES 6 CUPS

See photo facing page 90

- 1½ **small red onion, minced** (2 cups)
- ½ teaspoon **salt**, plus more if desired
- 2 tablespoons **Ye'qimem Zeyet** (page 25)  
**or extra-virgin olive oil**
- 1 **small tomato, diced** (¾ cup)
- 6 cloves **garlic, pressed or grated**  
(1 tablespoon)
- 2 teaspoons **peeled and grated fresh ginger**
- ½ teaspoon **Ye'wot Qimem** (page 40; optional)
- 3 tablespoons **ground berbere** (see page 21)  
**or Berbere Paste** (page 22)
- 1 tablespoon **mild paprika**
- 1 teaspoon **ground coriander**
- ⅛ teaspoon **ground cardamom**
- Pinch **ground cloves**
- 6 cups **chopped vegetables, veggie protein,**  
**or a combination** (see page 91)
- 1½ cups **water or Sleepy Vegetable Stock**  
(page 38), plus more if needed (see  
cooking tip)

Put the onion and salt in a large, dry saucepan. Cover and cook over medium-high heat, stirring occasionally to prevent sticking or burning, until the onion has released its liquid and softened, about 5 minutes. Decrease the heat to medium, add the *Ye'qimem Zeyet*, and stir to combine, scraping up any onion that has stuck to the bottom of the pan. Cover and cook, stirring occasionally, until the onion is very soft and is beginning to brown, about 10 minutes. If the onion is sticking or burning, decrease the heat slightly.

Add the tomato, garlic, ginger, and optional *Ye'wot Qimem* and stir to combine. Cover and cook, stirring frequently, until the tomato is soft but still chunky, about 5 minutes. Add the *berbere*, paprika, coriander, cardamom, and cloves and stir well to combine. Add the chopped vegetables and water. Increase the heat to high and bring to a boil. Decrease the heat to medium, cover, and simmer, stirring frequently, until the vegetables are tender, about 20 minutes. Add up to ½ cup of additional water if needed to thin the sauce.

Per 1 cup: 145 calories, 3 g protein, 6 g fat (1 g sat), 14 g carbohydrates, 712 mg sodium, 56 mg calcium, 5 g fiber

Note: Because store-bought berbere spice will vary in ingredients, sodium levels may vary. Analysis is based on using 6 cups of chopped vegetables.

### Vegetable and Veggie Protein Suggestions

- *Ye'tshom Kwalima Kwas* (page 159), *Ye'tofu Kwas* (page 160), or *Ye'shimbra Duket Kwas* (page 162)
- Beans: cooked or canned white beans or black-eyed peas
- Pan-fried jackfruit (brined and canned)
- Vegetables: artichoke hearts, beets, carrots, cauliflower, carrots, collard greens, green beans, kale, mushrooms, potatoes, rutabaga, sweet potatoes, turnips, winter squash, zucchini
- Pan-fried tempeh, baked tofu, or Seasoned Gluten (page 164)

**COOKING TIP:** Feel free to experiment with the liquid in this recipe by replacing ½ cup of the water or stock with beer or wine. The texture of the finished dish depends on the vegetables and plant protein you add, but the *kulet* will have the consistency of a slightly chunky marinara. Add quick-cooking vegetables toward the end of the cooking time so they don't overcook.

### SERVING SUGGESTIONS

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If you make this *kulet* on the spicier side, pair it with a cooling dish, such as *Butecha* (page 139), *Ye'ater Kik Alichia* (page 96), *Ayib* (page 36), or lightly salted chunks of avocado.

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Although these crêpes don't have quite the same texture or pronounced sourness typical of teff *injera*, they make a good stand-in on days when you want Ethiopian food quickly and don't have time for the fermentation process or access to commercial *injera*. They have a slightly spongy-stretchy texture, with a small bit of tang from the yogurt and vinegar, and work well for scooping up sauces and stews.

## quick teff crêpes

MAKES 14 (6-INCH) CRÊPES

- 1 cup **teff flour, any variety**
- ½ cup **chickpea flour**
- ½ teaspoon **baking soda**
- ½ teaspoon **salt**
- 2 cups **carbonated water**
- ⅔ cup **unsweetened plain vegan yogurt**
- 6 tablespoons **cider vinegar**

Preheat a nonstick skillet (see cooking tip) over medium heat.

Put the teff flour, chickpea flour, baking soda, and salt in a medium bowl and whisk vigorously to combine and to beat out any lumps in the chickpea flour. Add the carbonated water and vegan yogurt and whisk well to combine. When the griddle is hot, whisk in the vinegar to combine. The batter will rise and foam, and the consistency will be thin and reminiscent of chocolate milk.

Form each crêpe by using a ⅓-cup measure to scoop the batter from the bottom of the bowl and pour it into a disk on the hot pan. Use a spoon to quickly and lightly smooth the batter into a 6-inch disk, starting in the center and working in concentric circles until you reach the edges (keep the center of the crêpe the thickest and the edges the thinnest; the crêpe should be between ⅛ and ¼ inch thick).

Cover and cook for 1 minute. The crêpe should be dry on the top with a smattering of little holes over its surface. Uncover and continue to cook the crêpe without turning it for 1 to 1½ minutes. The total cooking time for each crêpe should be 2 to 2½ minutes. When fully cooked, the crêpe should be dry on top with a few air-bubble holes, and the bottom should be firm, smooth, and lightly browned. Depending on your cookware and stove, you'll need to adjust the heat to achieve this result. Use a flat, flexible spatula to loosen and release the crêpe, and then quickly transfer it to a plate and cover with a clean, dry tea towel. Repeat the cooking process until all the batter has been used. As the crêpes are made, stack them on top of



each other and keep them covered with the towel so they don't dry out.

As they cool, the crêpes will develop a spongy-stretchy texture. Let them rest until they're room temperature, then wrap the stack loosely in a clean, dry tea towel and seal it in a ziplock bag until serving time. Be sure the crêpes are completely cool or the bag will collect moisture and they'll spoil. If you notice any condensation, open the bag to air it out.

Per crêpe: 45 calories, 2 g protein, 1 g fat (0.3 g sat), 8 g carbohydrates, 97 mg sodium, 34 mg calcium, 2 g fiber

**COOKING TIP:** For the best success, I recommend cooking these crêpes on a flat, anodized griddle or pan. If you find the crêpes are sticking as they cook, mist the pan with a small amount of oil. Keep in mind, just as with traditional teff *injera*, the first one cooked is usually a throwaway or a treat for the cook.

**COOKING TIP:** Halve this recipe if you'd like a smaller yield, and for the best results, eat these the same day they're prepared.