

HOW TO MAKE AUTHENTIC INJERA

STEP 1: እርሻ | ERSHO | STARTER

The injera fermentation process is very similar to that of sourdough and requires a starter (ersho) to be created approximately three days before mixing the batter.

Ingredients

- 1 cup (188g) Maskal Teff® flour
- 2 cups (473g) lukewarm or room-temperature water

Materials

- Medium-sized, non-reactive container with lid – preferably clear and a wide opening for easy access
- Whisk
- Measuring cup or scale
- Spoon

Instructions

1. Combine 1 cup of Teff flour with 2 cups of room temperature water in a container.
2. Whisk until there are no clumps of flour and ingredients are thoroughly combined. You should see a thin foam film develop on the top.
3. Seal the container store in a dark, dry room at around 70 ° Fahrenheit. The warmer the room, the faster your starter will ferment.
4. Observe fermentation throughout the next three days, but do not touch or disturb the container.
5. **Approximately 3 days later**, open the container. You should see a foam film on the top as well as a layer of murky water above the settled flour.
6. Discard the murky water layer and stir the starter making sure it is thoroughly combined.
7. Your starter is now ready to use, and you may move on to STEP 2: ሊጥ | LEET | DOUGH.
8. To store add water (about 3/4 cup for this ratio) and store in the refrigerator.

Notes

When is the Injera Starter Ready?

- The dough is at its highest level of activity; If you nudge your starter, little air pockets should shoot up to the top.
- The water has separated, and foam has gathered on the very top.
- This recipe makes about 5-7 16" injera's. If you want to make less for your first time, the recipe works just as well when halved.

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- Refrigeration slows down the microbes and lessens their need to be fed. However, do not neglect your starter, if you do not make injera frequently make sure to be adding teff flour periodically to maintain a healthy culture.
- [Visit our Tips & Tricks section on the webpage.](#)

STEP 2: ሊጥ | LEET | DOUGH

Ingredients

- 2 cup (473g) starter
- 6 cups (1.128kg) Maskal Teff® flour
- 8 cups (1.89kg) lukewarm water

Materials

- Large sealable container
- Measuring cup or scale
- Mixer (or use hands)

Instructions

1. In a large sealable container (we suggest clear for the first time), mix the starter with the flour. You can also mix in a large bowl and then transfer to a sealable container.
2. Gradually pour water a cup at a time 3-4 cups of water while mixing either by hand or with a mixer. You may not need the full 4 cups as you want the dough to be a thick consistency.
3. Knead the dough for about 3-5 minutes, until it is very thick but smooth.
4. Press the doughy batter into the bottom of the container.
5. Use the remaining 3-4 cups of water to clean off the container's sides. Be sure to not mix the water with the dough, as it is just meant to keep mold from growing on the surface of the pressed dough. There should be a thick layer of the dough and a layer of murky water above when done.
6. Put a tight lid on the container and store in a dry place at room temperature for 1-3 days based on desired sourness (one day being less sour and three days being very acidic). You may also discard the top water and place new water of the same amount daily to reduce sourness as well.

Notes

- The dough will soak up a some of the top water over the course of the fermentation. This will result in consistency changing from dough to a thick batter, because of this keep the dough as thick as possible while mixing.

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STEP 3: አብሲት | Absit | Gelatinization

Absit is the gelatinization process, and one of the many steps that help create the right texture, characteristics, and bubble formation (eyes) in injera.

Ingredients

- 2 cups (473g) water
- 1 cup (274g) batter
- 2-4 cups (473g-946g) of room temperature water

Materials

- Saucepan
- Whisk
- Measuring cup or scale

Instructions

1. After 1-3 days, open the container and discard the water on the top. The dough will have become more like a thick batter than a dough, mix thoroughly.
2. Bring 2 cups of water to a boil then turn the heat down to a medium-low. Add about 1 cup of batter to the water while whisking to avoid clumping. Then turn heat back to medium-high to bring mixture to a boil.
3. Once it has bubbled, add the mixture into the batter and dilute with 1-2 additional cups of water until desired consistency is reached. The batter should be thick enough to lightly coat the spoon but not so thick that you cannot see the spoon.
4. Ensure the batter is the right consistency as no pure water can be added after the final fermentation is complete.
5. Seal with the lid and leave in a dark and dry room until small bubbles form towards the surface, anywhere from 1-4 hours. We have found 2 hours in the fridge works well.

Notes

- If recipe is halved, after mixture has boiled, take off the burner and add 1-2 cups of cold water into the saucepan and stir well. Set to the side and wait for the mixture cool enough to touch before adding it back in to the batter.
- [Visit our Tips & Tricks section on the webpage](#)

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STEP 4: እንጅራ ጠጋገር | INJERA MEGAGER | COOKING INJERA

Ingredients

- Prepared injera batter

Materials

- Mitad or flat frying pan (non-stick or add oil prior cooking and as needed).
- Ladle
- Measuring cup or anything you can pour from easily.
- Flat mat (sefed) for lifting injera.
- A plastic or parchment paper covered placemat.

Instructions

1. Once the small bubbles develop, your batter is now ready to cook. Remove any water that has separated and set aside to add back if needed for desired consistency. Do not add pure water, as you will dilute the fermentation.
2. Heat your non-stick cooking surface to medium-high. If using a 16" Wass Mitad/Mogago, we have found 215°F work well. Some, however, prefer 350°F so just test your cooking surface until you find the right temperature for you.
3. For the first injera, use less batter to check the bubble formation aka "eyes"—about 500ml-600ml of the batter is equal to 1 large 16" injera.
4. Once about 80% of the eyes have formed, cover with a lid.
5. Remove lid once steam starts to develop. The edges of the injera should have started lifting off the cooking surface.
6. Slide a thin mat under the injera and use it to lift the injera from the grill.
7. We suggest using parchment paper or a plastic surface to help the injera cool. Wait for the injera to cool down entirely before stacking to avoid sticking.
8. Top with desired stews and enjoy!

Notes

- [Visit our Tips & Tricks section on the webpage](#)