

ANFILO COFFEE

2013 COOKING CLASSES

Classic Ethiopian Cuisine

Ethiopian cuisine is one of the greatest culinaries in the world. The elegant, colorful, savoury cuisine of Ethiopian cuisine is unmatched in taste and presentations. In this class you will cover the foundation of Ethiopian cuisine, vegetable and meat dishes. You will be guided as you learn about the Ethiopian food preparation methods, the ingredients that goes into the food, and the ancient techniques that make the the cuisine.

In this class you will learn how to prepare the fundamental and traditional Ethiopian meals:

- **Misir**, *lentil in hot spicy sauce*
- **Alecha Atakelt**, *mixed vegetables sauce*
- **Minchet Abish**, *minced beef in mild sauce*
- **Sega Wot**, *cubed beef in spicy sauce*

Students will develop a foundation for all Ethiopian culinary cooking. We will teach proper handling of ingredients, and how to make homemade classic sauces, which form the base for the many gourmet dishes of Ethiopia. These sauces will then be used to make some traditional dishes, and students can nibble on the dishes by dipping Injera.

Class Description: Enjoy interacting with our cook and cooking together.

Class Price: \$50 (per person)

Class Meeting Date: Saturdays

Class Meeting Time: 11:00 AM to 1:00 PM

Instructor(s): Dagmawit Bekele