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USA

**Ethiopian Food Galore**

I have lots of favorite African food, but I like them in combinations. That is because in Ethiopia, you have lots of different kinds of food that go together naturally. You can’t just eat one Ethiopian dish by itself; it tastes better if you put it all together with other Ethiopian foods.

One of my favorite Ethiopian foods is *qey wot*, which is red sauce. It goes perfectly with *shiro* and *ibe*, which is a homemade cheese. Ibe tastes great when you put it together with spicey sauces. *Shiro*, I can’t really explain because it is so brown and soft and tasty, depending on who makes it. (If it’s a bad cook, look out!) It’s not a vegetable or meat. It’s a mystery that tastes so good you want more.

Sometimes *goman*, which is like a little salad cut into very small pieces, is good with *fer fer* (which is *qey* *wot* put with *injera*).

Ahhhhhh….*injera*! *Injera* is the traditional Ethiopian bread which you put all the food on. It is the main dish. (You’d have to lick the plate of food if you didn’t have *injera*!) *Injera* is like the emperor who ruled the food. Without the emperor, you wouldn’t have the organization or the combined flavor of a true Ethiopian dish. So *injera* is to *qey wot*, *shiro*, *ibe* and *goman*, as King Haile Selassie was to all the Ethiopian people.

This might surprise you, but in Ethiopia you don’t eat with silverware, you eat with hands…your precious hands. First, you rip off a little piece of *injera* about the size of your ear. Next you dip it into the food and scoop up a little bit of it. Then you turn the *injera* between your fingers to make it into the shape of a hut. Lastly, you put it into your mouth and take a deep, yummy bite. Mmmmmm…it relaxes you!

It’s hard to say why I love Ethiopian food so much, but no matter what, I 100% guarantee you will love it, too!

*Injera* is easy to make. My mom takes a clay pan called a *mitad* and puts the *leat* in it. The *leat* is a liquidy dough. Then she turns the *mitad* on and leaves the *leat* in it for about two minutes. Inside the *mitad*, the liquidy *leat* turns into a soft circle of flat, gray yumminess called *injera*. While the *injera* is cooking, my mom is making the other food and my sister is doing her homework at the kitchen table. Usually, I set the table while my father is on the computer working.

Like I said, there is no way that you eat the food dishes by themselves; you should only eat them with other combinations. Even though you have to use your hands and it might get messy, Ethiopian food is really delicious. Thanks to my mom, I know this. I am an expert at eating Ethiopian food because of her!