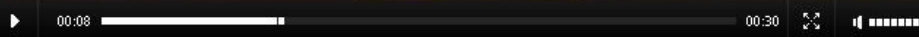




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# The Global Kitchen

HOME RECIPES EPISODES



## The Global Kitchen

Tune in and experience a taste from around the world found right here in our own communities. Every episode of The Global Kitchen brings an exciting and ethnically rich cooking experience, shot in restaurants throughout this country with professional chefs who now call America home.

These skillful chefs with captivating personalities guide viewers to prepare dishes from start to finish. Their styles make it accessible so that the amateur home chef can learn to cook popular international cuisine to the amazement of family and friends. If you've ever gone to your favorite ethnic restaurant and wondered "how'd they make that," our chefs invite you into their kitchens for an up close and personal lesson.

From the appetizer to sides, from the entrée to the dessert, one episode follows four international dishes being prepared by different restaurant chefs in America. We travel to small towns and big cities and explore restaurant culture rich with tradition, from the décor to the aromas, and especially the exquisite taste. It's the cuisine of the world brought right here to America!

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# The Global Kitchen

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## 2/05 The Global Kitchen



### 2/05 Ethiopia: Lega Tibs (Lamb)

Ethiopia: Lega Tibs (Lamb) - Recipe courtesy of Berekti Mengistu

**INGREDIENTS:**

- 1-cup sliced onions
- 1 tbs vegetable oil
- 1 tsp minced garlic
- ½ tsp ginger
- 1 medium tomato cut into wedges
- 1 lb cubed leg of lamb (cut bite size)
- 1 tbs rosemary
- 1 tsp butter
- 1 tsp berbere (optional)
- Pinch black pepper

**PREPARATION:**

- Sauté onions over low heat for 3 minutes. Add tomato, ginger and garlic. Add lamb and rosemary, cook until tender, about 15 minutes.
- Remove from heat, add butter and black pepper.

- To prepare the "no sauce" version of Lega tibs, omit the tomatoes.



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## The Global Kitchen

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### 2/07 The Global Kitchen

Original Airdate: 2/16/2011

If you're looking to cook like chefs worldwide, you've come to the right place, here on The Global Kitchen.

**Ethiopia: Tikil Gomen (Sautéed Vegetables)**

-Taped at Mesob Ethiopian Restaurant in Montclair, NJ with Berekti Mengistu

Tikil Gomen is a mix of tender cabbage and lightly fried potatoes. It makes an ideal side dish or main course as part of any Ethiopian meal.

**Afghanistan: Kadoo (Butternut Squash)**

-Taped at Kabab Paradise in South Bound Brook, NJ with Chef Fahim Saleh

Colorful and nutritious this easy appetizer blends butternut squash and an unusual array of spices, from sugar to saffron, with delicious results.

**Hungary: Meatloaf**




-Taped at Little Europe Restaurant in Woodbridge, NJ with Chef Tunde Kiss

A traditional dish that you can sink your teeth into. Hungarian meatloaf is as classic as it is delicious. Tender and spicy with sautéed onion and their key ingredient, paprika, the veal meal wonderfully simple and tasty.

**Philippines: Bananas Lumpia**

-Taped at BLT Restaurant in New York, NY with Chef Rodelio Aglibot


For this mouth-watering dessert, bananas are tightly wrapped in eggrolls, then fried until they're warm and creamy on the inside, and light and crispy on the outside. A simple coconut dipping sauce adds a sweet tropical note.

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**Ethiopian: Ingudai Tibs (Mushrooms)**

2/04 The Global Kitchen



**2/04 Ethiopia: Ingudai Tibs**

Ethiopia: Ingudai Tibs - Recipe courtesy of Berekti Mengistu

**INGREDIENTS**

- 5 cups of portobello mushrooms
- 1 1/2 cups of chopped red onions
- 5 tbsp olive oil
- 1 tsp Ethiopian awaze (optional)
- 1 tsp garlic (minced)
- 1/2 tsp ginger (minced)
- 2 tbsp chopped parsley
- Salt to taste

**PREPARATION:**

- Sauté onions over a medium heat add garlic and ginger mix for a minute. Add oil, red pepper. Add mushrooms to the mixture stirring gently to mix well. Add salt add parsley. Cook for 10 minutes.

[Video link for Berekti Mengistu - How to Prepare Ethiopian Coffee \(Bunna\) & Keeta](#)

# The Global Kitchen

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▶ 18:11  21:36 ⏏ 🔊

## 2/03 The Global Kitchen

Original Airdate: 1/19/2011



## 2/03 Ethiopia: Bunna & Keeta (Coffee & Bread)

Ethiopia: Bunna & Keeta - Recipe courtesy of Berekti Berekti Mengistu

INGREDIENTS: for the Keeta:

- 1½ cups water
- ¼ tsp salt
- 1 cup teff flour
- 1 tsp oil (olive or vegetable oil)
- honey for drizzling

#### PREPARATION:

- Fill a bowl with water and set aside; this water will be used for working with the dough.
- Dissolve salt into 1 ½ cups of water.
- Mix salted water with flour by hand in a separate bowl, until it forms a loose dough (do not knead the dough).
- Preheat skillet or pan until hot enough that water droplets sizzle on the surface. Brush 1 tsp of oil over the entire surface of the skillet and lower heat. Halve the dough and place one portion in the center of the skillet. Gingerly spread out the dough until you cover the bottom of the skillet.
- The water that was set aside earlier should be used to make spreading the dough and keeping the surface smooth more manageable. As the bread cooks on the bottom and becomes drier on the top, carefully flip the bread over.
- Allow the bread to cook for approximately 4 minutes, remove, and plate. For a crispier bread, continue to turn it over until it reaches the desired crispiness.
- For the second portion, brush the surface of the skillet with 1 tsp of oil and repeat the cooking process.

Drizzle honey over the top.

Note: For sweeter flavor, add 1tbsp of sugar to the water and allow it to dissolve.

Keeta is best eaten the same day it is made, otherwise the texture will be very dry the next day.

#### INGREDIENTS: for the Bunna (coffee)

1 cup raw Ethiopian coffee beans (unroasted)  
Water

#### PREPARATION

- Put coffee in a small bowl with water, and using your hands, wash off all dirt and debris. Pour the water off, and dump the beans into the frying pan.
- Roast the coffee over medium heat, shaking the frying pan and stirring to ensure even roasting. The coffee beans will become shiny and dark brown (not black) when they are done.
- Transfer the roasted beans onto the paper plate to cool. Once cooled, put the beans in the coffee grinder and grind to a fine powder.
- Transfer ground coffee back onto the paper plate. Pour water into kettle or jebena and add coffee. Swirl the kettle or jebena around to mix the coffee and water. Brew coffee over a medium heat until the coffee foams and starts to rise. Reduce heat.
- Pour off small amount of foamy coffee into the measuring cup. Pour coffee back in to kettle or jebena; when the coffee starts to foam and rises again, pour off small amount of coffee again and pour it back into the kettle or jebena. If the coffee rises and still foamy, repeat the process of pouring out coffee and pouring it back.
- If there is no foam and the coffee is roiling vigorously, the coffee is done and remove it from the heat. Allow coffee to settle before pouring.

If you want to have milk, use steamed milk.

Note: The traditional way to serve Ethiopian coffee is in small handle-less porcelain cup. A sprig of rue (teyna adam) is laid on the side of the saucer and may be put in the coffee for added flavor.

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