ETHIOPIAN · LUNCH · DINNER

Doro Wat (Ethiopian Spiced Chicken and Egg Stew)

150 min · Serves 5 · 480 kcal a serve · Video 10:31 · Munchies

Gluten-free ingredients · No nuts listed

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About 34 g protein and 18 g net carbs a serve: chicken and eggs slow-cooked in a deep onion and berbere sauce, with no flour or sugar — the onions cook down with no oil at all.

Diet notes: Paleo with a swap: olive, avocado or coconut oil instead of the corn oil.

Ingredients 13 · SERVES 5

- [ ] **Chicken thigh**: 3 bone-in skinless chicken thighs and 3 bone-in skinless drumsticks
- [ ] 2 **lemons**, squeezed into the soaking water (poured away)
- [ ] 4 large **red onions**, finely chopped (not puréed)
- [ ] 8 **garlic** cloves, roughly chopped
- [ ] a 5 cm piece of **ginger**, roughly chopped
- [ ] 1 tbsp **corn oil**
- [ ] 35 g **berbere**
- [ ] 1 tsp **ground cardamom**
- [ ] 45 g **niter kibbeh** (Ethiopian spiced clarified butter)
- [ ] 250 ml **water**, more if you like it saucier
- [ ] 5 large **eggs**, hard-boiled
- [ ] **mekelesha** (warm Ethiopian spice blend), a pinch to taste
- [ ] **kosher salt**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pierce the skinless chicken pieces with the tip of a knife and soak them in cold water with the juice of 2 lemons for 30 minutes to an hour, then rinse well. 1:25
2. Chop the red onions finely — by hand or in a processor, but don't purée them. 1:50
3. Cook the onions in a dry pan on medium heat, with no oil at all, stirring every few minutes, for about an hour (up to 1½ hours) until deep brown and sweet. 2:38
4. Meanwhile blend the garlic and ginger into a paste with a little oil. 3:12
5. Boil the eggs in salted water, cool and peel them, then cut a few shallow slits in each so the sauce can soak in. 3:38
6. Add a little oil and the garlic-ginger paste to the browned onions, lower the heat and stir in the berbere, adding splashes of hot water so it never burns. Add the cardamom and niter kibbeh. 4:45
7. Rinse the chicken again until the water runs clear, add it with the water, cover and cook for about 40 minutes, stirring now and then. 7:05
8. Sprinkle in a little mekelesha, add the eggs and salt to taste, cover and cook 10 minutes more. 8:02

> **Tip** Serves 4–6. Doro wat is Ethiopia's festive dish, eaten with injera (teff flatbread) from a shared platter; with salad or greens it's lower in carbs. Berbere and niter kibbeh are sold in Ethiopian and African grocers.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
480 kcal	**34** g	**24** g	**5.5** g	**28** g	**550** mg
2,010 kJ	67% of a day	18 g net · 8.6 g sugars 9% of a day	20% of a day	10 g saturated 36% of a day	24% of a day

Energy from net carbs 16% · protein 30% · fat 54% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 72% · Vitamin B12 46% · Vitamin B6 43% · Zinc 33% · Omega-3 25% · Iron 23% · Vitamin A 21%

Source of (10–19%) Vitamin C 17% · Folate 17% · Magnesium 16% · Potassium 15% · Vitamin E 15% · Calcium 10% · Vitamin K 10%

Recipe and video: Munchies on YouTube — youtube.com/watch?v=zi4AT6uYKUs. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/doro-wat-ethiopian-chicken-stew