ETHIOPIAN · LUNCH · DINNER

Gomen Besiga (Ethiopian Collard Greens with Beef)

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80 min · Serves 4 · 548 kcal a serve · Video 9:18 in Amharic · Melegna | መለኛ

Gluten-free ingredients · Nut-free

51 g protein, 8 g fibre and 18 g net carbs a serve: beef simmered with a big pot of collard greens, which also make it rich in vitamins K, C and A.

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Ingredients 14 · SERVES 4

- [ ] 1½ lb **stewing beef**, in chunks
- [ ] 2 quarts **water** (most of it cooks away)
- [ ] 2 bunches **gomen** (Ethiopian collard greens or kale), stalks removed
- [ ] 1 large head **garlic**, chopped
- [ ] about ⅓ cup **vegetable oil** (1 sini, a small Ethiopian coffee cup)
- [ ] 2 **red onions**, finely chopped
- [ ] 1 tsp **dried rosemary**
- [ ] 1 tsp **ground black pepper** (kundo berbere)
- [ ] 1 tsp **mitmita** (Ethiopian bird's-eye chilli spice blend)
- [ ] 1 tsp **ground cinnamon**
- [ ] 1 tsp **ground ginger**
- [ ] **salt**, to taste
- [ ] 1 tbsp **niter kibbeh** (Ethiopian spiced butter)
- [ ] 2 **long green chillies** (kariya), sliced with their seeds

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

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Strip the gomen leaves off their tough stalks (keep the tender stems) and wash the leaves well in plenty of water. 0:45
2. Put the beef in a large pot with the water, cover and boil until the meat starts to soften. 2:30
3. Pile the greens on top of the beef, press them down as they wilt, cover and simmer, stirring now and then, until the leaves are soft. 3:10
4. Stir in the chopped garlic, then the oil, and keep simmering with the lid on. 4:30
5. Add the chopped red onion, stir it through, cover and cook until it softens into the greens. 5:55
6. Season with the rosemary, black pepper, mitmita, cinnamon, ginger and salt, then stir in the niter kibbeh. 6:55
7. Add the sliced green chillies and cook a few minutes more, until most of the liquid has cooked away and the greens are tender. 7:40
8. Serve hot, in a warmed clay dish if you have one. 8:15

Tip Serves 4 (our estimate). The cook likes some pieces on the bone for flavour. Traditionally eaten with injera and extra mitmita on the side; lamb works well instead of beef.

The method is a summary in our words, in English — the video (in Amharic) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
548 kcal	51 g	25 g	7.8 g	30 g	540 mg
2,290 kJ	101% of a day	18 g net · 7.1 g sugars	28% of a day	7.2 g saturated	23% of a day
		9% of a day		38% of a day	

Energy from net carbs 13% · protein 37% · fat 50% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 502% · Vitamin C 220% · Vitamin B12 149% · Omega-3 111% · Zinc 110% · Selenium 89% · Vitamin B6 78% · Vitamin A 44% · Iron 39% · Folate 30% · Potassium 29% · Vitamin E 29% · Magnesium 28% · Calcium 23%

Recipe and video: Melegna | መለኛ (@melegna) on YouTube — youtube.com/watch?v=dzgRx5zwoRg, published 5 January 2024. 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/gomen-besiga