



# Hamlin Cooks

A sneak peak at some of the wonderful Ethiopian recipes Team Hamlin create every day.

Time to get cooking!

Catherine Hamlin  
Fistula Foundation



Lentil wot is a favourite in Ethiopia and is a good, hearty, nutritious meal, high in fibre, iron and protein. This recipe is a favourite at the Addis Ababa Fistula Hospital and is served to staff and patients. Adding our Hamlin Spice will give it just the right amount of zing.



# Lentil wot

500g yellow or orange lentils  
2 cups vegetable stock  
2 1/2 cups water  
1 tablespoon vegetable oil  
1 medium brown onion, chopped finely  
2 medium potatoes, diced with peel  
3 medium carrots, sliced  
1 teaspoon thyme  
1 teaspoon Berbere Hamlin Spice (or more to taste)  
2 or 3 cloves garlic, crushed  
Salt and pepper to taste

Heat oil in a heavy-based pan. Add garlic and saute for a minute. Add Berbere spice and saute for another two minutes. Add the rest of the ingredients and bring to the boil. Decrease heat to low, cover pot and simmer for 1 hour, stirring occasionally until lentils are cooked through. Add salt and pepper to taste. Serve hot with wholegrain bread. This recipe is tasty with browned chicken pieces added.

Traditional Ethiopian dishes are served with a fermented flat bread called injera made from a local staple called Tef. We recommend white dinner rolls with this lamb rack.



# Spicy lamb rack

For the marinade

2 racks of lamb, 500g each

1/2 cup olive oil

1 1/2 teaspoons chopped rosemary

1 large clove of garlic, smashed

For the Berbere paste

1 tablespoon Berbere Hamlin Spice

2 teaspoons Dijon mustard

1 beaten egg yolk

1/4 cup fine bread crumbs

2 tablespoons dry red wine

For the sauce

2 tablespoons Berbere Hamlin Spice

1/2 cup chicken stock or broth

Splash of dry red wine

2 tablespoons cold butter, diced

Combine marinade ingredients in a snap lock bag. Seal and chill for 8-24 hours. Preheat oven to 250°C. Combine paste ingredients. Drain lamb and discard marinade. Brown the lamb in a hot pan for 3 mins each side. Place rib side down in roasting pan then smear paste on fat sides of lamb. Roast for 30 mins. To make sauce: toast Berbere until fragrant, add wine, stock and bring to boil. Remove from heat and whisk in butter.



Surrounded by the beautiful gardens of Hamlin Fistula Ethiopia's Desta Mender, the Juniper Café is the ideal place to escape for lunch. It is a not-for-profit café and hospitality training program for recovering fistula survivors treated at Hamlin. 100% of profits support Hamlin's Rehabilitation and Reintegration program! Chiko (or Ethiopian chocolate) is a favourite of Juniper Café Supervisor, Sintayehu.

# Chiko (Ethiopian chocolate)

250g besse (roasted and milled flour of barley)  
1 cup of melted hot butter  
3 teaspoons powder coriander  
1 pinch of salt

Note: the ingredients for this recipe may be difficult to find in Australia.



Mix all ingredients. Select which shape you would like it in. Keep cool in mould for two days until hard. Cut into small pieces and serve with coffee or tea as a snack. Serve in small sizes, with some salted popcorn.

“We usually have it with coffee. It is loved by most regions of Ethiopia, especially by people in the Oromiya and Amhara regions. I hope you enjoy it in Australia too.” - Sintayehu, Juniper Cafe Supervisor at Hamlin Fistula Ethiopia’s Desta Mender



We hope you enjoy our favourite  
Ethiopian recipes. Happy cooking!

If you'd like to learn more about how  
you can support women in Ethiopia...

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Catherine Hamlin Fistula Foundation  
[hq@hamlin.org.au](mailto:hq@hamlin.org.au) • [hamlin.org.au](https://hamlin.org.au)

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