

Chicken Berbere (Ethiopian Style)

Simply Recipes (Elise) and it came from Hank Shaw



3 pounds chicken legs, thighs or wings (3 to 4)

2 tablespoons peanut oil, or melted butter (or ghee)

Salt

Lemons or limes for serving

SPICE MIX:

2 tablespoons sweet paprika

1 tablespoon hot paprika, or 1-2 teaspoons cayenne

2 teaspoons garlic powder

1 teaspoon ground ginger

1 teaspoon ground cumin

1 teaspoon onion powder

1 teaspoon black pepper

1 teaspoon ground fenugreek

1/2 teaspoon salt

1/2 teaspoon ground cardamom

1/4 teaspoon ground cloves

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

You can do this with chicken wings too, but don't use breasts — they will dry out.

1. Preheat oven to 325°. Coat the drumsticks in the peanut oil or melted butter, then sprinkle with salt.
2. Mix all the spices together in a small bowl. In a large bowl, mix half of the spice mix with the chicken, then arrange the drumsticks in a casserole dish lined with enough foil to make a package; you will be cooking the chicken covered for most of the time.
3. Sprinkle more of the spice mix over the drumsticks. You can use all of the spice mix, or stop whenever you want. The more mix, the spicier the chicken. (I would use at least 3/4 of it.) Fold over the foil to seal up the chicken and bake for 90 minutes.
4. At 90 minutes, open up the foil packet to let the chicken continue to cook uncovered. Continue cooking for at least another 15 minutes, and as long as you like. If you want the meat to almost fall off the bone, cook uncovered for another 30-45 minutes.
5. To serve, baste with a little of the sauce that forms at the bottom of the pan, and use the rest to flavor some rice or flatbread. Squeeze some lemon or lime juice over the chicken right before you serve it. A green salad is a good side dish, too.

Per Serving (excluding unknown items): 276 Calories; 19g Fat (62.1% calories from fat); 23g Protein; 3g Carbohydrate; 1g Dietary Fiber; 103mg Cholesterol; 233mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 1/2 Fat.