

# CULINARY ART

## Level II

**Based on March 2022 Curriculum version 1**



**Module Title: Preparing Ethiopian Cultural Meat Dishes**

**Module Code: CST CUA2 M06 0322**

**Nominal Duration: 100 Hours**

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## Acknowledgment

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## Introduction to the Module

This module describes the knowledge, skills and attitude required to clean and maintain kitchens, and food preparation and storage areas in commercial cookery or catering operations. It requires the ability to set up cleaning equipment and to safely clean premises and equipment using resources efficiently to reduce negative environmental impacts.

This module is designed to meet the industry requirement under the culinary Art production occupational standard Unit of Competency: \_ ***Prepare Ethiopian Cultural Meat Dish***

### This module covers the units: -

- Selecting and Assembling Ingredient for Cultural Meat Dishes
- Preparing Cultural Breakfast and Snacks
- Preparing, portioning and presenting Ethiopian Meat Dishes
- Working in a Team

### Training Objective of the Module:-

- Select and assemble ingredient for cultural meat dishes
- Prepare cultural Breakfast and snacks
- Prepare, portion and present Ethiopian meat dishes
- Work in a team

### Module Instruction

For effective use this modules trainees are expected to follow the following module instruction:

1. Read the information written in each unit
2. Accomplish the Self-checks at the end of each unit
3. Perform Operation Sheets which were provided at the end of units
4. Do the “LAP test” giver at the end of each unit and
5. Read the identified reference book for Examples and exercise

## UNIT ONE

## Selecting and Assembling Ingredient for Cultural Meat Dishes

This learning guide is describes knowledge, skills and attitude required for food sanitation and safety in a commercial kitchen or catering operation.

- Identifying Tools and Equipment to Assemble Ingredients
- Identifying Cultural Breakfast and Snacks
- Measuring, Trimming and Determining Ingredients According to Yields of Dishes.

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Identify tools and equipment to assemble ingredients
- Use Personal protective Equipment
- Follow appropriate hygiene practice
- Identify Cultural Breakfast and snacks
- Wash, trim and make ingredients
- Measure and determine ingredients according to yields of dishes.



## 1.1 Identifying Tools and Equipment to Assemble Ingredients

### 1.1.1 Utensils and Equipment of Traditional food of Ethiopian

- **Long-spouted copper pitcher and basin**

A traditional part of the dining ritual in Ethiopia includes the ritual washing of hands – which are used to eat – before the meal. The hostess will carry the pitcher around the table and pour warm water over guest's fingers into the pitcher.

### 1.1.2 Ingredients

Ethiopian cuisine is easy to make with ingredients that are mostly familiar to you, although the finished dishes might not look very much like anything you've seen or made before. You also will need to do a bit of preparation to create a few of the staple ingredients you'll need because you can't buy them over the counter unless you live in a city with an Ethiopian market. Almost all Ethiopian dishes are stewed or stir fried, easy to prepare in a pot or skillet once you have your ingredients lined up.

- **Onions** Without this foundational vegetable, you have no Ethiopian cuisine. In Ethiopia, cooks prefer small, richly flavoured shallots. But chopping those takes time, and larger red onions are a perfect alternative and the type most often used in diaspora cooking. The onions, finely chopped and cooked down, create a simmer sauce into which you place the main ingredient of the dish. For a meat dish, cook the onions in *niter kibe* (see just below) plus the recipe's appropriate spices, and for a vegetarian dish, use vegetable oil instead of *niter kibe*, along with the spices.



Figure 1.1 Ethiopian Onions

- **Niter Kibe.** This is Ethiopian clarified butter, just like the Indian ghee, but with a host of spices added during the clarification process. Niter kibe is easy to make one you

assemble the many ingredients, with chefs offering sometimes slightly different spice blends, but they're all pretty close to each other. Once made, niter kibe keeps for a long, long time in the refrigerator. Use it in all dishes with meat (beef, chicken, lamb, or fish).

- **Injera.** This round spongy fermented flatbread – bubbly on top, smooth on the bottom – serves as both the dinner plate and your cutlery: You place your stews atop a piece of injera, then scoop up the food with smaller pieces. Injera is difficult — but not impossible — to make at home. It simply takes practice. In Ethiopia, they use flour of the gluten-free and highly nutritious native grain teff to make pieces of 15 to 20 inches in diameter. American cooks use a mix of teff and other flours, most commonly wheat and barley (neither of which is gluten-free, of course), to make pieces of about 12 inches in diameter. Any soft flatbread can substitute if absolutely necessary when you don't have an Ethiopian market nearby to buy some injera, or if you don't want to take on the challenge of making it yourself.



Figure 1.2 Injera with Meat

- **Spices.** Most of the items you'll need for your Ethiopian spice rack are easy to find: ginger, cardamom, coriander, turmeric, fenugreek, cumin, cloves, garlic (wet, not dried). Different dishes call for these ingredients in different combinations. And then, there's berbere, the essential red pepper blend that gives a spicy Ethiopian dish, called a wot, its heat. Berbere begins with chili peppers, dried and milled to a powder, then blended with a host of other spices that can differ slightly from chef to chef. To make berbere, simply collect the spices and assemble them in the proper proportions. Numerous spice companies now make berbere, and some markets carry them. It's hard to find commercial berbere that doesn't use paprika as its base, but look for



blends without it if you can. Ethiopian markets usually import their berbere from Ethiopia and use no paprika, just dried chili peppers.

- **Mitmita**, an even hotter spice, is made with serrano peppers. It's a much simpler blend — dried pepper, cardamom, and some salt — and it's used in fewer dishes.
- **Legumes and Vegetables.** To prepare a nice variety of Ethiopian dishes, get some whole red lentils, whole green lentils, split yellow peas, green beans, carrots, jalapenos, plum tomatoes, butternut squash, cabbage and collard greens. Each of these items comprises the main ingredient of an Ethiopian dish, and a few work together, although most dishes have a single primary ingredient, plus the spices that enhance them.

***Shiro*** is a favorite Ethiopian dish, a blend of chick pea flour and numerous other spices, including berbere to give it a kick. The shiro powder is reconstituted in water and gently boiled until it thickens to the desired consistency. Ethiopian markets sell shiro blends, but with the chick pea flour and the requisite spices, it's easy enough to create at home. With such variety,

Ethiopian cuisine is an excellent choice for vegetarians and vegans. In fact, the most devout Ethiopian Christians have more than 200 annual "fasting days," which means no food until midday, and then, only non-meat dishes.



Figure 1.3 Ethiopian cuisine

- **Meats.** On the other hand, Ethiopians love meat, and when, for example, the Lenten fasting period ends, they celebrate with lots of it.



Figure 1.4 Ethiopian Raw Meats

Beef (siga) is a particular favorite, and Ethiopians eat it raw in several forms: cubed and dipped in mitmita, or chopped and blended with mitmita, niter kibe, and cardamom (this beloved dish is called kitfo). Such dishes as siga wot and siga tibs use fully cooked beef cut in cubes or strips. Lamb (beg), too, makes an excellent Ethiopian stew, substituting the lamb for beef in nearly identical recipes. Ethiopians even eat fish (asa) in a variety of ways, although it's less common at the Ethiopian table.

All of the cooked meat dishes can be served in spicy versions (with berbere, called a wot) or mild versions (with ginger and other spices, called an alicha).

## 1.2 Identifying Cultural Breakfast and Snacks

### FOODS

- **Ambasha Bread**

Cinnamon spiced Ethiopian breakfast bread.



Figure 1.9 Ambasha Bread

- **Kinche**

A twist on the traditional Ethiopian breakfast dish made with steel cut oats instead of cracked wheat. Cooked steel cut oats tossed in warm niter kibbeh, Ethiopian spiced butter and salt.

(Vegetarian, Gluten-free)



Figure 1.10 Kinche

- **Beso Bites**

Made from barley flour cooked with berbere and niter kibbeh, Ethiopian spiced butter, these savory bites pair perfectly with our Shai spiced tea.

- **Chechebsa**

A classic Ethiopian breakfast dish made from pieces fried flatbread cooked with berbere and niter kibbeh, Ethiopian spiced butter, and then drizzled with honey.



Figure 1.11 chechebsa

- **Enqulal Tibs**

Ethiopian scrambled eggs cooked in nitter kibbeh, Ethiopian spiced butter and fried with jalapenos, tomatoes, and onions.



Figure 1.12 Enqulal Tibs

- **Enqulal Tibs with Siga**

Ethiopian scrambled eggs and minced beef cooked in nitter kibbeh, Ethiopian spiced butter and fried with jalapenos, tomatoes, and onions.

**Bula.** This dish is the acquired taste of the Ethiopian breakfast. Ethiopia, the enset tree – often referred to as the “false banana” – is essential to many cultures. Some call it “the tree against hunger” because it provides so much food to so many people. Enset has no edible fruit: You eat the tree itself by removing the bark and grinding the trunk into a pulp. If you bury the pulp in the ground for a few days or weeks between enset leaves, you end up with fermented “bread” called qocho that goes well with kitfo, the beloved dish made of raw ground beef.

**Dulet**

Dulet. For the uninitiated, this dish of mixed meats might be more enjoyable if not translated and explained. It's made with minced tripe (an animal's stomach lining), along with liver and lean beef fried in butter, onions, chilli, cardamom and pepper.





Figure 1.13 dulet

But for breakfast, you turn enset into bula, a porridge made from enset pulp that's dried into flour. The preparation is simple: just boil it in water and add niter kibe. Eating it, however, is another matter: To my mouth, it still tastes like a tree. Qocho, on the other hand, is tart and delicious, a result of the fermentation.

**Dirkosh Crunch** is an innovative venture in Ethiopia that produces a healthy snack known as dirkosh. This snack was inspired by a traditional Ethiopian food known as injera. While the original name dirkosh refers to injera that has been dried out in the sun, Valerie and her team took it, perfected the recipe, and came up with a crisp made from oil and gluten free teff grain. Dirkosh is packaged in four different flavours; garlic heaven, seed lovers, Afar salt, and spicy mitmita. Having raised awareness about their product through tastings during events and festivals, their customer composition narrows down to health-conscious individuals or vegans in general. Dirkosh Crunch is able to attract its customers to consume its product due to its unique offering of a favourite snack to many that doesn't pose any threat to their health.

### 1.3 Measuring, Trimming and Determining Ingredients According to Yields of Dishes

Yield in culinary terms refers to how much you will have of a finished or processed product. Professional recipes should always state a yield; for example, a tomato soup recipe may yield 15 L, and a muffin recipe may yield 24 muffins. Yield can also refer to the amount of usable product after it has been processed (peeled, cooked, butchered, etc.)

For example, you may be preparing a recipe for carrot soup. The recipe requires 1 kg of carrots, which you purchase. However, once you have peeled them and removed the tops and tips, you may only have 800 grams of carrots left to use.



### 1.14 Measuring Ingredients

In order to do accurate costing, yield testing must be carried out on all ingredients and recipes. When looking at yields, you must always consider the losses and waste involved in preparation and cooking. There is always a dollar value that is attached to vegetable peel, meat and fish trim, and packaging like brines and syrups. Any waste or loss has been paid for and is still money that has been spent. This cost must always be included in the menu price.

- **Note:** Sometimes, this “waste” can be used as a by-product. Bones from meat and fish can be turned into stocks. Trimmings from vegetables can be added to those stocks or, if there is enough, made into soup.

All products must be measured and yield tested before costing a menu. Ideally, every item on a menu should be yield tested before being processed. Yield percentage is important because it tells you several things: how much usable product you will have after processing; how much raw product to actually order; and the actual cost of the product per dollar spent.



Self-Check 1	Written Test
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**Directions: Identify the letter of the choice that best completes the statement or answers the question.**

Multiple Choices

\_\_\_\_\_ 1      which tool do we use to measure ingredients like milk, oil or water?

- |                            |                              |
|----------------------------|------------------------------|
| a.      Dry measuring cups | c.      Cylinder             |
| b.      Bowl               | d.      Liquid Measuring cup |

\_\_\_\_\_ 2      what is the proper way to measure flour?

- |  |  |
|--|--|
| a.      Spoon it in, then level it off | c. Pack it in tightly and level it off |
| b.      Scoop and level it off         | d. Loosely scoop in the flour          |

**Directions: Answer the following questions correctly**

1. What is the Ethiopian raw meat dish called?
2. What is the most famous Ethiopian dish?

## UNIT TWO

## Prepare Cultural Breakfast and Snacks

This learning guide is describes knowledge, skills and attitude required for food sanitation and safety in a commercial kitchen or catering operation.

- Arranging Condiments, Fresh herbs and Habeshan Spices
- Preparing Traditional Spiced Butter
- Preparing Sauces and Staple Cultural Food

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Arrange Condiments, Fresh herbs, Spices,
- Arrange Powdered red pepper, powdered peas and Traditional hot pepper paste
- Prepare Traditional Spiced Butter
- Prepare Sauces and Staple Cultural Food

## 2.1 Arranging Condiments, Fresh herbs and Habeshan Spices

Ethiopia is one of the biodiversity rich countries in Africa well-endowed with a diverse range of agro ecological systems that has resulted in having unique species of plants, animals

**Spices and condiments** are plants that are used as seasonings. A spice is an aromatic, fragrant substance while a condiment is sauce or relish combining vegetable and or spices with other ingredients (34). Spices and condiments are plants or plant products that are used to flavour foods or beverages before, during or after their preparation (Jansen, 1981). Therefore, 'spices' are plants or plant products that are usually added during the cooking or preparation while 'condiments' are plants or plant products that are added at the table to already prepared food.



*Figure 2.1 Habesha Spices*

Herbs and spices can be stored in attractive and practical ways in your kitchen or pantry areas at home. Here are some cool-looking and convenient ways to organize herbs and spices. You'll find tips and ideas for keeping them neatly arranged, making just the right seasoning easy to find while you prep and cook foods. Especially when trying new recipes and meal plans, having your seasonings well organized is essential.

Spices and herbs are truly the life and energy of many delicious foods. Since the days of early civilizations, humankind has seasoned both simple foods and mixtures with wild herb plants, leaves, and roots. Spices not only make meals deliciously flavorful and delightfully aromatic, but they also aid digestion.

### 1. Herb and Spice Drawer

An ordinary kitchen drawer, fitted with slats, can be a helpful space saver, especially in a small kitchen. If you prefer to keep your spices stored within sight while cooking, these drawers can serve you well —simply pull out and keep open while cooking. They offer fast, easy viewing of your seasonings without taking up precious kitchen space.

### 2. Open-Air Canister Seasonings Displays

When you store fresh and dried herbs and spices in wall-mounted fashion, leaves, sprigs, and roots can stay dry. They won't mold, mildew, or rot as they often do if exposed to damp storage areas. This will maintain the full flavor and effect of each individual herb or spice while creating an interesting kitchen display.



Figure 2.2 Mixed Spices

### 3. Larger Spice and Herb Jars for Pantry Storage

Some people like to keep seasonings separate that they use nearly every day for cooking. They often store these natural items in larger seasonings jars, placing them in easy reach on a

kitchen shelf. These herbs and spices are easy to identify in their clear glass jars, which can make preparing meals faster and simpler.

#### 4. Revolving Racks and Dispensers for Spices and Herbs

Revolving units can be useful for storing your herbs and spices. With rows of refillable jars, of these are ideal for easy storage and use of essential seasonings for those who like to buy seasonings in bulk.

## 2.2 Preparing Traditional Spiced Butter

### Niter Kibbeh (Ethiopian Spiced Clarified Butter)

Niter Kibbeh (Nit'ir Qibe) is an ingredient integral to Ethiopian cuisine and is made by clarifying butter that has been infused with herbs and spices. In the process of clarifying the spiced butter, the same process used to make ghee, the butterfat is separated from the milk solids and water and the result is a highly aromatic and flavourful cooking fat. This clarified butter has a higher smoke point and longer shelf life than regular butter.



Figure 2.3 Ethiopian Nitir kibe

#### A. How To Use Niter Kibbeh

While niter kibbeh is famously used in Ethiopia's national dish, Doro Wat, it is highly versatile and used to bring life and flavor to a wide variety of dishes. Include a dollop in your favorite stews, your beans and lentils, sauces and gravies, add some to your vegetables and eggs, use it to brown your meat or chicken, spread some on your sandwich...and then sit back and savor your meal.

## B. Ingredients Used

- **Unsalted butter:** With unsalted butter, it'll be easy to monitor how much salt goes into the recipe.
- **Onion, garlic, and ginger:** These add flavour to the spiced butter.
- **Spices:** Turmeric, ground cumin, fenugreek, ground cardamom, cinnamon stick, dried oregano, and salt.
- **Besobela and Kosseret**

## C. How To Make This Recipe

- Melt some good quality butter on medium heat in a small saucepan or skillet.
- Add the remaining ingredients. Simmer for 30 minutes on the lowest possible heat.
- Stir every few minutes.
- Sieve using cheesecloth to remove the solids. Store in an airtight container.

## D. Storing and Reheating

Store your delicious ready-to-use niter kibbeh in sealable glass jars at room temperature for a week. You can also store it in the fridge for up to a month or two.

To preserve it for longer, you can freeze it. Put it in a freezer-safe container and in the freezer. It will keep well for months.

To defrost, just pop it in the fridge overnight or for some hours till it has thawed enough for you to scoop.

## E. Recipe variations

- Make vegan niter kibbeh by replacing butter with coconut oil or vegan butter (for a vegan option).
- Roast the spices over medium to high heat until fragrant before adding the butter to simmer. This will make your niter kibbeh even more irresistibly flavorful!
- Add black pepper, cumin seeds, or other spices to customize it to your taste.



## 2.3 Preparing Sauces and Staple Cultural Food

### Raw Meat & Condiments



Figure 2.4 Raw Meat & Condiments

If you've ever been to Ethiopia you know that Ethiopians love meat. They eat it for every meal of the day if they can afford it. And it is always served with a range of condiments.

Every restaurant makes their own version of the three most common: *Awaze*, *Mitmita* and *Senafich*. They're different everywhere you go. It's part of what makes eating Ethiopian food so much fun.

Our *favorite Awaze* is the sweetness of the honey wine pairs perfectly with the spice and salt of their *Berbere powder*.

- *Mitmita*, like *Awaze* is used mainly as a dip for cooked and raw bits of meat. Unlike *Awaze*, it is not mixed with a liquid: *Mitmita* is eaten as a powder.

*Mitmita* is made of African Birds-eye chili (the same chili used in Portuguese piri piri). The peppers are dried and mixed with garlic, cardamom, white cumin, bishops weed and salt and ground together. Some variations include koseret (similar to oregano), rosemary and black cumin.

**Mitmita** is one of our favorite condiments. It's spicy, garlicky and salty, so how could it not be? It is the most versatile of Ethiopia's spices. We sprinkle it over popcorn, mix it with scrambled eggs, and use it as a rub for roasted veggies and a spice for soup.

- **Senafich** is a spicy mustard sauce that has a bit more liquid to it than western mustard and is used as a dip rather than a spread. Senafich is made from ground mustard seeds, vinegar, garlic, oil and salt – although, like most everything, it is prepared differently at every restaurant.
- Hamot
- Kochikocha
- flavored cottage cheese
- Kocho
- kinche
- offal's

Kocho is a traditional flatbread in the Gurage cuisine in Ethiopia, usually served with the meat dish called “kitfo,” and / or a cabbage called “Ubasha Cabbage”, which is high in vitamin A.



Figure 2.5 kocho

The bread is made from fermented starch, also called “Kocho,” from the Enset plant.

<b>Self-Check 2</b>	<b>Written Test</b>
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**Direction: Answer all of the following questions correctly**

- 1. Where would you store dried herbs?**
  - a. In the fridge
  - b. In the freezer
  - c. In an airtight container in a cool, dark, dry place
  - d. In the cupboard, no need to close the lid
- 2. Which of the following is true for fresh herbs?**
  - a. They contain oil that gives each herb its characteristic flavour and smell.
  - b. They are easy to grow.
  - c. They have a more concentrated flavour than dried herbs.
  - d. They aid digestion because they stimulate the flow of gastric juices.
- 3. What spices do Ethiopians use?**
- 4. What are herbs condiments?**
- 5. .... is an ingredient integral to Ethiopian cuisine and is made by clarifying butter that has been infused with herbs and spices**

## Operation Shit 1

## Prepare Cultural Breakfast and Snacks

### Cultural Breakfast and Snacks

#### 1. Chechebsa

Also known as Kita Firfir, is essentially a shredded Kita, which is a flatbread popular in Ethiopia, fried with spices and Niter Kibbeh. It is one of the most popular breakfast dishes in Ethiopia.

#### Ingredients

- 1 cup of all-purpose wheat flour
- tbsp niter kibbeh (Ethiopian clarified butter)
- tbsp berbere
- 1 tsp salt
- 1 cup water

#### Directions

1. Making the Kita (Flat Bread)
2. Begin by mixing the all-purpose wheat flour with a pinch of salt. Then add the mix to a small bowl and start making the dough by adding water to the flour slowly and mixing it up thoroughly using your hands.
3. Keep mixing up the dough until it becomes medium-hard. Then cover it using a thin layer of kitchen plastic and let it sit for about half an hour.
4. Prepare a clean surface and put some flour on it so the dough will not stick to the surface. Then roll the dough until it gets very thin.
5. Add some oil to a frying pan and heat it up to medium hot, then carefully place the dough flat on the pan.
6. Wait two to three minutes and flip the Kita so the top gets fried too.
7. When the Kita is fully cooked, you will see some light-brown spots. This is your signal to remove the Kita and put it aside until it cools and is ready to make the Chechebasa.

## 2. Kinche

### Ingredients

- 1 cup of cracked wheat
- 1 cup of milk
- cups of water
- tbsp niter kibbeh (Ethiopian clarified butter)
- tsp salt

### Directions

1. First, mix the milk and water in a mid-sized pot, set the heat on your oven to medium-high, and boil them together.
2. Then add the wheat to the mix, and let the mixture cook for about 20 min. – with the pot lid covered so that the wheat absorbs the moisture.
3. When you are finished cooking, transfer the Kinche to a bowl and add the niter kibbeh and salt. Then mix them all thoroughly, and serve hot in bowls.

## 3. Firfir

### Ingredients

- 3½ injera
- tomatoes, chopped
- oz tomato paste
- 2 chopped onions
- 1½ tbsp berbere
- ½ cup water
- 2 tsp of ginger, minced
- cloves of garlic, minced
- 1 de-seeded & thinly cut jalapeño pepper
- ¼ cup canola oil
- 1 tbsp salt

## Directions

1. Start by cooking the chopped onions for some time – while stirring – until they begin softening and turning translucent.
2. Add the canola oil, and continue cooking for a bit until the oil gets hot. Then add the berbere and continue to stir for a few more minutes.
3. Add the tomato paste to the mix and continue cooking for a while. Then lower the heat to low-medium heat and add the minced ginger and garlic, chopped tomatoes, and some salt, and continue cooking until the tomatoes are cooked well.
4. Add water and bring to simmer so that it looks like a thick tomato soup. Then shred the injera into smaller pieces and start adding it to the mix.
5. Continue cooking and stirring gently so that the injera is soaked through and absorbs all of the moisture.
6. Finally, transfer the Firfir to a serving plate and add the jalapeño peppers on top.

## 4. Enkulal Firfir (Scramble Egg)

Even though Ethiopia's Enkulal Firfir is essentially simply **scrambled eggs**, which might not sound all that fascinating, it is a dish you should not miss out on trying at breakfast. It is cooked with **niter kibbeh**, and then further enhanced with a mixture of green and red peppers, chiles, tomatoes, and onions. All of this is then scooped up with fresh, delicious bread rolls that are frequently still warm from the bakery.

Enkulal Firfir stands out for its extraordinarily bright yellow color, which results in a taste that is far superior to what pale egg yolks produce in the west. It is called Enkulal Tibs for the omelet variation. Be warned though, after tasting Enkulal Firfir, your appreciation of scrambled eggs at home will never be the same again.

## 5. Dabo Firfir

Dabo Firfir is a dish made from torn pieces of unleavened bread mixed with niter kibbeh and berbere and frequently served with yogurt. It is a fantastic illustration of how Ethiopian cuisine can take something straightforward and make it into something much more. Dabo Firfir may not seem like much, but it is unexpectedly wonderful.

## 6. Dulet



Dulet, an Ethiopian breakfast dish, is created by frying, liver, and minced tripe (the lining of an animal's stomach) in niter kibbeh along with onions, chile, cardamom, and pepper. Dulet is particularly well-liked in Ethiopia since it tastes excellent and fills you up before a long day of work.

### Ingredients

- lean beef
- liver
- onion
- oil
- minced tripe (the lining of an animal's stomach)
- niter kibbeh
- chile
- cardamom, and pepper

### Direction

1. Fray onion with little oil
2. Add lean beef and minced tripa mix well
3. Add salt and pepper
4. Finilied in nither kibbeh

## 7. Buticha

### Ingredients

- 6 tbsp chickpea flour
- tbsp olive oil
- cups of water
- 1 jalapeño, seeded and finely chopped
- ¼ tsp turmeric powder
- ½ tsp ginger powder
- ¼ cup of onions, finely chopped
- 2 tbsp lemon juice

### Directions

1. Add water and olive oil into a pan and bring it to a low boil, then stir in the chickpea flour.
2. When the mixture begins to heat and bubble, add the ginger, lemon juice, and turmeric.
3. Loosely place some aluminum foil over the top to keep the mix from splattering. But DO NOT put a lid on it – the water needs to slowly boil away for the mix to thicken properly. Notice that the volume will decrease as it cooks.
4. Let the mixture cook for 20 minutes or so. When the mixture starts to thicken, remove the pot from heat and pour it into a skillet.
5. On the skillet, heat the mixture and stir it constantly for 10 -15 min. until it begins to slightly dry out.
6. When the mixture is thick enough, remove from heat and pour it into a bowl and place it in the fridge for about 1 hr.
7. After an hour or so, take it out of the fridge and mash it up until it starts to look like scrambled eggs by using a fork.
8. When it's time to serve the Buticha, add the seeded and finely chopped jalapeño and onions and thoroughly stir them all together.

## 8. Quanta Firfir

### Ingredients

- 3½ injera
- Tomatoes, chopped
- oz tomato paste
- chopped onions
- 1½ tbsp berbere
- ½ cup water
- tsp of ginger, minced
- Cloves of garlic, minced
- 1 de-seeded & thinly cut jalapeño pepper
- ½ gm. Quanta beef
- 1 tbsp salt

### Directions

1. Start by cooking the chopped onions for some time – while stirring – until they begin softening and turning translucent.
2. Add Quanta Beef, and continue cooking for a bit until the oil gets hot. Then add the berbere and continue to stir for a few more minutes.
3. Add the tomato paste to the mix and continue cooking for a while. Then lower the heat to low-medium heat and add the minced ginger and garlic, chopped tomatoes, and some salt, and continue cooking until the tomatoes are cooked well.
4. Add water and bring to simmer so that it looks like a thick tomato soup. Then shred the injera into smaller pieces and start adding it to the mix.
5. Continue cooking and stirring gently so that the injera is soaked through and absorbs all of the moisture.
6. Finally, transfer the Firfir to a serving plate and add the jalapeño peppers on top

### 9. Siga firfir

The same as quanta firfir procedures and Ingredients, using fresh Beef

### 10. Tibis firfir

### 11. Milase Senber

#### Ingredients

- beef tripe
- veal tongue
- niter kibbeh
- dried chiles
- ajowan seeds
- dried oregano
- dried thyme
- nigella seeds
- jalapeño chiles

#### Direction

1. Slice the tripe and veal tongue accordingly and wash them properly
2. Chopped onion and other useful vegetables
3. Use small pan and toss onion

4. Fray slowly the onion and add tripe and the tongue
5. Finally add melted butter/ niter kibbe
6. Season and serve with Injera and dabo

## Operation Shit 2

## Prepare Cultural Breakfast and Snacks

### Cultural Staple Foods

#### 1. Injera

*Injera* is made with *teff*, a tiny, round grain that flourishes in the highlands of Ethiopia. While teff is very nutritious, it contains practically no gluten. This makes teff ill-suited for making raised bread, however *injera* still takes advantage of the special properties of yeast. A short period of fermentation gives it an airy, bubbly texture, and also a slightly sour taste.

#### Ingredients

- Teff flour
- Water
- Teff yeast

#### Instructions

1. put the teff flour in the bottom of a mixing bowl,
2. Slowly add the water, stirring to avoid lumps.
3. put the batter aside for a day or more (up to three days) to allow it to ferment. In this time, your injera batter will start to bubble and acquire the slight tanginess for which it's known.  
Note: If you find that your injera batter does not ferment on its own, try adding a teaspoon of yeast.
4. Stir in the salt.
5. Heat a nonstick pan or lightly oiled cast-iron skillet until a water drop dances on the surface. Make sure the surface of the pan is smooth: Otherwise, your injera might fall apart when you try to remove it.
6. Coat the pan with a thin layer of batter. Injera should be thicker than a crêpe, but not as thick as a traditional pancake. It will rise slightly when it heats.

Cooking injera

## 2. Kita

(Tigrinya: ቂቶ, kitta Amharic: ቂጥ), (Oromo: Caccabsaa "chachebsa"), is a relatively thin unleavened bread typical of Ethiopian and Eritrean cuisine. It is generally made with wheat flour, water, and salt. It is cooked in a hot pan free-form until one side is cooked. It is then picked up and cooked on the other side. Slight burning on each side is often seen.

Kitcha will take the shape of the pan in which it is cooked (much like a pancake, though it bears no relation). It is most frequently eaten in a dish called kitcha fit-fit.

### Ingredients

- wheat flour
- water
- salt

### Instructions

1. In the bowl of a stand mixer, combine the flour and salt.
2. Gradually add water, and mix until a smooth and elastic dough forms.
3. Divide the dough into 4 equal pieces.
4. Roll out each piece, and form circles approximately ¼ inch (3 to 4 mm) thick.
5. Heat a crêpe pan over high heat, and add half a tablespoon of clarified butter.
6. Place a circle of dough on the skillet, reduce the heat to medium and, using a fork, poke a few small holes all over the surface of the dough.
7. Cook until each side is golden brown and crisp, and has a few brown spots.
8. Repeat for the rest of the dough.
9. Serve hot.



### 3. Bulla

#### Ingredients

- cup Milk
- 1/2 cup Bulla powder
- 1-2 tbsp Kibe
- 1 tsp Mitmita
- Salt and pepper

#### Instructions

1. In a bowl mix milk and bulla, then transfer quickly into a pot. start simmering on medium low
2. add salt and pepper, stir continuously it will become thick and gooey
3. cook for about 2-3 minutes then add butter and mitmita, turn off you stove top mix all well
4. serve it hot with tossign tea (Ethiopian oregano)

### 4. Quwanta

#### Ingredients

- 5 kg. beef top round steak
- tablespoons mild chili powder (Awaze)
- 1/4 teaspoon cardamom powder
- (Korerima) 1/2 teaspoon ground black pepper
- 1/8 teaspoon salt

#### Instruction

1. Remove fat and cut meat in long strips with zigzag shapes.
2. Mix awaze, wine, oil, cardamom, black pepper and salt.
3. Marinate meat with mixed dressing.
4. Place meat on food dehydrator or jerky maker; cover and dehydrate until crisp dry.
5. Break dried meat in small pieces; keep pieces in a tight glass jar.
6. Use as snack or appetizer.

## 5. Kinche

Kinche is a common but distinctively Ethiopian breakfast dish, somewhat like oatmeal. It is easy, convenient, and healthy. It is made from cracked wheat, which you can typically find in a grocery store.

### Ingredients

- 1 cup of cracked wheat
- 1 cup of milk
- cups of water
- tbsp niter kibbeh (Ethiopian clarified butter)
- 2 tsp salt

### Directions

1. First, mix the milk and water in a mid-sized pot, set the heat on your oven to medium-high, and boil them together.
2. Then add the wheat to the mix, and let the mixture cook for about 20 min. – with the pot lid covered so that the wheat absorbs the moisture.
3. When you are finished cooking, transfer the Kinche to a bowl and add the niter kibbeh and salt. Then mix them all thoroughly, and serve hot in bowls.

## 6. Egg with meat

### Ingredients

- large eggs
- ounces red onion (1/2 onion, optional)
- 250 gm. Minced beef
- 1 to 2 jalapeno peppers (coarsely chopped jalapeno peppers, 1 or two depending on if you can take the heat!)
- 1 tomato, whole (diced)
- Salt and pepper to taste

### Instruction

1. Dice red onion, jalapeno and tomatoes.

2. Heat and oil a large pan.
3. Add diced red onion, jalepeno peppers and tomatoes, cook until semi soft (don't overdo it!)
4. Crack and stir eggs in bowl, add the eggs and scramble it with the cooked onion, peppers and tomatoes. Add salt and pepper to taste.

## 7. Offal's

- **Dulet**

For the uninitiated, this dish of mixed meats might be more enjoyable if not translated and explained. It's made with minced tripe (an animal's stomach lining),

### Ingredients

- liver and
- lean beef
- butter/ habesha nither kibe
- onions
- chilli
- cardamom and pepper

### Instruction

1. Dice red onion, jalepeno and tomatoes.
2. Heat and oil a large pan.
3. Minced the offals meat together
4. Add diced red onion, jalepeno peppers and tomatoes, cook until semi soft
5. Add the mixture of offals meat in a pan
6. Add nither kibe
7. Season and serve with injera/ habesha dabo

## 8. Meat

**TERE SIGA** is the most popular raw meat dish. Tere siga translates literally to raw meat and is served in fist-size chunks. Tere siga is served at butcher houses rather than at restaurants. These street-front butcher houses have sides of cows in a small street-side open-air shop.

### KITFO

**LEWUS:** Lewus is meat cut in a similar fashion to kitfo, but spiced with mitmita instead of butter. Unlike kitfo, it's a fattier cut of meat from the leg.

**TIBS** are the go-to cooked meat dish. Whether made from beef, goat or lamb they can be succulent, tender and juicy when done right

### Ingredients

- meat are sautéed
- kibbeh or oil
- onions,
- garlic, and hot pepper and sometimes a bit of
- Rosemary.

The meal is served, obviously, with injera.

**SIGA WOT** – Kai Wot (Beef, Lamb or Goat) or Doro Wot (Chicken): Wot is Ethiopia's version of curry. It's a stew-like dish served over and eaten with, you guessed it, injera. The main

### Ingredients

- onions,
- garlic and
- berbere.

### Instruction

Wots are made from a base of onion – a ridiculous amount of onion. We're talking a kilo of onions per wot (which serves three to four people),

- All simmered for two hours until they are nice and softened.

LAP Test	Practical Demonstration
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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Time started: \_\_\_\_\_ Time finished: \_\_\_\_\_

**Instructions:** Given necessary templates, tools and materials you are required to perform the following tasks within 1 hour.

**Project, 1, preparing an Ethiopian Traditional breakfast and Snack meals**

**Task1.1 Prepare Tibis Firfir**

**Task 1.2 Prepare enqulal firfir**

**Task 1.3 Prepare chechebsa dough**

**Task 1.4 Prepare dulet**



### UNIT THREE

### Prepare, Portion and Present Ethiopian Meat Dishes

This learning guide is describes knowledge, skills and attitude required for food sanitation and safety in a commercial kitchen or catering operation.

- Ensuring sufficient supplies of clean Meat
- Prepare, present and portion Meat Dishes and cultural Beverage Complimented Items

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Ensure sufficient supplies of clean Meat
- Prepare and portion lunch or dinner foods and cultural beverage complimented with meat dish
- Present food and beverage with appropriate service equipment along with
- Prepare sauces and accompaniments for Meat Dish
- Present food using appropriate service ware and give attention to color.

### 3.1 Ensuring sufficient supplies of clean Meat

Meat has traditionally been viewed as a vehicle for a significant proportion of human food-borne disease. Although the spectrum of meat-borne diseases of public health importance has changed with changing production and processing systems, continuation of the problem has been well illustrated in recent years by human surveillance studies of specific meat-borne pathogens such as *Escherichia coli* O157:H7, *Salmonella* spp., *Campylobacter* spp. and *Yersinia enterocolitica*. In addition to existing biological, chemical and physical hazards, new hazards are also appearing e.g. the agent of bovine spongiform encephalopathy (BSE). Furthermore consumers have expectations about suitability issues which are not necessarily of human health significance.

#### 3.1.1 GENERAL PRINCIPLES OF MEAT SUPPLIES HYGIENE

- Meat must be safe and suitable for human consumption and all interested parties including government, industry and consumers have a role in achieving this outcome
- The competent authority should have the legal power to set and enforce regulatory meat hygiene requirements, and have final responsibility for verifying that regulatory meat hygiene requirements are met. It should be the responsibility of the establishment operator to produce meat that is safe and suitable in accordance with regulatory meat hygiene requirements. There should be a legal obligation on relevant parties to provide any information and assistance as may be required by the competent authority.



Figure 3.1 Meat

- Meat hygiene programmes should have as their primary goal the protection of public health and should be based on a scientific evaluation of meat-borne risks to human

health and take into account all relevant food safety hazards, as identified by research, monitoring and other relevant activities.

- The principles of food safety risk analysis should be incorporated wherever possible and appropriate in the design and implementation of meat hygiene programmes.
- Wherever possible and practical, competent authorities should formulate food safety objectives (FSOs) according to a risk-based approach so as to objectively express the level of hazard control that is required to meet public health goals.
- The establishment operator should apply HACCP principles. To the greatest extent practicable, the HACCP principles should also be applied in the design and implementation of hygiene measures throughout the entire food chain.
- The competent authority should define the role of those personnel involved in meat hygiene activities where appropriate, including the specific role of the veterinary inspector.
- The range of activities involved in meat hygiene should be carried out by personnel with the appropriate training, knowledge, skills and ability as and where defined by the competent authority.
- As appropriate to the circumstances, the results of monitoring and surveillance of animal and human populations should be considered with subsequent review and/or modification of meat hygiene requirements whenever necessary.
- Competent authorities should recognise the equivalence of alternative hygiene measures where appropriate, and promulgate meat hygiene measures that achieve required outcomes in terms of safety and suitability and facilitate fair practices in the trading of meat.

## 3.2 Prepare, present and portion Meat Dishes and cultural Beverage

### Complimented Items

#### 3.2.1 Prepare, present and portion Meat Dishes

Ethiopian food is distinctive and delicious, befitting a remarkable country with a cultural heritage that stands out from the rest of Africa.

While the cuisine of Ethiopia is gradually becoming better known, it's no overstatement to say it remains one of the world's best-kept secrets.

Eating Ethiopian-style means rethinking many assumptions you might have about dinnertime -- for most of us this means starting with eschewing cutlery and being ready to get messy fingers.

That's because the foundation of the vast majority of Ethiopian meals is injera, giant grey spongy pancake-like bread, upon whose strangely rubbery surface are served a vast array of foods, ranging from multi-coloured mounds of spicy stews to vegetable curries to cubes of raw meat.



*Figure 3.2 Serve and portioning Ethiopian traditional Meat Dish*

### 3.2.2 Cultural Beverage Complimented Items

The beverage for weekdays is the local beer (tella) and for feasts honey wine (tejj). It is polite to serve the glass so full that it overflows, and also to serve a second glass as soon as the first is finished.

- **Tella** is made of different cereals. Tef and corn are the most popular, but in some areas barley, millet or sorghum can be used. The way of preparing tella differs as between the ethnic groups and depends on tradition and the economic situation. The clay container (insera) is washed with grawa and water several times and after that smoked with wood from weyra, and/or tinjute for about 10 minutes, in order to get it as clean as possible. Germinated grains of barley, corn or wheat (bekel), bought in the local market or prepared at home, are dried and milled. For making bekel, the grains are moistened in water and the moist grains are placed between fresh leaves, left to germinate for 3 days and after that dried. Gesho (local hops), is available dried in the local market. The gesho is dried again in the sun for about 1/2 hour and after that pounded. The leaves are separated from the stems, which need a longer time to dry. The ground gesho leaves are placed in a clay container with water and left to ferment



*Figure 3.2 Tella*

For 2-3 days. Some of the grains intended for tella preparation are toasted and milled, and then mixed with water and baked on the mitad. This kita, broken into small pieces, part of the



milled bekel and the pounded gesho stems are added to the water mixture and allowed to ferment for 1-2 days. The rest of the flour is toasted on the mitad, sprinkled with water and toasted until dark brown. This mixture enkuro, the rest of the germinated grains (bekel), some gesho, and water are added to the container. The mixture is kept covered overnight, after which more water is added and the container is kept sealed for 5-7 days, when the beverage is ready. Tella can be kept for 10-12 days.

High-quality tella is made with a relatively small quantity of water.

- **Kerari.** When the clear tella is used, fresh water is added and the mixture is again left to ferment. This beverage is weaker than the regular tella, and is most often used for family consumption; it is sometimes also given to the small children. The better quality is most often kept for guests.
- **Filtered tella** is made in the same way (sometimes the flour is toasted very hard), but is more concentrated and the tella is filtered through a cotton cloth and kept in a closed container. This type of tella has a higher alcohol content and can be kept for 2-3 weeks
- **Korefe** is the name of the local beer made in Begemder Province among the Koumant ethnic group. Dehusked barley is left in water overnight, and after that toasted and milled. It is mixed with water, and dried gesho leaves and fermented in a clay container for 2-3 months. When the beverage is needed, a small quantity of the mixture is taken, more water is added and after a day's fermentation the beverage is ready for consumption.
- **Shamit** is the local beer made among the Gurage ethnic group. Tef, kita and germinated barley (bekel) are milled and mixed with water, and the mixture is sieved after 3-4 days' fermentation. Dehusked barley is toasted on the mitad, milled and added to the mixture, and the beverage is ready to serve the next day, when Ethiopian cardamom, mitmitta, black cummin and bishop's weed are added.
- **Tejj (honey wine)** is a beverage mainly used for great feasts, such as weddings and the breaking of fasts. It is a prestige beverage, and more expensive than the local beer. The most appreciated honey is the Tigre type. The honey is mixed with water and kept covered for 3 days. The wax and foreign particles are removed by sieving, and the mixture is put in a clean clay container (insera). Gesho stems are heated on the



mitad and added to the mixture, which is left to ferment in a closed container for 5-6 days.



*Figure 3.3 Tejj*

- **Filtered tejj** is made in much the same way, but the gesho stems are crushed several times in the hands. The tejj is filtered through a cotton cloth and put in a clean container and left to ferment. The tejj can be served fresh and is very sweet. The longer it is allowed to ferment, the more sugar will be used for the fermentation process, with an increase in the alcohol content as a result. The slightly sweet tejj looks nice and tastes good. One proverb says “Tejj has no spots and a poor man has no friends”. Tejj can be stored for 5-6 months if kept in sealed bottles.
- **Araqe** is a distilled beverage. Ground gesho leaves and water are kept for 3-4 days and after that a kita made of tef or other cereals and germinated barley or wheat are added. The mixture is allowed to ferment for 5-6 days and then distilled. In the villages distillation is carried out with primitive equipments made of gourds and wood. The local beer tella can also be distilled to produce araqe. The araqe can be redistilled and will then have higher alcohol content.



*Figure 3.4 Araqe*

Self-Check 3	Written Test
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**Direction: Select the correct answer of the following questions**

- In presenting meat dishes the following are basic elements of plating EXCEPT...
  - imbalance the dish
  - keep it simple
  - create a framework
  - highlight the key ingredients
- Chef Abate prepare a meat dishes in his Ethiopian Traditional Restaurant, he wants to ensure the right amount of ingredients of each plate not too big or small. Which of the following will he consider to strike the right portion of protein, carbohydrates and meat to create a nutritionally balanced meal?
  - create a framework
  - balance the dish
  - get the right portion size
  - highlight the key ingredients
- List three tools or pieces of equipment you need for carving meat.
  - .....
  - .....
  - .....
- How do you present Ethiopian meat dishes?
- How do you present meat dishes aesthetically based on classical and cultural standards?

## Operation Shit 3

## Prepare, Portion and Present Ethiopian Meat Dishes

### Ethiopian Meat Dishes

#### 1 .Ethiopian Beef Tibs

##### Ingredients

- Tbsp. vegetable oil (or Ethiopian niter kibbeh)
- 1 1/2 cups yellow onion (medium, finely chopped, 1/2 medium-sized onion)
- garlic cloves (finely chopped)
- 1 1/2 Tbsp. Berbere
- 2 Tbsp. water
- 2 Roma tomatoes (diced)
- 1 lb. beef (eye of round roast, cut into ½ inch cubes)
- 1 tsp. salt (iodine)
- 2 jalapeños (deseeded and sliced)
- sprigs fresh rosemary

##### Instructions

1. In a non-stick skillet heat oil over high heat. When the oil easily slides across the pan, add the onions and garlic. Cook for about 4 minutes until the onions become translucent. Stir often so the garlic doesn't burn.
2. Add tomatoes and cook for another 3 minutes, stirring occasionally.
3. Sprinkle with berbere and 2 tablespoons of water reduce the heat to medium-high and cook for 5 more minutes, stirring often.
4. Add beef and mix well until the meat cubes are well coated with gravy. Reduce the heat to medium and cook for 15-20 minutes or until the meat is well cooked.If the gravy is too thick you can add another tablespoon of water.
5. Add salt, jalapenos, and rosemary. Give it a last stir and let it cook for 3 more minutes. Taste and adjust seasoning. If the gravy isn't spicy enough you can add more berbere.

6. Serve beef tibs on injera bread with a side of Misir Wot (Ethiopian lentils) and gomen

## 2. Key Wat (Ethiopian Beef Stew)

### BERBERE SEASONING:

- 1/2 teaspoon ground cumin
- 1 teaspoon ground fenugreek
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon black pepper
- 1/4 teaspoon turmeric
- tablespoon hot pepper flakes
- tablespoon paprika
- 1 teaspoon ginger powder
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground allspice
- 3/4 teaspoon cardamom
- 1/2 teaspoon ground cloves
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon

### STEWED BEEF INGREDIENTS

- 1 lb beef (cut into 1 inch cubes)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- tablespoon olive oil (separated)
- 1 small onion (diced)
- teaspoon minced garlic
- 1 tablespoon berbere (less if you're sensitive to spice)
- 2 tablespoon tomato paste
- 2 cups beef stock (or 2 cups water and a beef bouillon)

## INSTRUCTION STEWED BEEF

1. Heat 1 tablespoon olive oil in a large Dutch oven over medium-high heat.
2. Season the beef with the salt and pepper.
3. Brown the beef in batches in the Dutch oven, removing to a plate to catch its juices.
4. Without cleaning the Dutch oven, add the remaining tablespoon of olive oil.
5. Reduce the heat to medium-low. Add the onions and cook until golden brown, about 15 minutes.
6. Add the garlic and cook for another minute.
7. Add the tomato paste, berbere seasoning, and sugar to the onions and garlic.
8. Cook until a thick paste forms, about 3 minutes. Add the beef stock and beef and bring it to a boil.
9. Reduce the heat to medium-low to simmer.
10. Simmer the beef for at least an hour, up to two.
11. Remove the beef from the cooking liquid and shred it by pulling the chunks apart with two forks.
12. Add the beef back to the stock mixture and simmer for another 15 minutes.

### 3. Kitfo

#### Ingredients

- Minced Beef
- Nither Kibe

If you like steak tartare, then you'll probably want to try kitfo. It's an Ethiopian beef tartare made with raw minced beef flavored with niter kibbeh and mitmita, an Ethiopian spice blend made with ground African bird's eye chili, korarima, cloves, and salt.

Kitfo can be served completely raw or slightly cooked (kitfo leb leb), often with a mild cheese called ayibe or cooked greens known as gomen. Depending on where you are in Ethiopia, it can be served with injera or a thicker type of flatbread called kocho.

#### 4. Ye'bege key wat

##### Ingredients

- 1 lb Mutton beef (cut into 1 inch cubes)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Tablespoon oil (separated)
- 1 small onion (diced)
- Teaspoon minced garlic
- 1 tablespoon berbere (less if you're sensitive to spice)
- 2 tablespoon tomato paste
- 2 cups beef stock (or 2 cups water and a beef bouillon)

##### Direction

1. Heat 1 tablespoon oil in a large Dutch oven over medium-high heat.
2. Season the beef with the salt and pepper.
3. Brown the beef in batches in the Dutch oven, removing to a plate to catch its juices.
4. Without cleaning the Dutch oven, add the remaining tablespoon of olive oil.
5. Reduce the heat to medium-low. Add the onions and cook until golden brown, about 15 minutes.
6. Add the garlic and cook for another minute.
7. Add the tomato paste, berbere seasoning, and sugar to the onions and garlic.
8. Cook until a thick paste forms, about 3 minutes. Add the beef stock and beef and bring it to a boil.
9. Reduce the heat to medium-low to simmer.
10. Simmer the beef for at least an hour, up to two.
11. Remove the beef from the cooking liquid and shred it by pulling the chunks apart with two forks.
12. Add the beef back to the stock mixture and simmer for another 15 minutes.



## 5. Gored Gored

### Ingredients

- 1 lb cold raw beef (preferably tenderloin or round steak)
- 6 tablespoons niter kibbeh (Ethiopian spicy clarified butter), melted and hot
- 1 tablespoon berber
- 1 teaspoon mitmita
- 1 teaspoon awaze
- Salt

### Instructions

1. On a very clean cutting board, using a large and very sharp knife, cut the meat into small cubes of  $\frac{1}{2}$  -  $\frac{3}{4}$  inch (1,5 to 2 cm), and place into a large bowl.
2. In a small bowl, combine the berbere, awaze, and mitmita, then add to the cubed beef, and mix well with the hands.
3. Lightly season with salt.
4. Add the niter kibbeh, one tablespoon at a time, stirring, until the meat has a glossy sheen.
5. Serve with injera and / or rice, optionally with additional awaze.

## 6. Ye'beg zegin wat

### Ingredients

- 10 white onions
- tbsp of vegetable oil
- 1 whole garlic (7/8 cloves)
- 1 green bird's eye chilli
- tbsp of berbere spice
- 350 g passata
- 1 tbsp of vegetable seasoning or stock powder
- $\frac{1}{2}$  kg of lamb (you can use a mixture of lamb on and off the bone)
- 1 tbsp of salt

### Instruction

1. Peel and finely chop the onions. Place in a large, deep pan to cook on a low heat.
2. Continue cooking the onions until they are golden and caramelised. This should take about 20 minutes. Stir occasionally and add a dash of water if needed to stop them sticking to the pan.
3. Add the oil and cook for minutes.
4. Peel and finely chop the garlic and chilli. Add these to the pan and mix with the caramelised onions.
5. Stir in the berbere spice.
6. Stir in the passata and cook for another 10 minutes.
7. Add the vegetable seasoning or stock powder and mix thoroughly with a dash of water.
8. Cut up the meat into small pieces and wash thoroughly.
9. Add the meat to the pan and cook for 20–30 minutes, stirring occasionally.
10. Stir in the salt.
11. Serve hot with injera or rice.

## 7. Gomen besiga

### Ingredients

- 6 white onions
- 1 whole garlic (7/8 cloves)
- 30 g fresh ginger
- tbsp of vegetable oil
- tbsp of butter
- ½ kg lamb (you can use a mixture of lamb on and off the bone)
- bunches of spinach (about 500g)/ Gomen
- fresh jalapeño chillies
- 2 tbsp of salt
- 280 ml of water

### Instruction

1. Peel and finely chop the onions, garlic, and ginger.
2. Place the onions into a large, deep pan and sweat off with a little water for 5 minutes.
3. Add the oil, garlic and ginger.

4. Continue to cook until the onions are golden brown and caramelised. This will take around 10–15 minutes. Stir occasionally and add a dash of water if needed to stop them sticking to the pan.
5. Add 1 tablespoon of butter and continue to cook for 5 minutes.
6. Cut the meat into small pieces and wash thoroughly. Add the meat on the bone first to the pan, then after 5 minutes add the rest of the meat. Mix thoroughly and cook for 20–25 minutes.
7. Roughly chop the spinach and wash it thoroughly.
8. Stir in the remaining butter.
9. Wash and finely slice the chillies and stir them into the dish.
10. Stir in the salt.
11. Add the remaining water to the pan and cook for 15–20 minutes until the meat is tender.
12. Serve hot with injera.
13. Add the spinach a little at a time, allowing it to wilt into the dish before adding more.

## 8. Mesir besga

### Ingredients

- 500gm onions, chopped
- 200gm.cloves garlic, crushed
- ginger, chopped
- 1/4c niter kibbeh, ghee or buAer (if you don't use niter kibbeh, add 1t berbere)
- 500gm. Berbere
- 500gm beef
- 1/8t Cayenne (more or less, depending on whether or not you use berbere)
- 500gm. split red lentil, rinsed
- 1lit. water
- salt
- Freshly ground black pepper

### Instruction

1. Puree the onion, garlic and ginger in a food processor or blender.
2. Heat niter kebbbeh

3. Large, heavy- bodied saucepan over medium heat. Add berbere, cayenne pepper and sear rapidly to colour oil and cook spices through, about 30 seconds.
4. Add the onion puree and sauté until excess moisture evaporates and onion loses its raw aroma, about 8- 10 minutes. Do not burn; lower heat or
5. Add a little water if necessary.
6. Add lentils and broth or water. Bring to a boil,
7. reduce heat to low, and simmer, partially covered,
8. Cooked through and fall apart, about 30- 40 minutes. Add water or stock if necessary to keep from drying out, and sear occasionally. Sear in salt
9. (It may take more than you think it will) and pepper to taste and serve warm.

## 9. Zilzil Tibs

### Ingredients

- 1 lb beef tenderloin
- 1 green bell pepper, chopped into squares
- tbsp niter kibbeh (Ethiopian clarified butter)
- tbsp berbere (Ethiopian seasoning)
- 1 red onion, finely diced
- ¼ cup chicken broth
- tbsp red wine
- ¼ tsp black pepper powder
- 1 tsp salt

### Instruction

1. Start by cutting your beef tenderloin into cubes of approx. half-inch, and place them in a mid-sized bowl that is nonreactive.
2. In a separate bowl, put the berbere and red wine with 2 tbsp niter kibbeh and mix them thoroughly until the blend changes to paste.
3. Use half of the paste and coat the beef with it. keep the remaining paste aside for later use. Then let the beef marinate for about 30 min. at room temp.
4. Next, add 1 tbsp. niter kibbeh over medium-high heat in a mid-sized skillet. Then add the beef and cook it for about 2 minutes – while stirring – until it loses its reddish color.

5. When the beef is done cooking, transfer it to a plate, and reduce the heat to medium. Then add the green bell peppers, and cook – while stirring – for about 5 min. until the peppers start to wilt.
6. When the peppers are done cooking, transfer them to the same plate you placed the beef on.
7. Next, add another tbsp. niter kibbeh and heat. Then add the onions and cook them – while stirring – for about 10 min. until they soften.
8. Then add the remaining paste you previously kept aside along with the chicken broth. Then sprinkle the black pepper and salt in the mix and cook – while stirring – for about a minute.
9. Finally, add the beef and peppers you kept on a plate as well, and cook together for about 2 min.

## 10. Minchet Abish Alcha

### Ingredients

- 500gm lean ground beef
- 250gm onion (thinly chopped)
- 200gm clarified butter
- 1/4teaspoon cardamom
- 1/4ginger powder or 1 tablespoon fresh ginger root juice
- 1teaspoon garlic powder (diced) or 1 teaspoon garlic clove (diced)
- 1/4teaspoon turmeric or 1/4 teaspoon curry
- 1/4teaspoon white pepper powder
- 500ml. water (boiled)
- Salt

### Instruction:

1. In medium pot sauté the onion using one cup of boiled water by adding two tablespoon each time until the onion is soft and golden brown.
2. In the cooked onion, add one cup boiled water, purified butter, garlic, ginger, bishop weeds, wine and turmeric. Cook for 5 minutes.
3. On a baking pan, spread the ground beef and cook it in oven or stir-fry until brown.

4. Sprinkle the stir-fry ground beef in the sauce; mix well; add two cups boiled water; cover and cook it for 20 minutes or until simmers.
5. Add to the stew white pepper, salt and false cardamom; cook it for 5 minutes; remove from heat.
6. Serve it hot with Injera, rice, and bread or as desired.
7. You will find these spices in Ethiopian or Indian shops/groceries.

## 11. Dinich besga / potato with beef stew

### Ingredients

- 500gm onions, chopped
- 200gm.cloves garlic, crushed
- Chopped Ginger
- 1/4c niter kibbeh, ghee or buAer (if you don't use niter kibbeh, add 1t berbere)
- 500gm. Berbere
- 500gm beef
- 1/8t Cayenne (more or less, depending on whether or not you use berbere)
- 500gm. Dinich/potato
- 1lit. water
- salt
- Freshly ground black pepper

### Instruction

1. Puree the onion, garlic and ginger in a food processor or blender.
2. Heat niter kebbbeh
3. Large, heavy saucepan over medium heat. Add berbere, cayenne pepper and sear rapidly to colour oil and cook spices through, about 30 seconds.
4. Add the onion puree and sauté until excess moisture evaporates and onion loses its raw aroma, about 8- 10 minutes. Do not burn; lower heat or
5. Add a little water if necessary.
6. Add medium dice Potato and broth or water. Bring to a boil,
7. reduce heat to low, and simmer, partially covered,
8. Cooked through and fall apart, about 30- 40 minutes. Add water or stock if necessary to keep from drying out, and sear occasionally. Sear in salt



9. (It may take more than you think it will) and pepper to taste and serve warm

## 12. Tripa

### Ingredients

- Four pounds of cleaned tripas
- Three medium sized onions
- One bushel of cilantro
- Two medium sized tomatoes
- Eight strips of thick-cut bacon
- Quarter cup of garlic powder
- Quarter cup of paprika
- oil, enough to submerge the tripas in your wok or disco
- Salt and pepper, to taste

### Instructions

Clean and prepare the tripas according to the method mentioned above. Boil for an additional hour to make the meat extra tender. Take note that the tripas can sometimes stick to the bottom of the wok, so make sure to stir occasionally. Some of the water will also evaporate during the boiling process, so you would need to add water from time to time to ensure that the tripas is still fully submerged.

### 13. Yeshekla Tibs

#### Ingredients

- 1 large red onion about 2 cups, sliced thin
- 1/4 cup ghee
- 2 pounds beef cut into bite-sized pieces
- 2 tablespoons Berbere spice mix
- 1 teaspoon ground fenugreek
- 1/2 teaspoon cardamom optional
- 1/2 teaspoon ground ginger
- 1/4 teaspoon cumin
- 1/4 teaspoon ground clove
- 1 teaspoon black pepper
- 3 to 4 garlic cloves sliced thinly
- 2 cups whole peeled tomatoes broken into bits
- 1 to 5 green chiles jalapenos or serranos
- 1/2 cup red wine

#### Instructions

1. Prep all your ingredients. Heat a saute pan at med-high.
2. Fry the onions on their own so that the edges char a little bit.
3. Add the ghee and the beef, and stir-fry on a high heat very quickly so that the outside of the meat is brown but the inside remains rare.
4. As soon as the meat is browned, toss in the spices, sliced garlic and chiles. Fry for 30 seconds.

### 14. Ye beg allicha wot

#### Ingredients

- 500gm, lamb chops (ribs and meat)
- 1/4 cup clarified butter (purified)
- cups white onions (thinly chopped)

- tablespoon fresh garlic or 2 teaspoons garlic powder
- tablespoon fresh ginger root juice or 1/2 teaspoon ginger powder
- teaspoon false cardamom (korerima)
- 1/4 teaspoon turmeric
- chili peppers (seeded and sliced)
- cups water
- salt

### Directions

1. Cut the ribs in smaller sizes and the meat in small strips, wash it with cold water.
2. Boil water in large pot; add the cleaned ribs and the meat; cook it for 10 minutes and strain.
3. In medium heat, cook the onion with two cups of water (adding the water gradually); stir continuously until tender (10-15 minutes).
4. Add the butter, garlic, ginger-root juice, bishop weed and cook for five minutes.
5. Add the ribs and the meat; stir for five minutes; put four cups of water and turmeric; cover and cook for 30 minutes.
6. Add false cardamom, salt to taste and cook to simmer; at the end, add the hot peppers and remove from heat.

LAP Test	Practical Demonstration
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Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time started: \_\_\_\_\_

Time finished: \_\_\_\_\_

**Instructions:** Given necessary templates, tools and materials you are required to perform the following tasks within 1 hour.

**Project, 1, preparing an Ethiopian Traditional breakfast and Snack meals**

**Task1.1 Prepare gored gored**

**Task 1.2 Prepare Habesh beef tibus with local tej and aregi**

## UNIT FOUR

## Work in a Team

This learning guide is describes knowledge, skills and attitude required for food sanitation and safety in a commercial kitchen or catering operation.

- Demonstrating good teamwork with all kitchen and service staff
- Organizing and following a kitchen routine
- Maintaining high standard of personal and work-related hygiene practices.

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Demonstrate good teamwork with all kitchen and service staff
- Organize and follow a kitchen routine
- Maintain high standard of personal and work-related hygiene practices.

## 4.1 Demonstrating Good Teamwork with All Kitchen and Service Staff

### 4.1.1 Working as a Part of a Team

The goal of restaurant and food service establishments is to provide high-quality meals and excellent service to customers while staying within food and labour costs so that the operation can make a profit. This goal can only be achieved with the cooperation and support of all of the staff. Just as a football franchise only succeeds when the players and staff form a cohesive team, so too does a restaurant succeed only when the staff forms a working team.

Teams invariably outperform individuals if they are working effectively. When groups come together to solve a problem, they come up with more creative and flexible solutions than could individuals. In a restaurant, excellent food and service is always a team effort. If the meal is not well prepared or if the service is poor, the customer may not enjoy the dining experience. All members of the team have a role in making the customers experience memorable.

Cooks often think only of the team in the kitchen. The kitchen staff members may think of themselves as a team (“us”) allied against the front of house staff (“them”). The kitchen staff on other shifts, management, and other components of the operation may also be considered “them.” This is not productive in a well-functioning restaurant. The staff may believe that if only “they” were more understanding, worked harder, or knew what it was really like, “we” could do the best job. Of course, this same thinking is prevalent in the other groups except in reverse.

The flaw with this thinking is that it pits one group against the other. It contributes to poor customer service. Petty jealousies and conflicts can lead to various schemes to get the better of the other group. This is an immature way of looking at your workplace and unfortunately the customer will suffer. Being part of a team means being respectful to all other members for their particular role and duties. When the entire group sees itself as having a common set of goals to achieve, and each member of the team understands his or her contribution to the overall team effort, the best results are achieved.

## Characteristics of effective working groups

- Groups that work effectively have the following characteristics:
- Group members share a sense of purpose or common goals that each member is willing to work toward. Members feel that they played a role in determining these goals and the methods used to achieve them. When a task is accomplished or the demands of the situation change, the group can change its focus or direction to meet the new goals.
- The group is concerned not only with the task, but also with its own processes and operating procedures. The group periodically evaluates its performance.
- The group members use one another as a resource. The group willingly accepts the influence and leadership of members whose resources are relevant to the immediate task. Roles are balanced and shared to ensure that the tasks are accomplished and that group cohesion and morale are enhanced.
- Communication is clear and direct. Group members continually try to listen to and clarify what is being said and show interest in what others say and feel. Differences of opinion are encouraged and freely expressed.
- The group focuses on problem solving rather than expending energy on competitive struggles or interpersonal issues. The group is willing to deal with conflict and focus on it until it is resolved or managed in a way that does not reduce the effectiveness of the group and its members. Confrontation is accepted as a challenge to examine one's behaviour or ideas. It is not viewed as an uncaring personal attack.
- Mistakes are seen as sources of learning rather than reasons for punishment. This encourages creativity and risk taking.
- The group has a clear set of expectations and standards for the behaviour of group members.
- Developing a climate of trust underlies all of these elements. In order to trust one another, individuals in a group must understand and get to know one another.



## Stages of group development

Groups go through a set of predictable stages of development. In 1965, Bruce Tuckman, who carried out research on group dynamics, identified the four stages as forming (getting to know each other); storming (initial confrontation as group members identify their differences); norming (coming together to work for the benefit of the team); and performing (working well together with a process to deal with any differences of opinion and reassessing to look for opportunities for improvement).

- **Forming:** When a group is first formed, individuals wait and see what is going on. They are unsure of their role and concerned about how they will fit in. They want to belong to the group, feel accepted, and find out what the task is. If you think for a moment, you will probably remember feeling like this on your first day of work. The supervisor or leader can help at this stage by providing a comfortable and structured environment. Ensure that each person is introduced and there is an opportunity to get to know one another. Be clear about goals and expectations.
- **Storming:** During the confrontation stage, individuals in a group begin to struggle to establish their place in the group. They may challenge the leadership of the group or the group boundaries. They may also, for the first time, express disagreement or impatience with the task or group process. At first, the leader may wonder why the group, which seemed to be working well, now seems to be in trouble. This stage is healthy because group members feel comfortable and trusting enough to air conflicts which previously had been kept hidden. The supervisor needs to provide time to deal with issues as they arise and avoid the temptation to “put the lid on” the conflict. Healthy dissent leads to better problem solving and better cooperation. If you prevent conflict from being expressed, it may continue to fester under the surface, causing greater problems later on.
- **Norming:** At the working stage, groups have developed methods of dealing with task and process and can work effectively together. People become more tolerant of differences in the group and encourage self-expression. The group can accept and build on one another’s strengths, sharing tasks in the most productive way.
- **Performing:** During maturity, the group continues to cooperate to resolve issues and accomplish objectives. The group can stagnate and become less effective if new

challenges and opportunities do not arise. Perhaps you have worked in a restaurant where the entire working group has been together for a couple of years. The group works together well, but unless there are new challenges, such as a new menu or an expansion, the situation can become boring. When group members are bored and unchallenged, their performance may decline and conflicts between members may start to dominate the working of the group.

During reassessment, members examine their performance and working processes. They begin to provide honest feedback which is not always positive and begin to share ideas that might create conflict. As a result of this examination, the group can continue to develop its effectiveness.

Work groups are constantly being formed and reformed as new staff members join and others leave. New members of the team have the same needs as new groups. Because the team has a different membership, the whole group may revert to an earlier stage of development. This is especially true if the new team member has a position of authority over other members. A good leader always watches for signs that the group needs more structure or a new challenge.

This sense of teamwork is not something that just happens; it is created through good communication, leadership, caring for individuals as people, and an understanding of group process.

### **Roles of group members**

Members of a work group fall into two categories. Initiators are the people who speak up first and generate ideas. They contribute their knowledge of relevant information and experience and give opinions. Responders listen and respond to suggestions they have heard. They evaluate information, criticize proposals, and ask questions. They play an important role in developing the ideas put forward by initiators.

As the group process continues, members switch back and forth between the roles. Both roles are important for group function. Groups need a balance between these roles. If there is only idea generation, the result will be a contentious, unruly group that is too divided to make up its mind. If there is too much emphasis on contributions and evaluation of ideas, the group may not come up with any new and innovative ideas to try. Maintaining a balance is the role of the group leader.

## Barriers to group performance

In an effective group, the purpose of the group takes precedence over the needs of individuals. When individuals place their needs ahead of those of the group, they act as a barrier to performance. These people can be classified as:

- A. Aggressors who want to win or exert power
- B. Good communication
- C. Leadership
- D. Delegation

### A. Aggressors who want to win or exert power

Defeatists who feel that the problem is insurmountable, and sometimes, demoralize the group and sabotage the group process

- Stars who have to be in the limelight all the time, even when not making a contribution
- Storytellers who keep lapsing into asides and irrelevant conversations
- Clowns who just want to get attention and laughs
- Dominators who want to run things more than they want to solve the problem
- Axe-grinders who relate everything to their pet peeve

Perhaps you can think of one or two people with whom you've worked who fit into these categories.

### B. Good communication

Good communication always leads to better cooperation. Communication that is honest and assertive tells the listener what you need. It does not expect the listener to read between the lines. When appropriate, it also expresses feelings about the situation. When problems arise, honest communication allows them to be resolved in a mature way.

When you deal with problems in an aggressive manner, the situation may appear to be resolved in your favour initially, but the other person will likely have hard feelings and resentments. If you deal with problems by giving in to others even though you feel your position has some validity, or when you complain to others but not to the persons involved,

you may also begin to feel resentments. Over time, hard feelings and resentments may continue to build over a series of small incidents

### C. Leadership

Leadership is important in a team. A good supervisor is a leader who can bring the group together and build an environment in which the team can work together effectively. A leader acts as a:

- Representative of management
- Role model
- Problem solver
- Motivator
- Manager of daily operations

A group leader does not have to perform all of these functions all of the time. Some of the most effective leaders lead from behind. They lead the group unobtrusively, sharing the responsibilities and rewards of leadership.

That does not mean that they do nothing. They work hard at “catching people doing it right” and acknowledging their efforts. They value the contributions of others and share decision making. They also recognize when it is important to step in and take charge.

A successful leader has the ability to influence employees by making suggestions and guiding discussion. Every supervisor has legitimate power, which is the authority associated with being a boss. In addition to this authority, effective leaders have a second type of power: the power to influence or persuade people. This power depends on the employee’s acceptance of the supervisor as a person who makes sound judgments and merits respect.

Influence is a very potent form of power (Figure 4. 1). Employees may obey the requests of an authority, but they will go above and beyond the call of duty for someone with influence. Of course, a supervisor needs both authority and influence. If the supervisor has no authority to make decisions, he or she will be unable to create a climate in which work can be performed. In turn, he or she will not enjoy the respect and acceptance that creates influence.



*Figure 4.1 Influence builds active participation and cooperation.*

Successful leaders combine a focus on task (getting the job done) with a commitment to helping employees achieve their personal goals. If a supervisor concentrates only on accomplishing tasks, he or she will be perceived to be uncaring and unsupportive. Employees may feel that they are not appreciated for their unique skills and interests.

If, on the other hand, the supervisor concentrates only on making employees feel comfortable and fostering a pleasant work environment, the tasks for which the group is responsible may not be accomplished. The owner of the company will not get the necessary job performance. Profits and customer service will suffer. Although you might expect employees to be satisfied, they will not have a sense of accomplishment in their work. Morale will suffer.

#### **D. Delegation**

Some supervisors believe that if you want a job done, do it yourself. These individuals often work themselves so hard that they burn out. They may work long, hard hours and be admired by others, but inevitably something slips. Perhaps the supervisor becomes ill due to overwork. Because the junior staff has never been given the opportunity to learn the work performed by that individual, the performance of the whole team suffers. Junior staff may

feel unappreciated and unchallenged because they have not been given the opportunity to learn new skills.



*Figure 4.2 Delegation increases the efficiency of the staff.*

Delegation of tasks provides you with time to meet your responsibilities. It recognizes the abilities of others and provides them with opportunities to develop their skills and talents. It divides the work to be done among the team members, increasing effectiveness and efficiency

When you delegate a task to a junior staff member, it is not enough to simply ask the person to do the job. You must ensure that you:

- Explain why the task is necessary and how it relates to the goals of the company
- Explain what is to be done
- Set performance standards
- Give a timeline for completion of the task
- Give the person the necessary resources, authority, and responsibility to carry out the task
- Provide adequate training
- Give support and guidance during the initial period



- Provide feedback on completion of the task

## 4.2 Organizing and Following a Kitchen Routine

Becoming a better cook is more than just knowing skills and techniques. An organized kitchen will create real cooking efficiency and easy cleaning.

Creating an efficient kitchen may not sound very tantalizing, but organizing like a chef will make you start thinking like one (and how can that not be exciting?!). It will also save you time and reduce that post-cooking disaster site that nobody wants to deal with. Below are some of the best kitchen tips for prepping, cooking, and cleaning so you get dinner on the table faster every night while enjoying streamlined clean up.

### 1. Create 4 Kitchen Zones & Organize Around Them

When it comes to kitchen organization, people often wonder what to do with a small kitchen. But contrary to popular belief, a larger kitchen does not equal a better kitchen. Unless you have a cooking staff or regularly make feasts for the Queen of England, a smaller kitchen is not only perfectly fine, it's often better. If you set it up right, you'll be able to maneuver around quickly, multitask easily, and have so much less to clean (hooray!).

Here are the 4 essential zones for your kitchen:

#### Preparation Zone

- This is where you prep all your ingredients prior to cooking.
- Tip: Choose an area with the most countertop space and try to store the tools and ingredients mostly use during prep at or near this station. These items can include a cutting board, a sharp knife, kitchen towels, a trash can, prep bowls, salt and pepper, and oils and vinegars.

#### Cook Zone

- This is where you do all the cooking.
- Tip: Put all cooking utensils and supplies within arm's reach to make cooking very efficient. It's easy to store items like tongs and wooden spoons in a drawer or utensil holder and keep supplies like cooking oil by the stove.



## Clean-Up Zone

- This is where your sink is and where all the cleaning gets done.
- Tip: If you have a small kitchen, your clean-up zone is likely pretty close to your cooking zone. Remember, clean as you go for more efficient cooking and a tidy kitchen!

## Put Away Zone

- This is when dinner is done and it's time to put things away in your fridge and / or freezer.
- Tip: Keep items that will make leftovers easily go from fire to fridge next to this zone. These items can be tupperware for packing foods, saran wrap, foil, and a magnetic whiteboard and dry erase markers to keep inventory of what you put in your freezer.

## 2. Make a Cooking Strategy from Your Recipe

We know that strategies may sound like they belong more in business meetings or board games than in the kitchen. Yet, if you have adopt a good cooking strategy, getting dinner ready will be a breeze and you'll be left with extra time instead of extra dishes. It's actually quite easy – all you need to do is read through your recipe before you start cooking!

- **Ingredients** – Take a look at your recipe and get all of your ingredients out from the freezer, fridge, and pantry. The time you spend running back and forth in the kitchen really do add up, so make sure you have everything you need at your fingertips.
- **Tools** – Next pull out all the tools you will need to make your meal, like a cutting board, knives, pots, and pans. It's best not to fumble around in a drawer with raw meat on your hands!
- **Prep Bowls** – Take out your prep bowls (collapsible ones like these are so handy!) so that a prepped ingredient can go directly from the cutting board into a prep bowl and directly into the appropriate pot or pan when you are ready to cook. This will create a hassle-free Prep Zone. (Remember to place ingredients that cook at the same time into the same prep bowl to cut down on those extra dishes!)
- **Streamlining** – As you prep each item, transfer it into the set out bowls to keep your cutting board uncluttered and your ingredients organized. This will make each step of cooking streamlined as you seamlessly move ingredients from the Prep Zone to Cook

Zone when the recipe calls for them. There's a reason the assembly line approach caught on.

### 3. Clean with Kitchen Smarts

Although it may seem easier, don't wait until the very end of cooking before you start your clean-up (this makes cooking a lot less fun!). In fact, for many people clean-up deters them from even wanting to cook in the first place. Luckily for you, we have some quick and easy kitchen cleaning tips!

Here are some great ways to tidy up as you go:

- **Before** – Right before you start prepping and cooking, place a bowl, paper bag, or compost container at your prep station. As you cut ends off veggies or peel skin off of potatoes directly into the trash / compost bowl, you keep your station clean and your prep process efficient without having to move back and forth between your standing trash can (that probably has a lid).
- **During** – Since there's always a couple minutes while you're waiting for a pot to heat up or a piece of meat to sear, make the most of them by washing a few of those prep tools or bowls. When you don't have a cooking lull, place any dish that will get crusty as food remnants dry in a sink filled with warm soapy water.
- **After** – If you're not the only person eating, once everyone else at the table has finished licking their lips, get their help cleaning up. Dishes are so easy to wash after they've been soaking between cooking and eating. Even young kids can learn to wipe messes or load non-heavy items into a dishwasher. Train 'em early and their future roommates will adore you!
- **On-going** – Not everything that needs cleaning in the kitchen is directly used in cooking a single meal. Some things just get dirty over time. To learn when and how to clean items in your kitchen – from sink, to microwave, to coffee maker – read our helpful Guide to Kitchen Maintenance article or review our infographic below! Also, keep a solution of distilled white vinegar and water in a spray bottle so it's ready to go when you are.

### 4.3 Maintaining high standard of personal and work-related hygiene practices.

Practicing effective general hygiene habits at work can help provide an atmosphere of cleanliness, orderliness, and safety while also preventing the spread of illness.



*Figure 4.3 work-related hygiene practices.*

Keep your work area tidy, and clean up after yourself, including after using the restroom or any other common areas. Throw away garbage, wipe down surfaces, and pick up anything that fell on the floor or the ground.

Throw away trash at the end of your work shift that may have accumulated throughout the day, including food wrappers, used paper towels or tissues, beverage containers, etc. Wash reusable dishes daily, including mugs, insulated thermos containers and utensils.

Throw away any uneaten food that is kept at work or in a work fridge, at the end of every week. Do not keep any food at work that is not in a sealed container.

Use garbage cans and do not litter. Trash bins should be emptied regularly and not allowed to overflow. Trash should never be spilling onto the floor.

Wipe down the microwave after using. Always place a paper towel, paper plate or other cover on the top of any food cooking in a microwave to prevent splatter.

If you notice ants, vermin, or droppings in any work or common area, notify management immediately.



*Figure 4.4 Sneezing*

**Cover your mouth** and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues into a lined or no-touch trash can. Wash your hands or use a hand sanitizer after coughing, sneezing, or blowing your nose. If wearing gloves or a face mask, always wash your hands after removing them.

Use deodorant or antiperspirant daily, especially if you tend to sweat during the course of the workday.

Cuts and burns must be covered at all times with appropriate first aid dressings. Make sure cuts, burns or lacerations are kept clean to prevent infection.

Do not wear PPE that is damaged, torn, worn out, or excessively dirty. Do not reuse single-use PPE like one-time use face masks or disposable gloves. Store PPE in a clean and dry area, until required for use, to prevent contamination

Keep frequently touched common work surfaces clean. Germs, including viruses, can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects



*Figure 4.5 Hand washing*

**Hand washing** is one of the best ways to protect yourself from getting sick. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. If your hands are visibly dirty, washing with soap and water is better than using hand sanitizer. Avoid touching your eyes, nose and mouth with unwashed hands.

Follow these five steps every time you wash your hands.

1. **Wet** your hands with clean, running water, turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds.
4. **Rinse** your hands well under clean, running water.
5. **Dry your** hands using a clean towel or air dry them.

Washing hands can keep you healthy and prevent the spread of infections from one person to the next. Key times to wash or clean your hands include:

- Before and after work shifts and work breaks
- After blowing your nose, coughing, or sneezing
- After using the restroom
- Before and after eating or preparing food
- After putting on, touching, or removing face masks or gloves
- After touching garbage
- After touching an item or surface that may be frequently touched by other people
- Before touching your eyes, nose, or mouth



*Figure 4.6 Hand Sanitizing*

If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label. Sanitizers can quickly reduce the number of germs on hands in many situations. However, Sanitizers do not get rid of all types of germs. Hand sanitizers may not be as effective when hands are visibly dirty or greasy. Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

Follow these steps every time you use hand sanitizer.

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

<b>Self-Check 4</b>	<b>Written Test</b>
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**Direction: choose the correct answer of the following**

**1. What is a key step in Teamwork?**

- A. Leadership
- B. Responsibility
- C. Organization
- D. All of the above

**2. What does Teamwork mean?**

- A. To work well with others
- B. To work hard
- C. To communicate well
- D. To work using soft skills

**3. How do you use teamwork in your everyday life?**

- A. Help an old lady across the street
- B. Walk someone to class
- C. Work with students to get an assignment done
- D. A and B

**4. Teamwork is a useful leadership skill.**

- A. True
- B. False

**5. Teamwork is used in every job.**

- A. True
- B. False

**6. What is not an important factor in teamwork?**



- A. The team must receive external support and encouragement
- B. The team must have a results-driven structure.
- C. The team must not help their team member.

**7. You do not use teamwork in school.**

- A. True
- B. False

**8. What are the correct 8 steps of teamwork? (In order)**

- A. Clear goal, result driven structure, unified commitment, collaborative climate, external support, competent team members, and principle leadership, understood by all.
- B. Clear goal, results-driven structure, and competent team members, unified commitment, collaborative climate, and understood by all, external support, principled leadership.
- C. Result driven structure, unified commitment, collaborative climate, principle leadership, external support, competent team members, understood by all, clear goal.

**9. The team must have a principle leadership.**

- A. True
- B. False

**10. What do you mean by teamwork?**

- A. Setting out alone
- B. Taking control of the team to do your work
- C. Working with the team to get what everyone wants
- D. Creating problems for everyone

## Reference

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