

Ethiopian Coffee Morning



Giant Ethiopian Bread

In Ethiopia a giant bread (or defo dabo) would be baked by the women of the household and kept ready for serving at coffee time. This special recipe comes to you from Helina Lemma, the wife of Dr Nigatu, SPANA's Ethiopia country director. Helina is pictured overleaf performing a coffee ceremony at their home in Addis Ababa.

Top tips

- Get some delicious Ethiopian coffee from your local supermarket and serve with small snacks such as popcorn or peanuts.
- Put up colourful paper lanterns and display African carvings.
- Use colourful basket weaves to serve your giant bread and offer honey and butter to those with a sweet tooth!





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Giant Ethiopian Bread

Ingredients:

Makes: 1 (12 x 7 in) Giant Ethiopian Bread, 20 slices (to make a smaller version, reduce the ingredients in proportion)

850g (30 oz) self raising flour

7g (¼ oz) easy bake/dried yeast (one sachet)

1 teaspoon salt

1 teaspoon baking powder

2 tablespoon sugar

1 tablespoon black cumin (seeds)

60ml (2 fl oz) sunflower oil

700ml (1¼ pint) water

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Instructions:

Prep: 2hr › Cook: 40min

Ready in: 2hr 40min

1. Tip all the dry ingredients in to a large mixing bowl and add water and oil.
2. Use your hands to combine the ingredients, forming a soft dough. Knead until dough is smooth. Make sure the mixture is not too firm and not too runny.
3. Cover the bowl and leave in a warm, draft-free place for 1-2 hours or until the dough rises.
4. Preheat the oven to 190°C / Gas Mark 5.
5. Put greased foil in a medium baking tray and then place the dough on top. Cover the top of the dough again using greased foil.
6. Place in your pre-heated oven for about 35-40 minutes or until lightly golden.
7. Prepare another tray and cover it with a tea towel.
8. Take the bread from the oven and cool for 3 minutes, then remove the bread and put it onto the other tray.
9. Finally, wait for about 10 minutes before serving.

