

Hearty Veggie Doro Wat

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Doro Wat is the most famous of all African dishes. The Berbere (a spice blend) is the key to the uniqueness of this dish. The warm flavored spices infuse into the oil for the Niter Kibbeh to create a hearty flavorful dish.

YIELD 50 Servings 100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Rice, brown, prepared	6 lbs. 4 oz.		12 lbs. 8 oz.	
For the Niter Kibbeh				
Olive oil		1 pint		1 quart
Onion, minced		1¼ cups		2 ½ cups
Ginger, ground		1/3 cup		2/3 cup
Garlic, minced		1/3 cup		2/3 cup
Cinnamon		1 Tbsp. + 2 tsp		3 1/3 Tbsp.
Turmeric		1 Tbsp. + 2 tsp		3 1/3 Tbsp.
Nutmeg, grated		1 ¼ tsp		2 ½ tsp
Berbere				
Prepared Berbere Spice Mix		1 cup		1 pint
Other Ingredients				
Great Northern beans, drained and rinsed		4-#10 cans		7-#10 cans
Mushrooms halved or quartered	7 lbs. 8 oz.		15 lbs.	
Onion, finely chopped	5 lbs. 10 oz.		11 lbs. 4 oz.	
Tomato paste		½ #10 can		1 #10 can
Garlic, minced		1/3 cup		2/3 cup
Ginger, grated		1/3 cup		2/3 cup

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Hearty Veggie Doro Wat Continued

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Preparation

1. Prepare rice as directed on the package.
2. Prepare the Niter Kibbeh by combining the ingredients listed above (the first 7 ingredients) for the mixture in a saucepan, steam kettle or tilt skillet and place over medium heat. When it starts to bubble, reduce heat and let simmer for about 20-25 minutes.
3. Pass the Niter Kibbeh mixture through a fine mesh colander and reserve the oil.
4. Heat a large saucepan or tilt skillet and add the onions and stir.
5. Sauté onions until golden brown, adding water as needed to prevent burning.
6. Add the tomato paste, ginger and garlic to the onions and cook, stirring frequently, 5 minutes.
7. Add the prepared Berbere spice mix, 2 ½ cups of water, and the Niter Kibbeh. Stir to mix and bring the mixture to a boil.
8. Add the mushrooms and Great Northern beans.
9. Bring the sauce to a boil (add more water if the mixture is very dry), cover the saucepan, steam kettle or tilt skillet with lid, lower the heat to simmer, and let the mixture cook about 30 minutes, stirring occasionally.

Serving Information

Using an 8-ounce ladle to portion one cup of the Doro Wat over 1 cup of prepared rice.

Each serving provides 2 meat alternates, 2 ounces grain equivalents and ½ cup other vegetable component.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 379 Total Fat: 12g Saturated Fat: 1.8g Monounsaturated Fat: 8.2g Polyunsaturated Fat: 1.7g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 55g Fiber: 11g Total Sugar: 6.4g Protein: 13g Sodium: 270mg Vitamin A: 15µg Vitamin C: 33mg Calcium: 92mg Iron: 9.8mg Folate: 115µg

