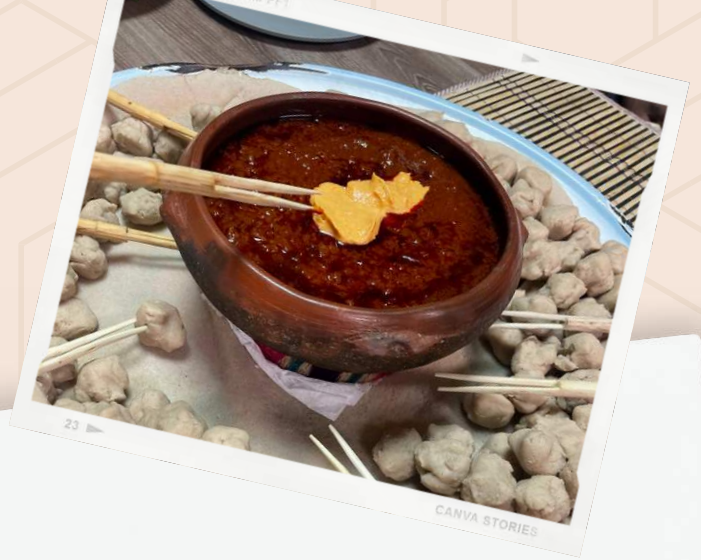


A favorite recipe
Ethiopia



TIHLO A traditional dish popular in the northern part of Ethiopia.

This special recipe, Tihlo, is more than just a dish—it's a tradition, a celebration, and a symbol of love. It takes about half a day to cook with love and care, and it's reserved for special occasions, holidays, and weddings. Growing up, watching my mom spend hours preparing it, 2-3 times a year, was always exciting for our entire household. It's a dish that brings everyone together around a large, circular tray to enjoy while Mom rolls and drops the Tihlo balls for each of us.

My mom, Lemlem, was thrilled to introduce this dish to our International Samaritan team last year. They'd never tasted it! She prepared the dough and sauce at home, assembling it in the Samaritan kitchen. Everyone loved their first bite! It was such a hit, that we've convinced her to make us another batch on multiple occasions.

Tihlo is special because it takes time to make, is incredibly healthy (made with barley flour and a meat sauce that has been simmering for hours), and, most importantly, it brings everyone together at one table, sharing a meal, laughter, and blessings.

-Selam Kahsay, Health & Wellness Specialist, Ethiopia



INGREDIENTS

For the dough:

- 2 cups (we use jugs) of barley flour
- Water (as needed)
- Salt (to taste)

For the sauce:

- 1 lb minced beef
- 3 tablespoons berbere spice
- 1 onion (chopped)
- Salt and pepper to taste
- Clarified butter (also called ghee)

TIHLO

1. Prepare the Barley Dough:

- Start with roasted barley flour. Gradually add water until a soft dough forms. Knead the dough for about 15 minutes. Shape the dough into small, chewy balls. (In Ethiopia, we roast the barley ourselves, using pure sand over a hot oven.)

2. Cook the Sauce:

- Prepare a spicy meat sauce known as zigni, which typically includes meat, berbere (paprika) spice mix, sautéed onions, and clarified, seasoned butter that cooks for hours on a charcoal cook stove. (See more directions, below.)

3. Serve:

- Assemble Injera (a sour fermented pancake-like flatbread) on a circular tray, the sauce over a clay container, and put the chewy balls around, and you are good to go! We use a wooden two-toothed fork to eat.

HOW TO MAKE THE SAUCE:



1. Sauté the chopped onions

2. Stir in berbere spice

3. Add the meat, butter, salt

4. Cook on low heat, stirring occasionally, for around 2 hours