

### Injera

#### Ingredients

¾ cup PURE teff flour  
3½ cups of water  
salt (optional)  
sunflower or vegetable oil

#### Preparation method

1. Mix the teff with the water and let the mixture stand in a bowl covered with a clean cloth/tea towel at room temperature until it bubbles and has turned sour. This may take up to 3 days, but at least 24 hours.
2. The fermenting mixture should be the consistency of pancake batter, so carefully pour off any liquid which may have risen to the top.
3. Stir in salt, a little at a time, if you want to, but do not make the batter 'salty'. You can leave the salt out completely if you prefer.
4. Lightly oil an 8- or 9-inch skillet (or heavy frying pan), and place on a medium heat.
5. Pour in enough batter to cover the bottom of the skillet and to give some depth to the injera. Injera is supposed to be reasonably thick, like a flat bread rather than a pancake. (It should be able to soak up the juices/sauce from the rest of the food).
6. Cook until holes form in the injera and the edges lift from the pan. There is no need to flip the injera; it will cook all the way through from the bottom. Remove from the pan and allow to cool.



1-3 days  
Preparation time  
5-10 minutes  
Cooking time

Makes 10-12

By: Innovative

#### Notes