



ETHIOPIAN

Siga Alich

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	5	20 min	2 hr 30 min	Stew	Shank

Ingredients

- 1 kg (2¼ lb) boneless beef shank, cut into 4 cm (1½ in) cubes
- 3 tbsp niter kibbeh (spiced clarified butter), or ghee
- 3 large onions, finely chopped
- 4 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp turmeric
- ½ tsp ground cardamom
- ½ tsp black pepper
- 1 tsp salt, plus more to taste
- 500 ml (2 cups) water or beef stock
- 3 carrots, sliced into thick coins
- 3 potatoes, cut into large chunks
- 1 green chilli, slit lengthwise (optional)
- Injera or rice, to serve

Steps

1. Place the onions in a dry heavy pot over medium heat with a pinch of salt. Cook for 8 minutes, stirring, until they release their water and turn soft but not brown. Siga alich is a mild "pale" stew.
2. Add the niter kibbeh and cook 5 minutes, until the onions are sweet and glossy.
3. Stir in the garlic, ginger, turmeric, cardamom and pepper for 1 minute.
4. Add the beef and salt, and stir for 5 minutes until the meat loses its raw colour.
5. Pour in the water. Bring to a gentle bubble, cover and stew over low heat for 1½ hours, stirring now and then, until the beef is nearly tender.
6. Add the carrots, potatoes and chilli. Cover and cook for 30 minutes, until the vegetables are soft.
7. Uncover, raise the heat to medium and simmer 5 minutes, until the sauce is thick and yellow-gold.
8. Taste for salt and serve with injera, or rice, spooning the sauce over.

Notes

- **Niter kibbeh:** if you cannot find it, simmer 3 tbsp ghee with a crushed cardamom pod, a pinch of cumin, and a slice of ginger for 5 minutes, then strain.
- **Spicier:** serve with awaze or berbere on the side; siga wat is the fiery red cousin.
- **Make ahead:** the flavour deepens overnight. It freezes for 3 months.
- **Slow cooker:** cook the onions and spices on the stove first, then low 7–8 hr, adding the vegetables for the last 1½ hr.
- **Pair with:** timatim, an Ethiopian tomato and onion salad with lemon and chilli.