



Makes eight 8-inch rounds
Preparation Time: 25 minutes
Cook Time: 20 minutes

INGREDIENTS:

- 1 cup teff flour
- ¼ cup whole wheat flour
- ¼ cup buckwheat flour
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 2 cups sparkling water
- 3 tablespoons lemon juice

Quick and Easy Injera

A spongy sourdough-like flatbread, injera serves as an edible utensil (and sometimes the entire platter) for an Ethiopian meal. The tangy taste pairs perfectly with richly spiced Ethiopian dishes, while the absorbent texture is great for soaking up extra sauce. Traditional injera batter is fermented over four days, but this quick version gets its tang from lemon juice and requires less than an hour to be ready to eat. When it's time to feast, simply tear off a piece of injera and use it to scoop up bites of [stew](#), greens, and other dishes for a fun and filling meal.

Tip: You can make the batter for the injera up to 3 days in advance and store it in an airtight container in the refrigerator until ready to use.

For more inspiration, check out these tasty ideas:

- [Ethiopian Collard Greens and Chard](#)
- [Tikil Gomen \(Ethiopian-Style Cabbage, Potatoes, and Carrots\)](#)
- [Warm Spiced Eggplant Salad](#)
- [Shiro Wat \(Chickpea Flour Stew\)](#)

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- 1** In a large bowl combine the first five ingredients (through salt). Whisk in sparkling water and lemon juice until a smooth batter forms. Let rest 20 minutes.
- 2** Before cooking injera, set a cooling rack inside a baking sheet. (This will prevent moisture condensation from building up under just-cooked injera, so you can keep them warm without them getting sticky.)
- 3** Heat a medium nonstick skillet over medium. Pour ½ cup batter into the skillet in a circular motion, moving from the outer edges inward and making concentric circles that completely cover the surface of the skillet. Cook 30 to 60 seconds. Using a wide spatula, flip injera over and cook 30 seconds more. Transfer cooked injera to prepared cooling rack; cover with a clean cloth. Repeat with remaining batter.
- 4** Let injera cool completely. Fold or roll injera. Serve at room temperature. Place injera in an airtight container; cover. Store in the refrigerator up to 3 days.