

Ethiopian coffee morning

Giant Ethiopian bread



In Ethiopia, a giant bread (or defo dabo) is traditionally baked for special occasions such as New Year, Christmas and Easter. It is also customary to bring as a gift when visiting family and friends.

Defo dabo is a favourite of Dr Reta Tesfaye, Project Lead at Addis Ababa University College of Veterinary Medicine, our local partner in Ethiopia. He said: "I hope you all enjoy trying defo dabo, which is a real slice of Ethiopia. I recommend it with a cup of strong Ethiopian coffee and a comfortable chair!"



Top tips...

- Get some delicious Ethiopian coffee from your local supermarket and serve with small snacks such as popcorn or peanuts.
- Put up colourful paper lanterns and display African carvings.
- Use colourful basket weaves to serve your giant bread and offer honey and butter to those with a sweet tooth!



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Ingredients



Makes one (30 x 18 cm) giant Ethiopian bread, 20 slices (to make a smaller version, reduce the ingredients in proportion)

- 850g self-raising flour
- 7g easy bake/dried yeast (one sachet)
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 tablespoon sugar
- 1 tablespoon black cumin seeds
- 60ml sunflower oil
- 700ml water

Instructions



Preparation 2 hours



Cooks in 40 minutes

- 1 Tip all the dry ingredients into a large mixing bowl and add water and oil.
- 2 Use your hands to combine the ingredients, forming a soft dough. Knead until the dough is smooth. Make sure the mixture is not too firm or too runny.
- 3 Cover the bowl and leave in a warm, draft-free place for one to two hours or until the dough rises.
- 4 Preheat the oven to 190C.
- 5 Put greased foil in a medium baking tray and then place the dough on top. Cover the top of the dough again using greased foil.
- 6 Place in your pre-heated oven for about 35–40 minutes or until lightly golden.
- 7 Prepare another tray and cover it with a tea towel.
- 8 Take the bread from the oven and cool for three minutes, then remove the bread and put it on to the other tray.
- 9 Finally, wait for about 10 minutes before serving.