



HABESHA

[huh - besh - a]

Definition

Ethiopians refer to themselves as "Habesha."

According to tradition the Habesha people also trace their roots back to Menelik I who was the son of the Queen of Sheba and King Solomon, whose lineage historically gave kings a divine right to rule.

Although the word is of great antiquity, there is no consensus on what it actually means.

Habesha is not an ethnicity; it's not a country; nor is there a common language or religion that is collectively followed.

Habesha, in many ways, is a state of mind or style - hard to describe, but you know it when you see it.

www.habeshafood.com.au

181 King Street Newcastle - Please feel free to browse our Emporium





Most Ethiopian food is served alongside Injera, the staple food of the country. Injera is a flat, soft and spongy bread, like a sourdough crepe. Generally it has a tangy, almost sour taste, but the flavour is not overpowering at all. Usually, a few different Wots will be served with Injera.

The Wot is the traditional dish of Ethiopia and is a mixture of vegetables, meats, spices and sauces. Usually, Wots are spicy, but there is an extraordinary variety including non-spicy options. Wots are served on top of Injera – the bread will be rolled out into a sheet onto the plate with the Wots placed directly on it; the Injera acts simultaneously as a plate and a utensil.

The primary ingredient that characterises every Wot is Berbere, an Ethiopian red spice blend made from a mix of herbs and spices.

Most traditional Ethiopian food is eaten with the hands; this is done by tearing off a piece of Injera, using to grab some food, and putting it directly in your mouth. For those new to this, it can feel awkward at first, but most people end up having fun with it.

Generally, the meal is finished when not only all the stews are eaten, but when the tablecloth (the Injera) has been eaten as well.

www.habeshafood.com.au

181 King Street Newcastle - Please feel free to browse our Emporium





Appetisers

Beef Sambusa..... \$9.90

Light crispy pastry filled with a mixture of lean minced beef, coriander, spring onions, garlic & mild Ethiopian spices, cooked till golden brown and served with a dipping sauce (3 per serve)

Vegetable Sambusa..... \$9.90

Light crispy pastry filled with a mixture of braised green peas, potato, carrot, coriander, spring onions, garlic & mild Ethiopian spices, cooked till golden brown and served with a dipping sauce (3 per serve)

Spiced Lentil Soup \$9.90

Braised red lentils flavoured with ground roasted cumin, coriander seed and fresh garlic. Blended to a velvety smooth texture and served with lemon and natural yoghurt

Salads

Azifa Salata - Lentil Salad \$12.90

Braised brown lentils, spanish onion, green chilli, lemon juice, mustard and fresh herbs with an olive oil dressing

Keysir Salata - Beetroot Salad \$14.90

Fresh beetroot, carrots, potatoes and dill pickled cucumber, tossed with fresh herbs and a mildly spiced Ethiopian dressing

Tossed Garden Salad \$11.90

Vine ripened diced tomato, radish, spanish onion & seasonal greens

www.habeshafood.com.au

181 King Street Newcastle - Please feel free to browse our Emporium





Mains

Meat

All mains are served with house made Injera (Ethiopian flat bread)
Extra bread \$4 per person - Steamed rice \$3 per person

Doro Wot - Chicken..... \$18.90

Stewed marinated chicken pieces on the bone cooked in mild Ethiopian spiced clarified butter with a tomato, onion & garlic based sauce, served with a boiled free range egg

Siga Wot - Beef..... \$19.90

Diced lean marinated beef gently simmered until tender in mild Ethiopian spices & slowly cooked in a tomato & garlic based sauce until tender

Yesega Tibs - Beef \$19.90

Diced lean marinated beef sautéed in mild Ethiopian spiced clarified butter with onion, rosemary, fresh tomato, garlic, capsicums & jalapeño chillies

Ye Beg Alichu - Lamb \$19.90

Braised marinated lamb on the bone simmered with turmeric, garlic, onion, fresh green chillies, ginger, carrots and potatoes

Asa Gulash - Fish \$18.80

Braised marinated Nile Perch fillets gently simmered in a blend of roasted turmeric, garlic, onion, tomato, capsicum, fresh green chillies & rosemary

www.habeshafood.com.au

181 King Street Newcastle - Please feel free to browse our Emporium





Mains

Vegetarian

All mains are served with house made Injera (Ethiopian flat bread)
Extra bread \$4 per person - Steamed rice \$3 per person

Miser Wot - Red Lentils..... \$17.90

Braised split red lentils cooked in a tomato, onion, ginger & garlic sauce finished in mild Ethiopian spiced clarified butter

Difen Miser Wot - Black Lentils \$17.90

Braised black lentils cooked in an onion, roasted turmeric, fresh green chilli, ginger & garlic sauce finished with mild Ethiopian spiced clarified butter

Kik Alichu - Yellow Split Pea's..... \$17.90

Braised yellow split peas cooked in an onion, roasted turmeric, fresh green chilli, ginger & garlic sauce finished with mild Ethiopian spiced clarified butter

Shiro Wot \$16.90

Roasted ground chickpeas stewed with minced sautéed onions, garlic, fresh green chilli & mild Ethiopian spices

Gomen be Duba - Kale & Pumpkin \$17.90

Sautéed Kale & Pumpkin cooked in garlic, mild green chillies and onion

Tikel Gomen - Cabbage, Carrot & Potato.....\$16.90

Braised cabbage, carrot & potato mildly spiced with roasted turmeric, garlic & mild green chillies

Fosolia - Green Beans with Carrot \$16.90

Sautéed fresh green beans & carrots with garlic, mild green chillies & onion

Key Ser - Beetroot & Potato..... \$16.90

Braised fresh beetroot & potatoes with garlic, mild green chillies & onion

www.habeshafood.com.au

181 King Street Newcastle - Please feel free to browse our Emporium





Dessert

All desserts are made in house

Raspberry & Ginger Panna Cota	\$9.90
Creamy vanilla based panna cota delicately flavoured with ginger & served with raspberry compote	
No Bake Lemon & Lime Cheese Cake	\$9.90
Crushed house made biscuit base with a zesty cream cheese lemon & lime filling	
Chocolate Mousse	\$9.90
Dolly's silky smooth chocolate mousse served with fresh double cream	

Beverages

Soft drinks - cans	\$3
Bottled still mineral water	\$4
Bottled sparkling mineral water	\$4
Ethiopian "Buna" Coffee Ceremony (2-4 people)	\$12.90
Spiced Ethiopian Tea	\$4.90
Iced Tea	\$4
Orange Juice	\$4
Apple Juice	\$4

www.habeshafood.com.au

181 King Street Newcastle - Please feel free to browse our Emporium

