

## BERBERE 50g



Price: \$5.30

**SKU:** SKU30

**Product Categories:** [Blends for Slow Cooking](#), [Rubs for Roasts, BBQ's & Grill](#), [Soups](#), [Spice & Herb Blends](#), [Sugar Free Blends](#)

**Product Tags:** [b](#), [Herbies Favourites](#)

**Product Page:**

<https://www.herbies.com.au/shop/herbs-and-spices/sugar-free-blends/berbere-50g>

### Product Summary

Sprinkle this traditional African spice blend onto meats before grilling. (SML PKT)

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**Contains:** Sea Salt, Cumin Seed, Coriander Seed, Black Peppercorns, Ajowan Seed, Fenugreek Seed, Allspice, Ginger, Chilli, Nutmeg, Cloves.

**Description & Use:** Use this coarsely ground African spice blend as a coating on meat before cooking or as a base for the following Ethiopian Berbere paste recipe.

**Nutritional Information** - Spice Mix Only

Per 100g

Energy (kj)

1030.4

Protein (g)

10.4

Fat (g) Total

10

Fat (g) Saturated

1.8

Carbohydrate (g)

30

Sugars (g)

7.2

Sodium (mg)

11952

## **AFRICAN BERBERE PASTE**

3 teaspoons [Herbie's Spices Berbere](#)

1 onion, chopped

2 garlic cloves, chopped

2 teaspoons salt

3 Tabs red wine

20g [sweet paprika](#)

1 teaspoon [cayenne pepper](#) (or more)

300ml water

Roast the Berbere spices in a hot, dry pan for one minute, then process to a paste with the onion, garlic, salt and wine. Stir in the paprika, cayenne pepper and cold water. Cook over low-moderate heat, stirring constantly, for 15-20 minutes, until the onion is cooked. (Taste and add more salt or cayenne to taste.) When cool, transfer paste to a screw-top jar and cover with a film of oil. This will keep in the refrigerator for up to six months. Add a tablespoon or more to stews and casseroles for a hearty, spicy flavour. (Has more oomph than tomato paste!) .

## Product Attributes

- Weight: 0.06 kg