

# Teff Injera Sourdough Flatbread (Gluten Free Option)

This recipe uses sourdough starter to accelerate fermentation and provide the characteristic slightly sour taste of injera bread. The combination of teff and sorghum (gluten option of wheat flour) enhances the complexity and richness of flavor. You'll enjoy the tangy and spongy texture of teff injera.

If you're new to Ethiopian cuisine, you might wonder about injera. Injera is a flatbread originating from Ethiopia and Eritrea. It also doubles as a utensil, with pieces being torn off to scoop up vegetable and meat dishes.



Servings: 10 flatbread

Prep Time: 10 minutes

Fermenting Time: 20 – 24 hours

Cook Time: 30 minutes

## Ingredients:

- 1½ cups Teff flour (see notes for alternatives)
- ½ cup Sorghum flour (see notes for alternatives, gluten options)
- 1 cup [Teff Sourdough starter](#), fed
- 2½ cups Water
- ½ teaspoon Salt
- ½ teaspoon Baking powder

## Instructions:

- In a large glass bowl, whisk together Teff and any additional flour(s). Incorporate the fed sourdough starter and water, mixing well until you have a smooth, lump-free batter. Cover the bowl with a plate or kitchen towel and let it sit at room temperature (72~74°F) for a minimum of 20~24 hours. The batter should be bubbly and have a slightly sour scent when ready.
- Whisk the batter to blend in the water on the surface. Add salt and baking powder, ensuring everything is mixed thoroughly.
- Heat a 10-inch nonstick skillet over medium heat. Coat the pan evenly with cooking spray.
- Pour approximately ½ cup of batter into the pan and quickly swirl it to spread the batter evenly. Allow it to cook for 1 to 2 minutes until bubbles appear on the surface. Then, cover the pan with a lid and let the crepe steam for another 1 to 2 minutes.
- At this point, the underside of the injera should be fully cooked; the top should be firm, set, and starting to pull away from the edges. Cooking the opposite side is optional.
- Place the cooked injera on a plate and continue with the rest of the batter.
  - Pair with your preferred Ethiopian side dishes and savor the meal!