

February 28, 2021



Host Suzanne Nance loves to explore Portland's foodie culture, and what better way than to go straight to the chefs of some of our most beloved restaurants!

Together, Suzanne and the culinary artists of the City of Roses will explore music through the idea of comfort food, provide recipes, and chat about the joy of cooking, all paired with lush, beautifully crafted music.

On this week's episode, chef Eleni from Eleni's Kitchen shares her recipe for Ethiopian style scrambled eggs and kinche, an Ethiopian breakfast staple. Chef Eleni recommends pairing the meal with Ethiopian coffee or hot ginger tea. Enjoy!

Ethiopian Style Scrambled Eggs by Chef Eleni

8 large eggs
1 ½ tbs minced red onions
1 ½ tbs diced jalapenos, seeded

2 tbs diced tomatoes, optional
1 tbs cooking oil
Salt and black pepper to taste

Whisk the eggs, salt, and black pepper in a large bowl.

Heat the olive oil in a non-stick pot on a medium-low heat. Add the onions cook for one minute, add the jalapenos and tomatoes and cook for one more minute, stir to avoid sticking. Pour in egg mixture.

As the eggs start to set, gently move the eggs with a spatula side to side, folding occasionally. Turn off heat and remove to a plate once done to your liking.

Kinche | seasoned cracked wheat

1 cup cracked wheat
2 tbs olive oil or ghee
1 tbs black cardamom
1 ½ cup water
Salt to taste

Rinse the cracked wheat and transfer to a small saucepan. Add the water to the pan and bring to a boil on a medium heat. Turn down the heat to low, cover the pan and cook for about 20 minutes. Sprinkle the black cardamom and salt and add the olive oil or ghee on top. Toss together and serve warm.



Chef Eleni

Eleni's Kitchen

My name is Eleni, and I was born and raised in Ethiopia and have a passion for sharing Ethiopian cuisine. About 19 years ago, I moved to the United States. I live with my husband and two kids (ages 10 and 12) in the beautiful state of Oregon, near Portland. Everything I do is exclusively related to Ethiopian food, including my work as a caterer, food instructor and farmer's market vendor. Though I went to school to study accounting and worked in finance for a couple of years, I never felt as comfortable behind a desk as I do in my kitchen.



Growing up in Ethiopia I enjoyed the aromas of simmering spice blends filling up our home on a daily basis. Berbere, a chili-based spice, is the main contributor of the aromas and it is a spice used in everyday cooking in Ethiopia. Berbere is a blend of up to 14 different kinds of authentic Ethiopian spices. I use Berbere in most of my cooking for my family or for the caterings we do at Eleni's kitchen. My cooking classes always has at least one dish that is made using Berbere.

Ethiopian platters will include at least one stew, Injera bread, and often some vegetable side dishes like stir-fries and salads.



You can stock up on Eleni's products through her online store, and through many grocery stores in the Portland metro area (and beyond!) including New Seasons, Barbur World Foods, and Sheridan Fruit Co.

Chef Eleni is also offering virtual cooking classes!

Upcoming classes include:

Ethiopian Veggies on March 13

Ethiopian Doro wot (Chicken stew), Gomen (collard greens) and Ayeb (Ethiopian cheese) on March 27

To learn more, and to sign up for virtual cooking classes, visit www.eleniskitchen.com