



Kik (Yellow Split Peas)

Abebea Berakhi



Serves 7-8



Prep: 15 minutes

Cook: 15 minutes

INGREDIENTS

- 3 cups yellow split peas (Kik)
- 2 onions, chopped
- 1 small tea cup oil (about half a cup)
- 1 tablespoon ginger
- 6 small cloves garlic, crushed
- 1 tablespoon turmeric
- Salt to taste
- pinch of cumin
- fresh coriander (added last)

DIRECTIONS

- Wash the kik (yellow split peas) 3 times with water.
- Cook the kik in water by itself for about 15 minutes until it starts to soften.
- In a separate pan, heat the oil and cook the chopped onions until soft.
- Add ginger and crushed garlic, and cook together.
- Add turmeric and mix well to form the sauce.
- Add this onion mixture into the kik and mix well.
- Add salt to taste and continue cooking until soft and well combined.
- Add cumin and fresh coriander at the end.
- Serve with bread or rice.



Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app

