

Teff Sourdough Injera bread

Number of Servings: 4

Prep Time: 8 minutes

Ingredients

1 1/2 cups whole grain teff flour

1-2/3 cups filtered water (chlorinated tap water will kill your sourdough starter)

1/2 cup gluten free sourdough starter (I usually feed it with teff flour the day before, but brown rice, buckwheat or sorghum sourdough starter works just as well)

1/2 tsp baking powder

Coconut oil for pan

1/4 tsp salt, or more to taste

Instructions

To have Injera for dinner, mix everything in the morning and leave sit on the counter. If you want to make them in the morning to have with your scramble eggs cream cheese and smoked salmon, simply mix it the night before and leave out until morning.

In an 8 cup glass bowl mix the teff flour, water and sourdough starter. Mix really well until no lumps remain.

Do not add salt or baking powder until fermentation is done.

Leave on counter anywhere from 4-12 hours. The longer it ferments the more sourdough flavour will develop and the easier it is to digest.

After fermentation, mix in salt and baking powder.

Injera works best in a hot pan that has a good lid. You only cook it on one side which is why the lid is needed. I use a 12" crepe pan that a cast iron lid fits onto, and that works great.

Heat pan until very hot. Brush with coconut oil and ladle in 2/3 cup batter and swirl around to a very thin pancake. Cover with lid and let cook for 3-5 minutes or until the bottom is brown and the top is full of air bubbles. Remove from pan and cook the rest of the batter.

Serve warm or at room temperature. Left overs can be cut into sections and toasted with butter and honey...oh my!