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Cookbooks can be found at 641.5 in the non-fiction section.

Books about spices can be found at 641.338 in the non-fiction section.

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donated by staff!
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Spice Club

FEBRUARY
2026:
BERBERE



THIS MONTH'S SPICE: BERBERE

ETHIOPIAN LENTIL STEW INGREDIENTS

- 1 cup red lentils (soaked for up to an hour. Drain out all water before use).
- 2 tablespoons vegan niter kibbeh, or other vegan butter (divided)
- 1 medium red onion (finely diced)
- 1 heaping tbsp ginger garlic paste (you can also crush 6 cloves garlic with a 1-inch knob of ginger into a paste)
- 2 medium tomatoes (finely diced)
- 1 tablespoon berbere
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- Salt to taste

INSTRUCTIONS

- Add diced onions to a dry saucepan set over medium heat. Add a teaspoon of salt and saute until onions become soft and start to brown.
- Stir in a tablespoon of the vegan niter kibbeh and ginger garlic paste. Saute for a couple of minutes.
- Add the tomatoes to the saucepan and mix them in. Cook for a few minutes until the tomatoes turn very soft and pulpy.
- Stir in the berbere, ground coriander and ground cumin. Mix and let the spices cook with the tomatoes and onions for a couple of minutes.
- Stir in the lentils and add two cups of water. Mix, bring to a boil, cover and cook for 20-25 minutes or until the lentils are very soft and mushy. If needed add more water and/or reduce heat to medium low.
- Toward the end of cooking you can stir in the other tablespoon of niter kibbeh, if you like, for even more flavor. Also add more salt as needed. The stew is ready when it is very thick and bubbly and you see a few droplets of oil at the top. Turn off heat and serve hot or warm.

DID YOU KNOW?

Berberere is a spice blend that is central to Ethiopian cuisine. It generally has a very intense flavour and heat level, though this can be changed with the ratios of spices used in the blend.

A berbere blend generally includes: coriander, cumin, fenugreek, black pepper, dried red chilis, paprika, tumeric, salt, ginger, nutmeg, and cinnamon.

**This month's recipe is from
holycowvegan.net**

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make!**