ETHIOPIAN INJERA PLATTER (BEYAYNETU-STYLE)

A colorful, shared feast built on soft injera and small scoops of warmly spiced stews, echoing the communal heart of Ethiopian cooking.

Country, Ethopia
Serves 6

INGREDIENTS
4 large injera, homemade or store-bought
1 C misir wat (spiced red lentils), prepared
1 C gomen (braised greens), prepared
1 C atakilt (cabbage, carrots, and potatoes), prepared
1 C shiro (chickpea stew), prepared
1 C fosolia (green beans and carrots)
Prepared extra injera for serving

METHOD
Lay one large injera on a wide platter as the base.
Spoon small mounds of each prepared stew around the injera in a circle.
Place one or two scoops of misir wat in the center.
Add additional injera rolls or wedges around the edges.
Serve the platter family-style.
Encourage diners to tear pieces of injera and scoop up the stews.

This may take some explaining… sounds difficult but this is fun if you want a themed dinner with guests or family. You can easily substitute the components and "make it your own", but using the tradition and flavors of the concept. Try it and have fun!

A beyaynetu platter is not a single dish but a **celebration of many small dishes served together**, all resting on a large round of injera. Each scoop brings a different flavor — lentils, greens, chickpeas, vegetables — but they come together as one shared meal. It's a warm, welcoming way to experience Ethiopian food, and it adapts beautifully to home kitchens by using a few prepared stews you already enjoy making.

Cultural note
In Ethiopia, meals are often shared from a single platter lined with injera, the soft, tangy flatbread that serves as both plate and utensil. A beyaynetu platter reflects the spirit of **communal eating**, where friends and family gather around the table and eat together with their hands. The variety of small stews honors Ethiopia's rich tradition of vegetarian dishes, especially during fasting seasons, and showcases the country's deep love of spice, warmth, and togetherness.