Doro wat is a spicy chicken stew commonly eaten in Ethiopia after periods of fasting, including at Christmas (which Ethiopians celebrate on 7 January). A key ingredient in the stew is berbere, an orange blend of various spices including besobela (Ethiopian holy basil), cardamom, coriander, fenugreek and ginger. A selection of key flavour compounds found in these spices, which contain a range of other compounds which also contribute to their flavours, are shown below.

**KEY:**
- Carbon
- Oxygen
- Hydrogen

**Sotolon**
Major flavour compound in fenugreek

**Linalool**
Major flavour compound in coriander seeds

**1,8-cineole**
Major flavour compound in cardamom seeds