

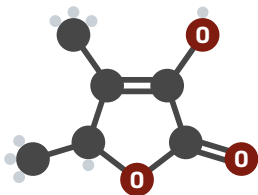


## Ethiopia: Rooster doro wat



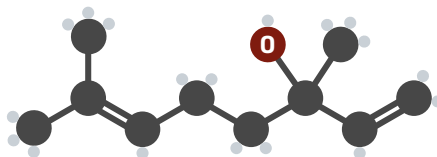
Doro wat is a spicy chicken stew commonly eaten in Ethiopia after periods of fasting, including at Christmas (which Ethiopians celebrate on 7 January). A key ingredient in the stew is berbere, an orange blend of various spices including besobela (Ethiopian holy basil), cardamom, coriander, fenugreek 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