

## Taitah

### INGREDIENTS

1. 3 cups self-rising flour
2. 1/2 cup whole-wheat flour
3. 1/2 cup cornmeal, or *masa harina*
4. 1 package active dry yeast
5. 3 <sup>1/2</sup> cups warm water

### Method:

1. Mix all ingredients. Let sit in large bowl, covered, 1 hour or longer, until batter rises and becomes stretchy. It can sit as long as 3 to 6 hours. When ready, stir batter if liquid has settled on bottom. Then whip in blender, 2 cups of batter at a time, thinning it with 1/2 to 3/4 cup water. Batter will be quite thin.
2. Cook in nonstick frying pan without oil over medium or medium-high heat. Use 1/2 cup batter per *ingera* for a 12-inch pan or 1/3 cup batter for a 10-inch pan.
3. Pour batter in heated pan and quickly swirl pan to spread batter as thin as possible. Batter should be no thicker than 1/8 inch. Do not turn over.
4. *Ingera* does not easily stick or burn. It is cooked through when bubbles appear all over the top.
5. Lay each *ingera* on a clean towel for 1 minute or 2, and then stack in covered dish to keep warm. Finished *ingera* will be thicker than a crepe, but thinner than a pancake.
6. To serve, overlap a few *ingera* on a platter, and place stew on top. Or lay 1 *ingera* on each dinner plate, and ladle stew servings on top. Give each person 3 or more *ingera*, rolled up or folded in quarters, to use for scooping up the stews.