

*Tela*

**English translation:**

T: Now this is Ethiopian *tel*<sup>1</sup>. In order to make this, the first thing you need is *insira*<sup>2</sup> to hold the *tela* in. After the pitcher has been thoroughly washed, there's a green leaf called *grahwa*. There it is in the garden, can you see it there in the front? After the *grahwa* is washed, then olives leaves are washed. After than then, *gesho* the green leaves – not the sticks – are finely chopped and the ingredients are mixed with water. After they've been mixed with water, on the fourth day, flat bread is made. The flatbread for *tela* is made from grain and corn. After you make the flatbread, the sticks of the *gesho*, and ground grain – it doesn't matter which type of grain – you put them in with the *tela* on the fourth day. After they go in on the fourth day, on the next or the second day, barley is roasted until it gets dark and put in as well. After that goes in, on the second day or so, after it ferments well on its own, it is mixed with water. After it is mixed with water, it becomes *tela* like this [demonstrates].

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<sup>1</sup> a traditional Ethiopian beverage

<sup>2</sup> large traditional clay pitcher