

# *The Blue Nile*

*Traditional Ethiopian Home Cooking*



*The Blue Nile Falls, Ethiopia*

*The world is categorized into finger-feeders and utensil-feeders. Currently, utensil-feeders are out-numbered two to one. Thus we welcome and congratulate you to belong to the greater number of finger-feeders ~ after all, God would not have given us fingers if He wished us to use utensils.*



# The Blue Nile

103 W. 77th St. at Columbus Ave.  
New York City  
212 / 580-3232

All dishes are home cooked in traditional style w/ fresh natural ingredients, and served w/ a generous amount of injera (Ethiopian bread)

\* spicy hot dish

## Appetizers

all 4.95

1. **Azeja** - lentils, red onions, African mustard seed & hot green peppers, served cold w/ squeezed lemon.
2. **Kulalit** - Beef kidneys marinated in red wine, cooked in aromatic herbs, and topped w/ green peppers.
3. **Green Salad** - romaine, onions & tomatoes w/ house vinaigrette.

## Vegetarian Dishes

- \* 4. **Yekik Wot** - imported red lentils simmered in a spicy hot berberé sauce. 9.95
5. **Yemesir Alitcha** - yellow split peas simmered in a mouthwatering stew w/ red onions, tumeric & ginger. 8.75
6. **Shuro** - delicious purée of peas, spiced w/ ginger, basil, mild berberé & savory. 8.95
7. **Gomen** - kale & potatoes sautéed w/ onions, green peppers & hearty spices. 9.75
8. **Tikil Gomen** - broiled cabbage, carrots, sautéed w/ garlic, ginger & onion sauce. 8.75
9. **Atakilt** - broiled greenbeans, potatoes, carrots & onions sautéed in a blend of exotic herbs. 10.95
10. **Blue Nile Salad** - diced tomatoes, onions & green peppers mixed w/ fresh romaine. House vinaigrette dressing. (Serves two.) 6.75

## Poultry Dishes

11. **Doro Alitcha** - pieces of tender chicken simmered in a mild sauce of tumeric, ginger, onions, garlic & white pepper - served w/ or w/out hard boiled egg. 12.75
- \* 12. **Doro Wot** - New York's spiciest dish & one of Ethiopia's favorite. Tender chicken marinated in a red hot berberé sauce, served w/hard boiled egg. 12.95
13. **Yedora Tibs** - pieces of tender chicken fried w/ onions, rosemary & other herbs, topped w/ green peppers. 10.95

## Seafood Dishes

14. **Yasa Minchet Abeshi** - finely chopped scrod cooked in a delicious sauce of herbs, fresh tomato & mild berberé. 10.95
15. **Yasa Kitfo** - chunks of scrod sautéed w/ shallots, Ethiopian style: in a clarified butter spiced w/ cardamon & garnished w/ green pepper. 10.75
16. **Ye'asa Tibs** - fresh large red snapper marinated with lemon & salt. Gently pan-fried in a blend of herbs, and exotically prepared to delight every palate. Seasonal  
not valid with coupons  
or any other discounts

## Lamb Dishes

17. **Ye'beg Alitcha** - chunks of lamb simmered in a scrumptious sauce of tumeric, ginger, onions, garlic & white pepper. 13.75
18. **Ye'beg Tibs** - juicy pieces of lamb, tomato, onion, fried w/ rosemary & black pepper. 12.95
- \* 19. **Ye'beg Wot** - chunks of lamb cooked in a blend of berberé and onion sauce & simmered w/ garlic, black pepper & other hearty spices. 13.95

## Beef Dishes

20. **Kitfo** - Ethiopia's national dish and tastier than any steak tartare. Raw fresh hand chopped lean beef seasoned w/ spiced butter & topped w/ hot chili powder (mit'mita). Please allow 15 minutes order mild or hot. 15.95
- \* 21. **Tibs Wot** - beef cubes simmered in a blend of hot berberé, onions, black pepper, garlic & other spices. 12.75
22. **Siga Tibs** - cubes of tender beef fried w/ onions, rosemary & other herbs & topped w/ green peppers. 11.95
- \* 23. **Minchet Abeshi** - finely chopped lean beef cooked in berberé sauce deliciously flavored w/ fenugreek & other hearty spices. 10.75

## Combination Dishes

(very hearty serving for one - no substitutions please)

24. **Beyayinetu** - spicy beef w/ an herb chicken & lentil platter. (Tibs Wot, Doro Alitcha & Azeja - no. 20, 11 & 1) 17.75
25. **Yes'om Beyayinetu** - delicious vegetarian platter w/ peas greenbeans, potatoes, carrots & spicy red lentils. (Shuro, Atakilt & Yekik Wot - no. 6, 9 & 4) 16.95
26. **Abbai Beyayinetu** - zesty combination of lamb, chicken & vegetable. (Ye'beg Alitcha, Doro Wot & Gomen - no. 16, 12 & 7) 19.75

Please refrain from cigar smoking





## The Waters of the Blue Nile

The source of the legendary Blue Nile was sought by philosophers, pharaohs and explorers for centuries. Its headwaters are hidden in the highlands of Ethiopia, a discovery first recorded in 1618 by Pedro Paez, a Portuguese Jesuit. The Blue Nile gushes over Tissisat ("Smoking") Falls, the 2nd highest in Africa, and flows 1000 miles past spectacular gorges to Sudan. The Blue Nile is seven times bigger than the White Nile. The two rivers join waters for a final journey 1750 miles through Egypt. The Blue Nile was thus the life-giving mother of early Nile civilization.

Ethiopia is one of the oldest kingdoms on earth, dating back some 4000 years. Some scholars believe it was the Biblical Land of Punt from which the three wise men arrived in Bethlehem bearing gifts of frankincense and myrrh. The only country in Black Africa with its own written language (Amharic), its history books - written on parchment by monks - record tales of the Queen of Sheba and the Ethiopian Orthodox Church dating to the 4th century.

It is famous for its churches at Lalibela carved from solid rock, and a fascinating tribe of Black Jews - the Falashas - who live near Lake Tana, the elusive source of the Blue Nile river. Ethiopian handcrafts are among the finest in Africa. The "mesobs" - cone shaped baskets - are woven by different tribes and the three-legged stools are carved by hand axe from a single hardwood log.

Located at the crossroads of the spice trade between Africa and the Near East, ancient Ethiopia developed a unique cuisine that mastered the subtle art of blending herbs and spices. The hot "berberé" red pepper is prepared in a sauce or "wot". It is traditionally made by mixing up to 15 different spices with water in a jug and then burying it underground for three days.

The alchemical fusion of these spices into a new and exotic flavor is the secret of Ethiopian cooking. The dishes simmer in this berberé sauce for many hours so that when eaten each bite penetrates deep into the soul.

We hope you enjoy your authentic Ethiopian meal!

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Take-Out, Private Parties & Catering