

ERITREA

Eritrea, an ancient name, associated with its Greek form Erythraia, derived Latin from Erythraea is a country in East Africa. With its capital at Asmara, it is bordered by Sudan in the west, Ethiopia in the south, and Djibouti in the southeast. The north eastern parts of Eritrea have an extensive coastline along the Red Sea. Created in a contested and volatile region, first as an Italian colony and then as an Ethiopian province, Eritrea symbolizes a troubled history.

The country covers about 125,500 km² with a population of over 5.5 million. Though Eritrea is smaller than its main neighbors, Ethiopia and Sudan, it contains substantial diversity. It is ethnically and religiously mixed, with nine official ethnic groups; Muslims, orthodox Christians, Roman Catholics and protestant communities.

Eritrean cuisine mirrors the country's history. The 'injerra', the pancake – like bread consumed together with a sauce called 'tsebhi' or 'zegni' is commonly eaten in the rural areas. The sauce may be of a hot – spicy meat or vegetable based.

The urban centers covet the strong influence of Italian gastronomy.

The lowland groups have a different food tradition than the highlands with the staple food being the porridge ('asida' in Arabic) made of sorghum.

Its people are blessed with pride, patriotism and unity. Their strong sense of determination on self-dependency makes Eritrea unique.