

‘THE HEART OF HAITI’

Celebrating the culture of Haiti.

Mountain View Monday, FREE family fun! Monday, February 22nd.

Haitian Red Beans and Rice

Ingredients

- * 1 (8 ounce) package dry kidney beans
- * 4 tablespoons olive oil
- * 1 bulb shallot, minced
- * 3 cloves garlic, minced
- * 1 cup uncooked long grain white rice
- * 2 bay leaves
- * 1 teaspoon adobo seasoning (optional)
- * 1 tablespoon kosher salt
- * Freshly ground black pepper to taste
- * 1/4 teaspoon ground cloves
- * 3 sprigs fresh parsley
- * 3 sprigs fresh thyme
- * 1/4 teaspoon ground dried rosemary
- * 1 chile pepper

Method:

1. Place beans in a large pot, and cover with 3 inches of water. Bring to a boil, then let sit for 1 hour. Return to boil, reduce heat, and simmer 1 1/2 hours, or until tender. Drain, reserving liquid.

2. Heat oil in a large skillet over medium heat. Saute shallot and garlic until fragrant. Stir in cooked beans, and cook for 2 minutes. Measure reserved liquid, and add water to equal 5 cups; stir into skillet. Stir in the uncooked rice. Season with bay leaves, adobo seasoning, salt, rosemary, pepper, and cloves. Place sprigs of parsley and thyme, and pepper on top, and bring to a boil. Reduce heat, cover, and simmer for 18 to 20 minutes. Remove thyme, parsley, and pepper to serve.

Sweet Potato Bread (Pain Patate)

Ingredients

- * 2 lbs. white sweet potatoes, peeled and cut
- * 1 large banana, peeled and cut in 1 inch pieces
- * 1 cup brown sugar
- * 1/2 cup seedless raisins
- * 1 tsp grated ginger
- * 1/4 tspn salt
- * 12 oz evaporated milk
- * 1 tsp vanilla extract
- * 1/2 tsp grated nutmeg
- * 1 tsp ground cinnamon
- * Rind of 1 lemon, grated
- * 1 1/2 cups coconut milk
- * 3 tsp butter

Directions

1. Preheat the oven to 375 degrees.
2. Grate sweet potatoes into mixing bowl and mash the banana into sweet potatoes.
3. Add all ingredients (except 1 tbsp brown sugar) mixing each ingredient at a time until each ingredient is fully blended into the mix.
4. Spread evenly into 9x13 inch baking pan and sprinkle remaining 1tbspn brown sugar over the top of the pudding.
5. Bake for 1 1/2 hour or until toothpick inserted into center comes out clean.

Haitian Cole Slaw

Ingredients

- * 1/4 C Mayonnaise
- * 1/4 C olive oil
- * 1/4 C fresh lime juice
- * 2 T apple cider vinegar
- * 2 T Dijon mustard
- * 2 T chopped fresh dill
- * 1 T Sugar
- * 2 small serrano chilies, seeded, minced (about 2 1/2 teaspoons)
- * 1 garlic clove, minced
- * 1 t celery seeds
- * 8 C (packed) shredded cabbage (about 1 1/4 pounds)
- * 2 C (packed) shredded carrots (about 2 large)

1. Whisk Mayonnaise, olive oil, lime juice, apple cider vinegar, mustard, chopped dill, Sugar, chilies, garlic and celery seeds in medium bowl to blend.
2. Toss cabbage and carrots in large bowl with enough dressing to coat.
3. Season to taste with salt and pepper. (Coleslaw can be prepared ahead. Let stand at room temperature up to 1 hour or cover and refrigerate up to 4 hours.)
4. Serve cold or at room temperature.

Makes 10 1-cup servings.

Number of Servings: 10

HAITIAN CHICKEN

- 2 1/2 lb. chicken, cut up
- 1/4 c. lime juice
- 2 1/2 tbsp. honey
- 1 tsp. dry mustard
- 1/2 tsp. black pepper
- 1/4 tsp. paprika
- 1 tbsp. chili powder
- Pinch of red pepper
- 1 lg. clove garlic
- 2 tbsp. olive oil
- 1 tsp. salt
- 2 tbsp. basil

Arrange chicken skin side down in shallow baking dish. Combine remaining ingredients in small bowl. Pour over chicken. Cover and refrigerate 4 hours. Bake at 350 degrees uncovered 30 minutes. Turn and bake 30 more minutes, basting. Broil until brown.

HAITIAN GRIOT

Ingredients:

4 pounds pork, cut in small cubes

2 cup chopped onions

1/2 cup chives, chopped

1 cup lime juice

1/2 cup water

pinch of thyme

1/2 teaspoon salt

1/2 teaspoon black pepper

Instructions:

Put all ingredients in bowl and allow to marinate a few hours. Roast at 350 until liquid is evaporated and meat is cooked through and brown, approx. 40 minutes. Serve hot, over rice.

Haitian Soup Joumou is more than just soup. This is our independence day soup, this is what Haitians drink all day on New Year's day, January 1st, the day we celebrate our independence day. Haitian Pumpkin soup/soup Joumou is tradition.

Soup **Joumou**

- * meat rub made by grinding 8 garlic cloves, 2 teaspoon thyme, 1/2 teaspoon pepper, and 4 sliced scallions into 4 teaspoons of salt
- * 2-pound piece of small cubed beef stew meat
- * 2 T. tomato paste
- * 3 quarts water (more, later in the cooking, as needed for a soupy consistency)
- * 2 scotch bonnet or habanero pepper, left whole with stem
- * 4 pounds pumpkin (or winter squash like butternut), peeled and chopped
- * 3 carrots, peeled and sliced
- * 4 stalks celery, sliced lengthwise and cut into pieces
- * 2 large onion, cubed
- * 3 medium turnips, peeled and cubed
- * 4 medium potatoes, peeled and cubed
- * 2 pound malanga, peeled and cubed (if not available, substitute sweet potato)
- * 1 cabbage, sliced fine and chopped
- * 1/2 pound vermicelli or other thin pasta, broken into shorter lengths
- * 2 limes, juiced

1. Rub the meat with the spice paste and let marinate for at least an hour up to 12 hours.
2. Brown the meat in oil with 2 T. tomato paste
3. Bring the water to a boil in a large soup pot, add the meat and chile pepper, cover, reduce heat, and simmer for 2 hours.
4. Add the carrots and pumpkin, cover the pot, and cook until very tender, about 20 minutes. Remove meat and pepper from the pot, discarding the pepper. Puree the pumpkin and carrots in the broth and pour back into the pot. Return meat to the pot.
5. Add the celery, onion, turnips, potato, and malango cubes to the soup, bring to a boil, then reduce heat and simmer for 15 minutes. Thin the broth with as much water as needed--it should not be too thick.
6. Scrape in the cabbage and cook 15 more minutes. Thin again with water, as needed.
7. Add the broken vermicelli and cook until it is tender. Thin again with water, as needed.
8. Taste and correct for seasoning with salt and pepper. Stir in the lime juice.
9. Turn off the heat, cover the pot, and let sit until ready to serve.