**Cooking around the World: Haiti**

*Recipes contributed by Djamina Esperance*

**BLANC MANGER**

3 pks gelatin

One 12 oz. can evaporated milk

One can condensed milk

1/2 tsp cinnamon powder

1 tsp pure vanilla extract

Two 12 oz. cans coconut milk

Completely dissolve the gelatin in 3/4 cup boiled water.

Place evaporated and condensed milk in a large saucepan, and bring to a boil.

Remove from heat. Add cinnamon and vanilla to mixture, stirring constantly until smooth.

Add gelatin to milk mixture. Stir.

Add coconut milk. Stir.

Mix well and place in a large bowl or bundt pan. Allow to cool and set.

Refrigerate for at least a 6 hours prior to serving.

**EPIS (HAITIAN MARINADE)**

1 small onion, coarsely chopped

1/2 green bell pepper, coarsely chopped

1/2 red bell pepper, coarsely chopped

1/2 yellow bell pepper, coarsely chopped

6 scallions, coarsely chopped

6 garlic cloves, coarsely chopped

1 cup coarsely chopped parsley leaves with tender stems

1/3 cup olive or canola oil

Purée onion, bell peppers, scallions, garlic, parsley, and oil, in a food processor or blender until smooth.

**SOUP JOUMOU (HAITIAN PUMPKIN SOUP)**

1 lb chuck roast

1 lb stew beef

Epis marinade (see recipe on reverse)

1 medium calabaza squash (about 2 pounds), peeled & cubed, ***or***2 pounds defrosted frozen cubed calabaza squash, ***or*** 1 butternut squash (about 2 pounds), peeled, cut into 2” chunks

3 large russet potatoes (about 2 pounds), chopped

3 carrots (about 1 pound), sliced

1/2 small green cabbage (about 1 pound), very thinly sliced

1 medium onion, sliced

1 celery stalk, coarsely chopped

1 leek, white and pale-green parts only, finely chopped

5 cups beef or vegetable broth

1 bunch parsley (optional)

¼ bell pepper

6 whole cloves

1 1/2 cups rigatoni

2 1/2 teaspoons kosher salt (may add more if needed)

1/2 teaspoon freshly ground black pepper (may add more if needed)

Pinch of cayenne pepper (may add more if needed)

1 Tablespoon butter

1. Marinate beef in Epis overnight. When ready to make the soup, place the beef chunks into a pot with plenty of water. Let the meat cook until tender.

2. While beef is boiling, peel squash and cut into chunks. Place squash chunks into a pot and cover with water. Be sure to have plenty of water in the pot because you will use some of that water later when you puree the squash in the blender. Let squash cook until fork-tender, 20-25 minutes.

3. While the squash is cooking, chop potatoes, carrots, cabbage, onion, celery, and leek.

4. Once squash is cooked, use tongs or a slotted spoon to transfer squash to a blender. May need to let squash cool in order to avoid damaging the blender. Add some of the water from cooking the squash to help puree the squash until smooth. Return to pot and bring to a simmer. Add 3 cups of beef or vegetable broth. May add remaining 2 cups if the soup is too thick. (Note: If you are using bouillon cubes or some form of bouillon paste, be sure to dissolve it in boiling water first before adding it to your soup.)

5. Tie a bundle of parsley and place in the pot with the squash puree. Poke 6 cloves into ¼ bell pepper and place in the pot.

6. Add potatoes, carrots, cabbage, onion, celery, leek, rigatoni, beef, salt, pepper, cayenne, and butter. Cook uncovered over medium heat, until pasta and vegetables are tender, 25–30 minutes.

7. Be sure to remove bell pepper with cloves as well as bundle of parsley prior to serving.

8. Serve with bread and butter, preferably French bread. Enjoy!