### Haitian gastronomy









### Outline











#### "FOOD is the ingredient that binds us TOGETHER."

-Unknown author (



## 01. COUNTRY DESCRIPTION

#### Haiti Located in the Caribbean Population: 11.4 million Spoken language: French, Creole Climate: Tropical



### **Greetings in French / Creole**

-Bonjour, Bonjou / Good morning -Bonsoir, bonswa / Good evening -Bonne nuit / Good night -Comment ça va, koman w ye? / How are you?

-Joyeux Noël / Merry Christmas -Merci, Mèsi / Thank you -Sak pase? Nap boule!/ What's up? We're hanging around





## UZ-**CUISINE** ORIGIN

Since Haiti is a Caribbean island, its cuisine has many Caribbean influenced foods.

Haitian use vegetables and meats in very many dishes. Pepper and other herbs are often used for strengthening flavor.

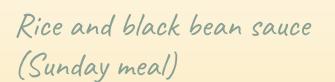
It is a Creole cuisine. The flavors are of a bold and spicy nature that demonstrate African and French influences also with derivatives coming Spanish techniques.





## 03. **TYPICAL** DISHES

Pumpkin Soup







Rice with Ialo





## 04. COOKING **METHOD**

#### <u>Haitian Accra</u>



#### Ingredients

- Malanga / Taro
- Vegetable oil
- Salt
- Green pepper
- Onion
- Spices (garlic and leek)



- Peel all taros and cut in small pieces.
- Peel green peppers and onions.
- Add all ingredients in a blender and blend.
- Remove the mixture and let rest for 3 to 5 minutes.
- Divide the mixture in small pieces and shape them according to your preferences.
- Add oil in a boiler and wait until it's hot.
- Add the pieces of the mixture in the boiler and let fry.
- Remove after 7 to 10 minutes.

#### **ENJOY YOUR MEAL!!!**

#### <u>Fritay</u> (Haitian street food)



#### Ingredients

- Pork / Beef
- Lime
- Spices
- Vegetable oil
- Green plantain
- Salt
- Vinegar
- Water
- Cabbage
- Carrot
- Onion
- Pepper

### Recipe

#### 1) The meat

- Cut the meat into medium pieces.
- Wash it with lime and put in a boiler.
- Season with spices and salt, let marinate.
- Add water and boil until most of the water evaporates.
- Continue to cook until the meat is tender.
- Remove it and set aside.
- In a skillet or a deep fryer, heat oil and fry each pieces of meat to brown evenly.

#### 2) The plantain

- Peel plantains and angle cut them in equal pieces
- Heat oil in a deep fryer or frying pan
- Lightly brown the plantains in the oil
- Remove them and flatten them
- Soak them in hot water containing vinegar and salt
- Put back in the frying pan for 5 additional minutes.
- Remove and let it cool down



#### 3) The vegetables

- Slice the cabbage and the carrots in thin pieces.
- Also thinly slice the pepper and the onion.
- Pack all of them in a resealable jar.
- Add vinegar and lime juice.
- Shake until ingredients are distributed.

#### ENJOY YOUR MEAL!!!

# Thank You!!!







- 1) What is the Sunday meal in Haiti?
- 2) Which ingredient we always use in all the recipe we did today, except for one recipe?
- 3) Made of pork we call it griot, made of beef or goat we call it...
- 4) What is the main ingredient used for the Accra recipe?
- 5) What the most popular meal in Haiti?
- 6) Resume the recipe for the fried plantain.