

Haitian gastronomy

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**“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





02.

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 and black bean sauce (Sunday meal)



Rice with lalo





04.

COOKING METHOD

Haitian Accra



Ingredients

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

Recipe

- 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!!!

Fritay

(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

Recipe

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!!!





05.

Q&A

- 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.