

Gather with a Purpose – Haiti



Step 1: Invite your friends

Example: Hey guys, want to come over next week for dinner? Let's mix it up, and make Haitian food, learn about and pray for the country of Haiti.

Step 2: Pick your meal

Here is exactly what we will be making – don't forget to ask your friends to bring something!

Soup Joumou - Haitian New Year's Soup

From Cooking the Globe : <http://cookingtheglobe.com/haitian-soup-joumou-recipe/>

Prep Time 10 mins **Cook Time** 45 mins **Total Time** 55 mins

Soup Joumou is a Haitian pumpkin soup containing 11 different veggies! Also featuring beef and pasta, it's comforting, filling, and super delicious!

Servings: 4 people

Calories Per Serving: 443 kcal

Ingredients

- 1 1/2 lb (700g) butternut squash
- 2 tablespoons vegetable oil
- 1 cup chopped white onion
- 1 medium leek (white and pale-green parts only), chopped
- 1 medium turnip , peeled, cut into bite-sized pieces
- 1/4 lb carrots , peeled, chopped
- 1/2 lb potatoes , peeled, cut into bite-sized pieces
- 1/2 habanero chile , seeded, minced
- 2 chicken bouillon cubes
- 3 celery ribs , trimmed, chopped
- 1 cup coarsely chopped cabbage
- 4-5 radishes , peeled, chopped
- 1/2 red bell pepper , chopped
- 1/2 tablespoon vinegar
- 1/2 cup pasta (I used penne)
- 1 lb (450g) stewing beef , cubed and cooked

- toasted bread , for serving (optional)
- 1 lime , for serving (optional)

Instructions

1. Cut the squash into big pieces and peel them. Put in a large pot of water and cook, covered, for about 25 minutes, or until tender. Transfer the pumpkin pieces to a blender together with 4 cups of the cooking liquid. Puree and set aside.
2. Empty the pot and heat 2 tablespoons oil. Add the onions and leek and cook for about 5 minutes. Now add the pumpkin puree, turnip, carrots, potatoes, chile, bouillon, celery, cabbage, radish, bell pepper, vinegar, and pasta. Season with salt and pepper, if needed.
3. Cook for about 15 minutes, until the veggies are tender. At the last 5 minutes, add the cooked beef. Serve with toasted bread on the side with some lime squeezed into every bowl. Enjoy!

Recipe Notes

1. Traditionally, a Calabaza squash (a winter squash resembling a pumpkin) is used for this recipe but butternut squash works really great.
2. Traditionally, vermicelli is the pasta you should use for this recipe but I added penne because that's what I had on hand. I don't think that's a problem.

Adapted from "[Fine Haitian Cuisine](#)" by Mona Cassion Ménager

Haitian Macaroni Au Gratin | Baked Macaroni & Cheese

See and watch recipe here: <https://www.youtube.com/watch?v=6VIL0onksu8>

Ingredients:

- 1 (1LB) pack of penne pasta
- 8 cups of water
- 1/4 teaspoon seasoned salt
- 1 tablespoons of butter
- 1 (12 ounce) can evaporated milk
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped bell peppers (I mixed red and green together)
- 1 garlic clove (crushed)
- 1 cups grated parmesan cheese
- 1 1/2 cup of cheddar cheese

Instructions:

In a large pot salt the 8 cups of water and bring to a boil. Once boiling add pasta and allow it to cook according to package instruction or until al dente. Drain and set pasta aside. Preheat oven to 350°F 2. In a different pot on medium heat, sauté butter, garlic, onions and bell peppers for 2-3 minutes or until visibly tender. 3. Add pasta to sautéed ingredients, along with 1 can of evaporated milk and mix well. Then add seasoned salt, 1 cup grated parmesan, 1 1/2 cups cheddar and remaining can of evaporated milk to pasta, continue to mix. Salt and pepper to taste. 4. Pour pasta mixture into a 8-inch x 11-inch baking dish, sprinkle remaining cup of Parmesan and cheddar cheese on top

layer. Place pan in a 350 degree oven for 30 to 45 minutes or until top is golden brown. Let sit for 5 to 10 minutes before serving.

Haitian Pikliz (Spicy Pickled Slaw)

Author: Annick Megie From [Cooking Sense.com](http://CookingSense.com)

Ingredients

- Cabbage
- Carrot
- Shallots
- Onion
- Habanero pepper
- Vinegar
- Salt
- Pepper
- Special Equipment
- Mason jar washed and dried

Get Ingredients [Powered by Chicory](#)

Instructions

1. Cut the vegetables using the julienne method and mix to combine. Add the sliced, hot pepper.
2. Put the mixture in the previously washed and dried mason jar. Add some vinegar, salt and pepper.
3. Leave the mixture to macerate for a few hours or days before serving with the dish of your choice.

Caribbean Rice and Beans

Caribbean Rice and red Beans -- Seasoned with garlic, onions and creole spice. Infused with bay leaves, thyme, Scotch bonnet and coconut milk.

Author: AfricanBites

Ingredients

- ¼ cup vegetable oil (or canola)
- 2-3 garlic clove , minced
- ½ medium onion , diced
- 2 teaspoons [creole spice](#) [Homemade recipe here](#)
- 2 cups uncooked long grain rice
- 1 sprig fresh thyme or 1 teaspoon dried thyme
- 13.5 oz can (1 ¾ cups) coconut milk
- 15.5 oz can red kidney beans , rinsed and drained
- 2 small bay leaves

- salt and fresh ground pepper , to taste
- 2 1/4 cups chicken broth or water (see notes)
- 1 teaspoon chicken bouillon (optional)
- 1 whole scotch bonnet pepper.
- 1 teaspoons paprika (optional)

Instructions

1. Wash rice until water runs clear. Drain water.
2. Heat a saucepan with oil. Then add onions, garlic, thyme, and hot pepper, sauté for about a minute.
3. Stir in rice to the pan, followed by beans for about 2 minutes, then add coconut milk, bay leaf, bouillon powder, creole spice, with 3 cups of water, bring to a boil reduce heat, cover with a lid and simmer until rice is cooked, about 20 minutes or more. Stir occasionally from the sides to prevent burns , add more water if needed.
4. Adjust for salt and pepper. Discard bay leaves You have to stir occasionally to be preventing any burns.
5. Serve warm

Step 3: Study up

Decide on what content you want to share with your friends. There are a million different routes you could go with this from basic country facts to an in-depth poverty study, but don't let this step intimidate you –feel free to skip it and simply start by preparing a meal!

HAITI FACTS

___ Capital Port-au-Prince

___ Population 10.85 million

Estimates take into account the effects of excess mortality due to AIDS, higher infant mortality and death rates, & changes in the distribution of population than would otherwise be expected.

___ Languages: French, Creole

___ Literacy rate: Male: 57% Female: 64%

___ Under-5 mortality rate 76/1,000

___ Percent of population living below \$1.25 per day: 62% (2007-11)

___ Unemployment: 40.6%

___ In the eighteenth century, St. Dominique (Haiti) was the richest colony in the French Empire and was known as the "Pearl of the Antilles." It grew rich mainly through the importation of slaves and through devastating environmental degradation. Haiti is currently one of the poorest countries in the Western Hemisphere.

___ Haiti was the first successful slave revolt and the first black republic.

PRAISES

God is good!

___ Many of our artisan partners are finishing or enrolling in school

___ All of 2nd Story Goods Artisans Children are in school

___ We are seeing more partnership, collaboration, and support among Haitian artisans

___ New retail spaces in Haiti are opening

PRAYERS

God hears us!

___ Please pray for the grocery store and business incubator building - to pass inspection and keep moving forward - this will be such a light for this community

___ Please pray for increased sales and more work - it has been a slower season for our partners there and artisans feel the crunch

___ Please pray for the country: for godly leadership, for smart investments in infrastructure, protection from natural disasters

Thanks for joining us! We are praying you have a blessed and wonderful experience!

Xoxo,

The BB Team