

Banan Pesse (Fried Plantain)

*These are more flat and salty tasting as opposed to the sweet plantains of other Caribbean countries. See the **Sweet Plantain** recipe for difference.

Ingredients:

3 green plantains

Cooking oil

Salt (optional)

Directions:

Place oil in a skillet over medium high heat

Saute half inch plantain slices until they begin to brown

Remove the plantain and drain on paper towels

Use a plantain press or the bottom of a cup to flatten the plantains

Press to half of its size

Saute once again until golden brown

Remove and use paper towels to absorb excess oil. Sprinkle salt on green plantain.

Macaroni Au Gratin (Macaroni & Cheese)

Ingredients:

16oz cheese sauce

12oz of carnation milk

2 tsp garlic powder

8oz cook ziti (any pasta of choice)

onion diced (optional)

green peppers diced (optional)

salt (optional)

3 tbs of tomato paste

Directions:

In large mixing bowl mix all ingredients together. In casserole dish place mix ingredients, and sprinkle parmesan cheese on top.

Then bake at 325 temperature for 15 to 25 min or until bubbling and surface is golden brown.

Homemade Limeade

Ingredients:

4 cups water

1 cup lime juice (will take 7 to 10 medium limes)

2/3 cup sugar

Directions:

In a pitcher combine water, lime juice and sugar. Stir until sugar dissolves. Chill or serve with ice.

Bouillon (Haitian Soup)

Ingredients:

3 yellow sweet potatoes
2 green plantains
2 potatoes
1 malanga (a type of root, may be hard to find so it can be left out)
3 carrots
2 cups string beans
1 cup watercress
1 cup okra, sliced
1 green pepper, sliced
2 onions, sliced
salt and pepper

Directions:

Boil watercress, onion and okra and 2 quarts of water until okra becomes stringy. Cut sweet potatoes, plantains, malanga and carrots into quarters and add with 1 tbsp. salt. Boil until half cooked. Then add white potatoes, green pepper and string beans. Soup should become thick. Add salt and pepper to taste.

Riz Et Pois (Rice and Beans- Haiti's national dish)

Ingredients:

1 (8 oz.) package dry kidney beans
3 tbs. olive oil
1 bulb shallot, minced
3 cloves garlic, minced
1 cup uncooked white rice
2 bay leaves
1 tbsp. salt
pepper to taste
1/4 tsp ground cloves
1/4 tsp. chili powder

Directions:

Wash beans and then place in a large pot covered with 3 inches of water. Bring to a boil, reduce heat and simmer 1 1/2 hours or until tender. Drain, reserving liquid.

Heat olive oil in a large skillet over medium heat. Saute garlic and shallot until fragrant. Stir in cooked beans and cook for 2 minutes. Measure reserved liquid and add water to equal 4 cups (5 if you want it with more sauce) stir into skillet. Stir in uncooked rice. Season with bay leaves, salt, pepper, cloves, and chili powder. Bring to a boil and then reduce heat, cover and simmer for 18 to 20 minutes. Remove bay leaves and serve.

Makes 6 servings (delicious with sliced avocado on the side).

Corn Fritters

Ingredients:

1 can corn (10 oz.)
1/2 cup flour
1/4 cup butter
1 cup water
3 eggs
pinch of salt

Directions:

Mix flour, butter, salt, water and 3 eggs.
Pour corn into batter and mix well.
Drop by tablespoons into very hot oil.
Brown, drain on paper towel.
Serve with tomato sauce (see below).

Tomato Sauce

Ingredients:

1 Tbsp. butter
2 Tbsp. flour
1 small can tomato paste
1 cup cold water

Directions:

Melt Butter and add flour. Stir well.
Mix water and tomato paste together and add to flour mixture.
Stir over heat until thick.

Sweet-Sour Cucumbers

Ingredients:

1/2 cup vinegar
1/3 cup salad oil
2 Tbsp. sugar
3/4 tsp. salt
1/4 tsp. white pepper
1/4 tsp. oregano leaves
3 cucumbers thinly sliced

Directions:

In a large bowl, combine all ingredients.
Cover and refrigerate at least 45 minutes to blend flavors, stirring occasionally.

Creole Chicken

1 Tbsp. butter
2 Tbsp. flour
1 small can tomato paste
1 cup cold water

Directions:

Melt Butter and add flour. Stir well.

Mix water and tomato paste together and add to flour mixture.

Stir over heat until thick.

Add:

1 shallot
1 clove of garlic (pressed)
2 c chicken broth
1 – 1 ½ c vinegar
1 TBSP sugar
2 bay leaves
salt

Simmer for 30 mins

Transfer sauce to crockpot

Add chicken (whole, breasts, shredded, whatever)

Slow cook for 3-4 hours

Add salt/vinegar to taste

Sweet Plantains

4 plantains (must be yellow/brown and starting to turn black)

Cut each plantain in ½ vertically

Slice each ½ horizontally into thirds

Preheat a large skillet on medium heat

Once pre-heated, use a paper towel or other cloth to generously wipe pan with vegetable oil

Line pan with as many slices of plantain as possible without overlapping

Cook for 7 minutes on each side – the idea is to get them crisp on the outside and soft on the inside, so adjust cooking time accordingly

Re-wipe pan between groups of plantains

Transfer cooked plantains directly to serving bowl

*Serves 6