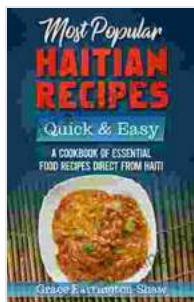


Culinary Treasures of Haiti: A Journey Through Authentic Flavors



Most Popular Haitian Recipes – Quick & Easy: A Cookbook of Essential Food Recipes Direct from Haiti

by Grace Barrington-Shaw

★★★★★ 5 out of 5

Language : English

File size : 3417 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 45 pages



Welcome to the captivating world of Haitian cuisine, where bold flavors, vibrant colors, and rich traditions intertwine to create an unforgettable culinary experience. Our essential cookbook offers a curated collection of authentic recipes that will transport you to the vibrant heart of Haiti.

From the tantalizing aroma of spicy griyo (fried pork) to the sweet and tangy delight of pikliz (pickled cabbage), Haitian cuisine is a symphony of flavors that will awaken your taste buds and ignite your culinary passion.

Griyo (Fried Pork)



- 1 pound pork shoulder, cut into 1-inch cubes
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon Haitian epis (a blend of green onions, parsley, thyme, and peppers)

- 1 cup chicken broth

1. Season the pork cubes with salt and pepper. Heat the olive oil in a large skillet over medium heat.

2. Add the pork cubes to the skillet and cook until browned on all sides.

3. Add the onion, garlic, and epis to the skillet and cook until softened.

4. Add the chicken broth to the skillet and bring to a boil. Reduce heat to low, cover, and simmer for 1 hour or until the pork is tender.

5. Uncover the skillet and increase heat to medium-high. Cook the pork, stirring occasionally, until browned and crispy.

Pikliz (Pickled Cabbage)



- 1 head of cabbage, finely shredded
- 1 onion, thinly sliced
- 2 carrots, thinly sliced
- 1 green bell pepper, finely chopped
- 1 cup white vinegar
- 1/2 cup sugar
- 1/4 cup salt
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano

1. In a large bowl, combine the cabbage, onion, carrots, and green bell pepper.

2. In a saucepan, combine the vinegar, sugar, salt, thyme, and oregano. Bring to a boil, stirring until the sugar dissolves.

3. Pour the hot vinegar mixture over the cabbage mixture. Cover and refrigerate for at least 24 hours before serving.

Sos Ti Malis (Hot Pepper Sauce)



- 1 pound scotch bonnet peppers, stemmed and seeded
- 1 cup vinegar
- 1/2 cup water
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 tablespoon salt
- 1 teaspoon black pepper

1. Combine all ingredients in a blender and blend until smooth.

2. Pour the sauce into a saucepan and bring to a boil. Reduce heat to low and simmer for 30 minutes.

3. Remove from heat and let cool. Store the sauce in a jar in the refrigerator for up to 2 months.

Lalo (Sweet Potato Pudding)

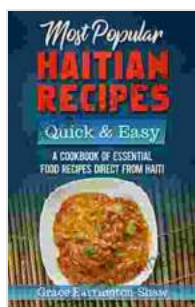


- 3 pounds sweet potatoes, peeled and cubed

- 1 cup coconut milk
- 1 cup brown sugar
- 1/2 cup granulated sugar
- 1/2 cup butter, melted
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

1. Preheat oven to 375 degrees F (190 degrees C).

2. In a large bowl, combine the sweet potatoes, coconut milk, brown sugar, granulated sugar, melted butter, vanilla extract, cinnamon, and nutmeg



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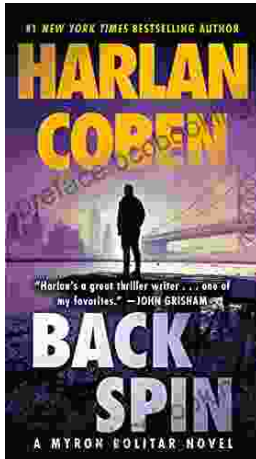
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