



# EVERYONE EATS

## Community Cookbook

Recipes in English and Haitian Creole / Kreyòl Ayisyen  
Celebrating Cape Cod's Diverse Cultures



# TOUT MOUN MANJE!

Se yon Liv Kwizin Kominotè pou  
Jaden Etnik



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Community Cookbook



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The Ethnic Garden Community Cookbook will introduce you to a variety of new, fresh vegetables and ingredients that are staples in the kitchens of our Portuguese, Haitian and Jamaican neighbors. They have shared these traditional, family recipes you can create at home.

This cookbook is the result of a unique collaboration between Buy Fresh Buy Local Cape Cod (BFBLCC), in collaboration with Cape Cod Cooperative Extension and its Agricultural/ Horticultural/ Nutrition/ Food Access Programs and the Community.

The vision for this project is to increase production and access to ethnic crops on Cape Cod by expanding the variety of locally grown produce at farm stands and Farmers' Markets. Seedlings and technical assistance for these crops were provided to local farmers and community and school gardens across the Cape. These gardens will provide an opportunity for hands-on education and demonstration for growing these crops and encourage others to create their own backyard gardens. This project is made possible with a grant from the Massachusetts Department of Agriculture (MDAR) in support of Massachusetts grown...and fresher, the state initiative to promote crops and products grown in Massachusetts.

Thanks to the Master Gardener Association of Cape Cod, and to Frank Mangan, Emeritus Professor, Stockbridge School of Agriculture, UMASS, Amherst for his assistance and permission to use images from [www.worldcrops.org](http://www.worldcrops.org).

Thanks to Cape Cod 5 Foundation for their assistance in supporting this cookbook & translations. Haitian Creole translation is available online at [www.capecodextension.org/nutrition/buyfreshbuylocal](http://www.capecodextension.org/nutrition/buyfreshbuylocal).

Be inspired to get creative in the kitchen with your children and friends, teaching and trying new recipes with fresh local products from our farmers and growers. Adopt these techniques and seasonings to enhance your own recipes with a new cultural twist. It's a big, beautiful world and everyone eats!



# TOUT MOUN MANJE!

Liv Kwizin Kominotè pou Jaden Etnik la (The Ethnic Garden Community Cookbook) pral prezante ou tout yon varyete nouvo legim fre ak engredyan ki se baz kwizin nan katye Pòtigè, Ayisyen, ak Jamayiken nou yo. Yo pataje resèt fanmi tradisyonnèl sa yo, ou kapab fè lakay ou.

Liv kwizin sa a, se rezilta yon kolaborasyon espesyal ant Buy Fresh Buy Local Cape Cod (BFBLCC), ki travay avèk Cape Cod Cooperative Extension ak Pwogram Agrikilti / Ôtikilti / Nitrisyon / Aksè pou Manje li yo, ak Kominote a.

Anbisyon pwojè sa a, se pou li ogmante pwodiksyon ak aksè pou danre etnik yo nan Cape Cod, lè li ogmante varyete pwodwi lokal ki nan etalaj fèm yo ak nan Mache Fèm yo. Yo te bay semans ak asistans teknik pou danre sa yo nan mache lokal ak nan jaden kominotè ak eskolè tout kote nan Cape.

Jaden sa yo pral pote opòtinite pou edikasyon nan travay pratik ak demonstrasyon nan kilti danre sa yo, epi sa pral ankouraje lòt moun fè pwòp jaden yo nan lakou yo.

Sa ki fè pwojè sa a posib, se yon sibvansyon ki soti nan Depatman Agrikilti Massachusetts (Massachusetts Department of Agriculture - ki rele tou MDAR) pou sipòte Massachusetts grown...and fresher (Danre ki kiltive nan Massachusetts... epi ki pi fre), ki se yon inisyative pou ankouraje danre ak pwodwi ki fèt nan Massachusetts.

N ap remèsye Master Gardener Association of Cape Cod, ansanm ak Frank Mangan, ki se Pwofesè Emerit nan Stockbridge School of Agriculture, UMASS, Amherst pou asistans li ak pou pèmisyon li bay pou sèvi avèk pòtre nou jwenn nan [www.worldcrops.org](http://www.worldcrops.org).

N ap remèsye Cape Cod 5 Foundation pou asistans li bay nan sipòte liv kwizin sa a, ak nan tradiksyon li yo. Ou ka jwenn tradiksyon an Kreyòl Ayisyen an anliy sèlman [www.capecodextension.org/nutrition/buyfreshbuylocal](http://www.capecodextension.org/nutrition/buyfreshbuylocal).

Ou mèt montre ou envantif nan kwizin ou avèk pitit ak zanmi ou, nan montre ak eseye nouvo resèt ki genyen pwodwi lokal fre ki soti nan jaden fèm yo ak kiltivatè nou yo. Adopte teknik ak asezonman sa yo pou amelyore pwòp resèt ou yo avèk yon nouvo adisyon kiltirèl. N ap viv nan yon tan ki bèl, epi tout moun manje !

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# CONDIMENTS ASEZONNMAN

### Homemade MSG-free Sazon

Store bought SAZÓN® contains MSG. This alternative is also salt free!

Note: 1-1/4 teaspoons homemade = 1 packet

2 tablespoons garlic powder

2 tablespoons cumin

1/4 teaspoon turmeric

2 tablespoons ground coriander

3 tablespoons ground annatto

1 tablespoon oregano

Mix well and store in a glass container for up to 6 months.

Reference: <https://latinamommeals.com/homemade-sazon-seasoning-mix/>

### Epis (Haitian Seasoning Base)

Epis is the foundation for most Haitian dishes, often added to recipes that do not call for it. Basil brings a freshness to this version; you can also add thyme. In Haiti, a mortar and pestle is used, but a food processor is much faster. Use to season meats, soups, rice, and more.

Chop coarsely:

1 small onion

1/2 green bell pepper

1/2 red bell pepper

1/2 yellow bell pepper

6 scallions

6 garlic cloves

1 cup parsley leaves with tender stems

1/2 cup olive or canola oil

6 basil leaves

Reference: <https://www.epicurious.com/recipes/food/views/epis-haitian-seasoning-base>

### Substitute For Maggi Seasoning

Mix equal quantities of Worcestershire sauce and soy sauce.

OR - Use tamari (wheat free soy sauce). The flavor is not as complex.

OR - Use Bragg's Liquid Aminos. It's less salty than Maggi, add to taste.

Suggest using 2 tablespoons per quart of water/stock.

### Sazon ou fè Lakay ou san MSG

SAZÓN® ou achte nan makèt la gen MSG ladan. Altènativ sa a san sèl tou !

Remak : 1-1/4 ti kiyè sazon ou fè lakay ou = 1 pakèt

2 gran kiyè poud lay

2 gran kiyè kòmin

1/4 ti kiyè timerik

2 gran kiyè koryandè moulen

3 gran kiyè annato moulen

1 gran kiyè oregano

Melanje byen, epi kite li poze nan yon bokal an vè pandan jiska 6 mwa.

Referans : <https://latinamommeals.com/homemade-sazon-seasoning-mix/>

### Epis (Sòs Asezonnman Ayisyen)

Epis se baz pifò nan manje ayisyen, epi yo konn ajoute yo souvan nan resèt ki pa di mete yo. Bazilik la mete frechè nan vèsyon sa a, men ou mèt ajoute ten tou. Ann Ayiti, yo sèvi avèk yon mòtye ak yon manch pilon, men yon malaksè pi rapid anpil. Sèvi avèk li pou asezonnen vyann, soup, diri, ak lòt manje ankò.

Rache an gwo moso :

1 ti zoyon

1/2 pwavwon vèt

1/2 pwavwon wouj

1/2 pwavwon jòn

6 zechalòt

6 gous lay

1 tas fèy pèsi ki gen bwa mou

1/2 tas lwil kànola oswa lwil doliv

6 fèy bazilik

Referans: <https://www.epicurious.com/recipes/food/views/epis-haitian-seasoning-base>

### Ranplasman pou Sòs Maggi

Melanje an kantite egal sòs Worcestershire ak sòs soya.

OUBYEN - Sèvi avèk tamari (sòs soya san ble). Gou a pa konplèks menm jan.

OUBYEN - Sèvi avèk Amino Likid Bragg. Li gen mwens sèl pase Maggi, kidonk ajoute sèl pou ba li gou.

Sijesyon : sèvi avèk 2 gran kiyè pou chak ka dlo / kawo.



# CHAYOTE

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# MILITON OSWA CHOKO

## Chayote

Portuguese Translation: Chuchu

Creole Translation: Militon or choko

Chayote is a type of squash that is technically a fruit, but is treated as a vegetable in the kitchen. Popular in dishes throughout Central and South American cuisines, they are green and pear shaped, with a bumpy flesh. They grow on climbing vines, much like a cucumber or squash. Chayote can be eaten raw in a variety of manners, or cooked. Flavor wise, chayote is mild and crisp, with an apple-like crunch. It is considered sweet, juicy and fresh.

Reference: [What is Chayote & How Do I Cook With It? \(savorystudies.com\)](https://savorystudies.com/2018/05/15/what-is-chayote-how-to-cook-with-it/)

## Chayote / Militon oswa choko

Militon se yon kalite legim ki teknikman ta dwe rele yon fwi, menm ki trete tankou yon legim nan kwizin. Li popilè nan manje yo fèt nan tout kwizin Amerik Santral ak Amerik Disid, li vèt epi li gen fòm yon pwa, epi kò li fè boul. Li pouse tankou yon plant grenpant, menm jan ak konkonm oswa skwach. Ou ka manje militon kri nan plizyè jan, oswa kwit li. Pou gou li, militon an mou epi li kwoustiyan, epi li kraze nan bouch ou tankou yon pòm. Yo konsidere li dous, li gen ji, epi li fre.

Referans : [Kisa Militon ye, epi Kouman pou Mwen Kwit li : \(savorystudies.com\)](https://savorystudies.com/2018/05/15/what-is-chayote-how-to-cook-with-it/) .

## Brazilian Chayote with Shrimp

### Ingredients:

- 2 lbs. medium shrimp, raw, without shell
- 2-1/2 teaspoons homemade sazón seasoning, divided OR 2 packets SAZÓN®
- 1 lemon
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 3 medium chayote, chopped
- 3 tomatoes, peeled, seeded, chopped
- 1/2 cup boiling water
- 1 teaspoon salt

### Directions:

1. Sprinkle shrimp with 1-1/4 teaspoons of sazón and lemon juice, marinate for 10 minutes.
2. In a large saucepan, sauté onion and garlic in oil until transparent over medium high heat.
3. Add the chayote and tomatoes. Cook for 5 minutes or until the tomatoes start to dissolve.
4. Add 1-1/4 teaspoons of sazón and boiling water. Let it cook, partially covered for 15 minutes or until chayote is soft.
5. Add shrimp and salt, cook uncovered for 10 minutes.
6. Remove from heat and serve.

Reference: <https://www.saboresajinomoto.com.br/receita/chuchu-com-camaroes>

## Militon Brezilyen ak Krevèt

### Engredyan :

- 2 liv krevèt gwochè mwayen, kri, san po
- 2-1/2 ti kiyè sòs sazón ou fè lakay ou, divize OUBYEN 2 pakèt SAZÓN®
- 1 sitwon
- 2 gran kiyè lwil doliv
- 1 zoyon mwayen, tranche
- 2 gous lay, tranche
- 3 militon mwayen, tranche
- 3 tomat kale, san grenn, tranche
- 1/2 tas dlo k ap bouyi
- 1 ti kiyè sèl

### Enstriksyon :

1. Aspèje krevèt yo avèk 1-1/4 ti kiyè sazón ak ji sitwon, epi marinen yo pandan 10 minit.
2. Sote zoyon ak lay nan lwil, nan yon gwo bòl sou chalè mwayen, jouktan lwil la vin transparan.
3. Mete militon ak tomat yo ladan. Kite yo kwit pandan 5 minit oswa jouktan tomat yo kòmanse fonn.
4. Mete ladan 1-1/4 ti kiyè sazón ak dlo k ap bouyi. Kite yo kwit, demi kouvri, pandan 15 minit oswa jouktan militon an vin mou.
5. Mete ladan krevèt yo ak sèl, epi kite yo kwit pandan 10 minit.
6. Retire yo sou dife epi sèvi yo.

Referans: <https://www.saboresajinomoto.com.br/receita/chuchu-com-camaroes>

## Jamaican Calabaza Soup with Chayote

### Ingredients:

- 2 quarts water
- 2 quarts chicken stock (use vegetable stock and omit chicken for meatless option)
- 1-1/2 lbs. Calabaza squash
- 2 white onions, julienned
- 1 Scotch Bonnet pepper, optional
- 2 sprigs fresh thyme or 1/2 teaspoon dried
- 20-30 pimentos
- 1 cup frozen mixed vegetables/corn
- 2 chayote, peel and chop
- 2 carrots, diced
- 1 lb. yam, peeled and cubed
- 2 chicken breasts remove skin and bones, cut into cubes
- 2 scallions, diced
- 1 sweet potato, peeled and cubed

### Directions:

1. In a large pot bring water and stock to a boil.
2. Add calabaza, thyme, dried pimentos, white onions and Scotch Bonnet (optional).
3. Bring back to boil and add chayote, carrots, yam and frozen mixed vegetables/corn.
4. Cut chicken breasts in cubes and add to pot.
5. Let the soup slow boil for 1–1/2 hours on medium heat, stir occasionally.
6. Peel and cube the sweet potato, add to pot, partially covered and cook for 20-30 minutes on low heat until the sweet potato breaks up in the soup.
7. Garnish with scallions and add salt and pepper to taste.

Reference: <https://myreallifetips.com/recipe/jamaican-pumpkin-soup-hearty-and-savory>

Calabaza is an important vegetable in many Brazilian recipes and is used in salads, soups, and meat dishes. It has deep orange flesh and is a relative of Butternut and other hard squashes grown in New England.

## Soup Jouwoumou Jamayiken ak Militon

### Engredyan:

- 2 ka dlo
- 2 ka bouyon poul (si w ap fè manje san vyann, sèvi avèk bouyon legim san mete vyann poul la)
- 1-1/2 liv skwach jouwoumou
- 2 zoyon blan, an jiliyèn
- 1 pwavwon Scotch Bonnet, fakiltatif
- 2 branch ten fre, oswa ½ ti kiyè ten seche
- 20-30 piman
- 1 legim jele melanje / mayi
- 2 militon, kale ak tranche
- 2 kawòt, tranche
- 1 liv yanm, kale ak dekoupe
- 2 blan poul san po ni zo, dekoupe an kib
- 2 zechalòt, tranche
- 1 pòm detè dous, kale ak dekoupe an kib

### Enstriksyon:

1. Mete yon gwo mamit dlo sou dife jouktan li kòmanse bouyi.
2. Mete ladan jouwoumou, ten, piman seche, zoyon blan, ak Scotch Bonnet (fakiltatif).
3. Kite mamit la bouyi ankò, epi mete militon, kawòt, yanm, legim jele melanje / mayi.
4. Koupe blan poul yo an kib, epi mete yo nan mamit la.
5. Kite soup la bouyi pandan 1-1/2 èdtan sou chalè mwayen, brase tanzantan.
6. Kale ak tranche patat dous la, mete li nan mamit la, kouvri pasyèlman, epi kite yo kwit pandan 20 - 30 minit sou ti dife jouktan patat dous la kòmanse kraze nan soup la.
7. Dekore avèk zechalòt, epi mete sèl ak pwav pou bay gou.

Referans: <https://myreallifetips.com/recipe/jamaican-pumpkin-soup-hearty-and-savory>

Jouwoumou se yon legim enpòtan nan anpil resèt brezilyen, epi li sèvi nan salad, nan soup, oubyen avèk vyann. Anndan li gen yon koulè zoranj fons, epi li nan menm fanmi avèk sitwouy ak lòt skwash di yo kiltive nan New England.



## Haitian Legume with Chayote from Marie Celin

### Ingredients:

1-1 ½ lb. stew beef  
1/2 cup Haitian seasoning/Epis  
2 limes  
2-3 tablespoons tomato paste  
3-4 cups cabbage, chopped  
2-4 carrots, thinly sliced  
4 chayote squash, peeled, sliced  
4 cups spinach  
1 cup French cut green beans  
4 garlic cloves, minced  
1-2 Scotch bonnet peppers  
2 bell peppers, diced  
2 sprigs thyme  
1 teaspoon garlic powder  
1/8 teaspoon clove powder  
1 teaspoon onion powder  
1 teaspoon salt  
4 cloves  
2 - 3 chicken bouillon cubes or stock

### Directions:

1. Marinate meat with 1/4 cup of Epis seasoning and lime juice.
2. Brown meat over medium-low heat in a heavy-bottom pot. Add tomato paste, garlic, seasonings, Maggi cubes (or substitute) and water/broth to cover and cook meat until tender.
3. Cook your veggies separately.
4. Mash the vegetables with a pestle or wooden spoon until the mixture is well blended, but not too mushy. Add them to your meat, layering them accordingly.
5. Add carrots and string beans, cover and continue cooking until tender. If the pan dries out, add 1/4 cup of water to steam carrots and string beans.
6. Add bell peppers. Cover and simmer for 10 minutes or until all liquid is absorbed. Stir until well mixed and serve.

## Legim Ayisyen ak Militon, resèt Marie Celin

### Engredyan:

1 - 1 ½ liv ragou vyann bèf  
1/2 tas asezonnman / epis ayisyen  
2 sitwon  
2 - 3 gran kiyè pat tomat  
3 - 4 tas chou, tranche  
2 - 4 kawòt, tranche fen  
4 militon skwach, kale ak tranche  
4 tas zepina  
1 tas pwa Frans  
4 gous lay, dekoupe  
1 - 2 pwavwon Scotch Bonnet, fakiltatif  
2 pwav, tranche  
2 branch ten  
1 ti kiyè poud lay  
1/8 ti kiyè poud jiwòf  
1 ti kiyè poud zoyon  
1 ti kiyè sèl  
4 jiwòf  
2 - 3 kib oswa kawo bouyon poul

### Enstriksyon:

1. Marinen vyann lan avèk 1/4 tas Epis asezonnman ak ji sitwon.
2. Fè vyann lan pran koulè sou chalè fèb - mwayen nan yon kaswòl ki gen fon epè. Mete ladan pat tomat, lay, asezonnman, kib Maggi (oubyen ranplasman), epi mete dlo / fè li bouyi kouvri pou kwit li jouktan vyann lan vin mou.
3. Kwit legim yo separeman.
4. Brase legim yo avèk yon espatil oswa yon kiyè bwa jouktan melanj lan byen brase, san li pa vin twò pat. Mete yo sou vyann lan, pou fè plizyè kouch.
5. Mete ladan kawòt ak pwa vèt, kouvri, epi kite yo kontinye kwit jouktan yo mou. Si sa ki nan kaswòl la seche, mete 1/4 tas dlo pou benyen kawòt ak pwa vèt yo.
6. Mete ladan pwavwon. Kouvri, epi kite yo kwit pandan 10 minit oubyen jouktan tout likid la fin absòbe. Brase pou melanje manje a byen, epi sèvi li.

### **Brazilian Chayote with Chicken** from Marly Pereda

Chuchu com Frango

Ingredients:

4 chayote, sliced in half lengthways, peel, remove pit and dice in 1/2" cubes

1 onion, diced

1 tablespoon Epis

1 Maggi cube OR 1 tablespoon each: Worcestershire and soy sauces

1/2 cup water

2 cups, pre-cooked shredded chicken

2-3 scallions, sliced

Spice mix:

1/2 teaspoon Black pepper

1 teaspoon Himalayan pink salt

1/4 teaspoon Azafran (Saffron)

1/2 teaspoon nutmeg

Directions:

1. Heat oil in fry pan, add onion and sauté until transparent.
2. Add Epis and mix well.
3. Add chayote and sauté for 2-3 minutes.
4. Add spice mix and Maggi substitute or cube, mix well. Add 4 oz. water and stir to blend.
5. Cover pan and let simmer for 5 minutes.
6. Add shredded chicken, mix well. Top with scallions and let simmer until chayote is soft and some of the liquid is absorbed.

Reference: <https://www.youtube.com/watch?v=1PsoRdZRmLM>

### **Militon Brezilyen avèk Vyann Poul**, resèt Marly Pereda

Chuchu com Frango

Engredyan :

4 militon, koupe an 2 nan sans longè a, kale, retire grenn yo, epi dekoupe an kib 1/2 pous

1 zoyon, tranche

1 gran kiyè Epis

1 kib Maggi, OUBYEN 1 gran kiyè pou ranplase kib la : Sòs Worcestershire ak sòs soya

1/2 tas dlo

2 tas vyann poul rache ki kwit davans

2 - 3 zechalòt, tranche

Melanj epis :

1/2 ti kiyè pwav nwa

1 ti kiyè sèl wòz Imalaya

1/4 ti kiyè Azafran (Saffron)

1/2 ti kiyè kannèl

Enstriksyon :

1. Chofe lwil nan yon pwelon, mete zoyon, epi sote jouktan melanj lan transparan.
2. Mete Epis ladan, epi melanje byen.
3. Mete militon, epi sote pandan 2 - 3 minit.
4. Mete melanj epis, ak ranplasman Maggi oswa kib, melanje byen. Mete 4 ons dlo, epi brase pou melanje.
5. Kouvri pwelon an, epi kite li sou dife pandan 5 minit.
6. Mete vyann poul dekoupe a, epi melanje byen. Mete zechalòt sou li, epi kite li sou dife jouktan militon an mou, epi genyen nan likid la ki absòbe.

Referans: <https://www.youtube.com/watch?v=1PsoRdZRmLM>



# OKRA

## GONBO OSWA KALALOU

### Okra

Portuguese Translation: Quiabo

Creole Translation: Gombo or Kalalou

Okra plays an important role in Haitian cuisine. The Brazilian culture also incorporates okra in their cooking. It is often a part of soups, stews, and side dishes. In Haiti, okra is added to beef stew and oxtail. It works as a thickener for soups and stews. A regional specialty in Haiti that includes okra is called “tonmtonm” a mashed breadfruit that is served with a spicy sauce of okra and meat, fish or crab. Haitian food has its roots in Creole cuisine, which okra is a large part of, especially noted in the American form of gumbo.

### Okra / Gonbo oswa Kalalou

Kalalou jwe yon wòl enpòtan nan kwizin ayisyen. Kilti brezilyen an genyen kalalou tou nan manje yo kwit. Yo konn mete li souvan nan soup, nan bouyon, ak nan manje sou kote. Ann Ayiti, yo mete kalalou nan soup ak nan bouyon ke bèf. Li sèvi pou bay soup oswa bouyon an epesè. Gen yon espesyalite reyonnal ann Ayiti jki rele "tonmtonm", ki se yon lamveritab yo kraze pou sèvi nan yon sòs pike ki gen kalalou ak vyann, oswa pwason, oswa krab. Manje ayisyen gen rasin li nan kwizin kreyòl, kote kalalou jwe yon wòl enpòtan, espesyalman nan fòm gonmbo ameriken an.

### **Haitian Okra Stew** from Marie Celin

#### Ingredients:

6 lbs. beef neck bones or stewing beef  
2 limes  
1 cup vinegar  
1/4 cup Epis  
1 green bell pepper, sliced thin  
1 red bell pepper, sliced thin  
2 pounds okra, fresh or frozen, snip ends and keep whole  
2 teaspoons butter  
1 red onion, sliced thin  
1 Scotch Bonnet pepper  
2 Maggi cubes OR 2 tablespoons each: Worcestershire and soy sauces

#### Directions:

1. Marinate meat with Epis seasoning and juice of 2 limes.
2. On medium-high heat, steam meat, covered, in the marinated juices for 30 minutes. When meat juices start evaporating add tomato paste with 1/2 cup of water and continue browning for 20 minutes, stirring occasionally on medium heat.
3. Add okra, and thyme with 1/4 cup water cover and cook for 20 minutes.
4. Add 4 cups water, scotch pepper, Maggi or substitute, butter and bring to a boil, cook for 20 minutes, stirring every 10 minutes. Add sliced onions at the end.

### **Bouyon Kalalou Ayisyen**, resèt Marie Celin

#### Engredyan :

6 liv zo kou bèf, oubyen vyann bèf an sòs  
2 sitwon  
1 tas vinèg  
1/4 tas Epis  
1 pwavwon vèt, dekoupe fen  
1 pwavwon wouj, dekoupe fen  
2 liv kalalou, fre oubyen jele, koupe pwent yo, men kite kalalou yo antye  
2 ti kiyè bè  
1 zoyon wouj, dekoupe fen  
1 pwavwon Scotch Bonnet  
2 kib Maggi, OUBYEN 2 gran kiyè pou chak kib, Sòs Worcestershire ak sòs soya

#### Enstriksyon:

1. Marinen vyann lan nan asezonnman Epis ak ji ki soti nan 2 sitwon.
2. Mete vyann lan kwit sou chalè mwayen, kouvri li nan sòs k ap marinen an pandan 30 minit. Lè sòs vyann lan kòmanse evapore, mete pat tomat ladan avèk 1/2 tas dlo, epi kontinye fè li pran koulè pandan 20 minit, pandan w ap brase li tanzantan sou chalè mwayen.
3. Mete kalalou, ak ten, ak 1/4 tas dlo, kouvri, epi kite li kwit pandan 20 minit.
4. Mete 4 tas dlo, pwavwon ekosè, Maggi oswa ranplasman li, ak bè epi kite yo bouyi pandan 20 minit, epi brase chak 10 minit. Mete zoyon dekoupe ladan lè li fin kwit.

### **Brazilian Chicken with Okra**

#### Ingredients:

- 2 lbs. skinless chicken legs or thighs
- Juice of 1/2 lemon
- 1 lb. okra
- 3 tablespoons oil
- 1 onion, sliced thin
- 1 peeled and seeded tomato, chopped
- 4 oz. of boiling water
- 7 oz. heavy cream OR a box of white Mococa sauce

#### Directions:

1. Drizzle lemon juice over chicken, set aside.
2. Slice okra into 3/4" rounds. Heat a tablespoon of oil and sauté.
3. Remove okra and set aside. Using the same pan, heat two tablespoons of oil and fry the chicken pieces for about 15 minutes.
4. Add the onion, tomato and sauté a little more. Add water and cook, uncovered, for approximately 10 minutes.
5. Lower the heat, add okra and cook for 5 minutes, shaking the pan from time to time.
6. Add cream, adding a little water, if necessary. Heat gently (do not boil), top with parsley and serve.

Reference: <https://blog.tudogostoso.com.br/cardapios/receitas-praticas-com-quiabo/>

### **Vyann Poul Brezilyen nan Kalalou**

#### Engredyan :

- 2 liv vyann oubyen kwis poul san po
- Ji ki soti nan 1/2 sitwon
- 1 liv kalalou
- 3 gran kiyè lwil
- 1 zoyon, dekoupe fen
- 1 tomat kale ki san grenn, tranche
- 4 ons dlo k ap bouyi
- 7 ons krèm epè OUBYEN yon bwat sòs Mococa blan

#### Enstriksyon :

1. Prije ji sitwon sou vyann poul la, epi depoze kaswòl la sou kote.
2. Dekoupe kalalou yo an wondèl 3/4 pous. Chofe yon gran kiyè lwil epi sote yo.
3. Retire kalalou a sou dife. Nan menm kaswòl la, chofe 2 gran kiyè lwil epi fri moso poul yo pandan anviwon 15 minit.
4. Mete zoyon ak tomat, epi sote pandan yon ti moman ankò. Mete dlo, epi kwit san kouvri pandan 10 minit ankò.
5. Bese chalè a, mete kalalou epi kwit pandan 5 minit, pandan w ap souke kaswòl la tanzantan.
6. Mete krèm epi vide yon ti kantite dlo ladan, si sa nesesè. Chofe sou ti dife (san bouyi), sopoudre avèk pèsi, epi sèvi.

Referans: <https://blog.tudogostoso.com.br/cardapios/receitas-praticas-com-quiabo/>

## Haitian Chicken with Okra and Djon-Djon

### Ingredients:

- 4 each chicken thighs and legs
- 2 garlic cloves, minced
- 2 scallions, sliced thin
- 2 tablespoons chopped parsley
- 1 teaspoon thyme (leaves only)
- 2 whole cloves
- 1/2 cup of green bell peppers, sliced thin
- 1 medium onion, sliced
- 1–1/2 teaspoons sea or kosher salt
- 3 tablespoons lime juice or apple cider vinegar
- 1 pound fresh or frozen okra, tips removed (use whole or sliced)
- 1/4 teaspoon hot pepper chopped thinly (optional)
- \*\*1/2 cup Djon-Djon (dried mushrooms) OR 2 Maggi djon-djon cubes OR Maggi substitute
- Vegetable oil for frying

### Directions:

1. Remove fat and skin from the chicken. Place in shallow bowl and set aside.
2. In a small bowl, mix herbs, spices, green peppers and onions with lime juice or vinegar.
3. Spoon this mixture to evenly coat chicken. Refrigerate and let marinate for one to two hours, or overnight for more flavor.
4. If using dried mushrooms (Djon-Djon), soak 1/2 cup in 2 cups of water for 45 minutes. Bring to a boil and cook 10 minutes. Cool, strain liquid and put aside. Liquid is used to cook chicken.
5. Remove chicken from the marinade, and pat dry if possible. Set marinade aside.
6. In a large skillet, heat oil. Fry each chicken piece until golden brown and set aside.
7. Add remaining marinade and cook for 3 minutes. Add chicken. Scatter okra on chicken.
8. Dissolve Maggi djon-djon into 3/4 cup water. Add water to chicken and cook covered on medium heat for about 20 minutes.
9. Add salt and pepper to taste, and hot pepper if using, and cook for 10 minutes until chicken and okra are tender. Remove from heat and serve with rice or root vegetables.

\*\*Djon-Djon is a mushroom cultivated in Haiti and sold dried. You can use dried mushrooms or replace with Maggi substitute.

Reference: [Chicken with Okra and Djon-Djon | NOUBESS | Caribbean Green Living](#)

## Vyann Poul Ayisyen nan Kalalou ak Djon-Djon

### Engredyan :

- 4 kwis ak 4 janm poul
- 2 gous lay, dekoupe
- 2 zechalòt, dekoupe fen
- 2 gran kiyè pèsi, dekoupe
- 1 ti kiyè ten (fèy sèlman)
- 2 jiwòf antye
- 1/2 tas pwavwon vèt, dekoupe fen
- 1 zoyon mwayen, dekoupe
- 1-1/2 ti kiyè sèl lanmè oswa sèl "kosher"
- 3 gran kiyè ji sitwon oswa vinèg sid
- 1 liv kalalou fre oubyen jele, san pwent yo (kalalou antye oubyen dekoupe)
- 1/4 ti kiyè piman ki dekoupe fen (fakiltatif)
- \*\*1/2 tas Djon-Djon (chanpiyon seche) OUBYEN 2 kib djon-djon Maggi OUBYEN ranplasman pou Maggi
- Mete lwil vejetal pou fri

### Enstriksyon :

1. Retire grès ak po ki sou vyann poul la. Depoze yo nan yon bòl ki pa fon, epi mete bòl la sou kote.
2. Sèvi avèk yon ti bòl pou melanje fèy, epis, pwavwon vèt, ak zoyon yo nan ji sitwon oswa nan vinèg.
3. Sèvi avèk yon kiyè pou woze vyann poul la avèk melanj sa a. Mete nan frijidè, epi kite yo marinen ant 1 ak 2 èdtan, oubyen pandan tout nwit la si ou vle yo pran plis gou.
4. Pou sèvi avèk chanpiyon seche (Djon-Djon), mete 1/2 tas chanpiyon an tranpe nan 2 tas dlo pandan 45 minit. Fè yo bouyi, epi kwit yo pandan 10 minit. Kite yo frèt, fè likid la koule, epi depoze tout sou kote. Likid la ap sèvi pou kwit poul la.
5. Retire vyann poul la nan marinad la, epi tape li pou seche li si sa posib. Depoze marinad la sou kote.
6. Chofe lwil la nan yon gwo pwelon. Fri chak moso poul jouktan li pran koulè jòn, epi mete li sou kote.
7. Ajoute marinad ki rete a, epi kwit pandan 3 minit. Ajoute vyann poul la. Simen kalalou sou vyann poul la.
8. Fè djon-djon Maggi a fonn nan 3/4 tas dlo. Ajoute dlo sou vyann poul la, epi kwit li kouvri sou chalè mwayen pandan anviwon 20 minit.
9. Mete sèl ak pwav pou bay gou, mete piman si ou vle, epi kwit pandan 10 minit jouktan vyann poul la ak kalalou a vin lache. Retire pwelon an sou dife, epi sèvi manje a avèk diri oswa legim rasin.

\*\*Djon-Djon se yon chanpiyon yo plante ann Ayiti, epi yo seche pou yo vann li. Ou mèt sèvi avèk chanpiyon seche oubyen avèk Maggi kòm ranplasman.

Referans: [Chicken with Okra and Djon-Djon | NOUBESS | Caribbean Green Living](#)

## Jamaican Steamed Fish and Okra

Ingredients:	1/2 teaspoon scotch bonnet pepper
3 - 4 medium red or yellow tail snapper	5 garlic cloves, crushed
OR kingfish, OR 2 lbs. mild white fish	1 small onion, chopped
1 teaspoon salt	2 scallions
1 teaspoon black pepper	1/2 large bell pepper, chopped
1/2 teaspoon dried thyme	1 sprig fresh thyme
1 tablespoon oil	6 - 8 pimento seeds
1 - 2 tablespoons butter	1/2 - 1 cup coconut milk
1 medium potato, julienned (optional)	1/2 - 1 cup water
2 cups calabaza, diced (optional)	8 -12 okras, chopped, set aside in a separate bowl
1 medium carrot, julienned	**6 - 8 Jamaican Excelsior Water Crackers
'NO MSG' Steam Fish Seasoning Mix	1 teaspoon garlic powder
1 teaspoon salt	1 teaspoon onion powder
1/4 teaspoon allspice	1/2 teaspoon oregano, dried
1/4 teaspoon curry	1/2 teaspoon corriander leaves
	1/2 teaspoon basil, dried

### Directions:

1. If fish is whole scale and gut them or use thick filets.
2. Mix 1 teaspoon each of salt and pepper with 1/2 teaspoon thyme, season inside/outside of the fish, and set aside.
3. Make the Steam Fish seasoning mix and set aside.
4. In a large skillet, heat oil for 1 minute.
5. Add calabaza, onions, garlic, thyme, pimento, scotch bonnet, bell pepper, carrots and potato. Cover and cook on medium-high for 2-3 minutes.
6. Spread the sautéed vegetables evenly to form a 'bed' for the fish. Add the butter to the center and let it melt.
7. Lay the fish filets side by side on the vegetables, add 1/2 cup coconut milk. Cover pot and steam fish on medium heat for 1 - 2 minutes.
8. Sprinkle the seasoning mix over the fish and add a 1/4 – 1/2 cup of water, cover, and steam for 5 minutes.
9. Spoon the hot liquid over the top of the fish, to help them cook evenly. Check pot every 5 minutes to ensure the liquid hasn't dried out, add a little water if needed.
10. After 20 minutes, add the okra and cover the pot.
11. After 10 minutes, add the water crackers, and spoon some of the sauce over the fish and the crackers. Cover the pot and let it steam for 5 minutes more.

Total cooking time is approximately 35 - 40 minutes depending on the size of the fish.

Serve with your choice of ground provisions, bammy or festivals.

\*\*Jamaican Excelsior Water Crackers date from 1911 and were made in Kingston using wood-burning brick ovens, which gave them their special taste and "toughness". Today, they continue to be a favorite part of the Jamaican diet. Enjoy them with cheese, Solomon Gundy, steamed fish, as a breakfast cereal or by themselves as a healthy snack!

## Koubouyon Pwason Jamayiken nan Kalalou

Engredyan:	1/2 ti kiyè pwavwon Scotch Bonnet
3 - 4 taza OUBYEN ke babaren wouj oswa jòn OUBYEN 2 liv pwason blan dous	5 gous lay, pile
1 ti kiyè sèl	1 ti zoyon, tranche
1 ti kiyè pwav nwa	2 zechalòt
1/2 ti kiyè ten seche	1/2 gwo pwavwon, tranche
1 gran kiyè lwil	1 branch ten fre
1 - 2 gran kiyè bè	6 - 8 grenn piman
1 pòm detè mwayen, an jilyèn (fakiltatif)	1/2 - 1 tas ji kokoye
2 tas jouwoumou, tranche (fakiltatif)	1/2 - 1 tas dlo
1 kawòt mwayen, an jilyèn	8 - 12 kalalou tranche, ki depoze nan yon bòl separe

### Melanj Asezonnman 'SAN MSG' pou Koubouyon Pwason

1 ti kiyè sèl	1 ti kiyè poud lay	1/2 ti kiyè fèy koryandè seche
1/4 ti kiyè tout epis	1 ti kiyè poud zoyon	1/2 ti kiyè bazilik, seche
1/4 ti kiyè kiri	1/2 ti kiyè oregano, seche	

### Enstriksyon:

1. Si pwason yo antye, grate ak rense yo, oubyen sèvi avèk filè epè.
2. Melanje 1 ti kiyè sèl ak 1 ti kiyè pwav avèk 1/2 ti kiyè ten, asezonnen anndan ak deyò pwason an, epi depoze li sou kote.
3. Pare melanj pou asezonnen koubouyon pwason an et depoze li sou kote.
4. Chofe lwil pandan 1 minit nan yon gwo pwelon.
5. Mete jouwoumou, zoyon, lay, ten, piman, "scotch bonnet", pwavwon, kawòt, ak pòm detè. Kouvri yo, epi kite yo kwit pandan 2 - 3 minit.
6. Gaye legim sote yo sou yon menm epesè pou fè tankou yon 'kabann' pou pwason an. Mete bè nan mitan, epi kite li fonn.
7. Kouche filè pwason yo kòtakòt sou legim yo, epi ajoute 1/2 tas ji kokoye. Kouvri pwelon an, epi bouyi pwason an sou chalè mwayen pandan 1 - 2 minit.
8. Sopoudre melanj asezonnman an sou pwason an, epi ajoute 1/4 - 1/2 tas dlo, kouvri pwelon an, epi kite yo bouyi pandan 5 minit.
9. Wouze pwason an avèk sòs cho a ak yon kiyè, pou fè li kwit yon jan inifòm. Enspekte pwelon an chak 5 minit pou veye pou sòs la pa seche, epi ajoute yon ti dlo si sa nesèsè.
10. Apre 20 minit, ajoute kalalou a epi kouvri pwelon an.
11. Apre 10 minit ajoute kèk biswit kare, epi simen yon ti kantite sòs avèk yon kiyè sou pwason ak sou biswit kare yo. Kouvri pwelon an epi kite li bouyi pandan 5 minit ankò.

Dire total pou kwit la se anviwon 35 - 40 minit, dapre gwosè pwason an.

Sèvi avèk sa ou chwazi kòm pwovizyon jaden, oswa awòm, oswa dekorasyon.

\*\*Jamaican Excelsior Water Crackers yo egziste depi 1911. Yo envante yo nan Kingston avèk fou an brik ki chofe ak bwa, kidonk sa ba yo gou espesyal ak "rezistans" yo genyen an. Jodi a, yo kontinye sèvi nan kwizin Jamayik kòm youn nan manje yo pi renmen. Pran plezi manje yo avèk fwomaj, Solomon Gundy, koubouyon pwason, kòm sereyal avèk manje maten oswa poukont yo, kòm yon bon manje pou sante w !



# JILO

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# BEREJENN SCARLET

## Jilo (Scarlet Eggplant)

Portuguese Translation: comprido verde claro and morro redondo

A relative of eggplant and tomato, jilo is a popular staple in Brazil. This green fruit is used in main dishes, soups, and fried. In some parts of Brazil, jilo is a common “bar snack”, sauteed with onions to accompany cachaça, the national drink of Brazil. It is considered a healthier alternative to fried appetizers. In rural areas of Brazil, where it is also known as jinjilo, jiló is used medicinally as a home remedy for influenza, colds, and fevers.

References: Jiló | WorldCrops, <https://worldcrops.org/crops/jilo>, natives from Brazil

## Jilo / Berejenn Scarlet

Jilo, ki nan menm fanmi avèk berejenn ak tomat, se yon danre ki popilè nan Brezil. Yo sèvi avèk fwi vèt sa a nan pifò resèt, soup, ak fritay. Nan kèk kote nan Brezil, jilo se yon manje ou jwenn souvan nan "kontwa manje", sote avèk zoyon pou mache avèk "cachaça", ki se bweson nasyonan Brezil. Yo konsidere li tankou yon altènativ ki pi bon pou sante pase manje fri. Nan zòn riral nan Brezil, kote yo konn ba li non jinjilo, yo sèvi avèk jilo kòm remèd pou grip, rim, ak lafyèv.

Referans: Jiló | WorldCrops, <https://worldcrops.org/crops/jilo>, moun ki fèt Brezil



### **Brazilian Jilo with Fried Chicken Liver** sent by Marly Pereda / *Jilo com figado frito*

#### Ingredients:

2 lbs. chicken liver  
1 lb. jilo, slice rounds 1/8" thick  
2 large white onions, slice 1/8" thick  
6 cloves of garlic, minced  
1-1/4 teaspoons homemade sazón seasoning OR 1 packet SAZÓN®  
salt to taste

#### Directions:

1. Add salt and sazón to liver, mix well to season.
2. Heat oil in large pan and add livers and sauté until color starts to turn.
3. Add jilo, onions and garlic, stir and sauté until onions wilt and serve!

Reference: [https://www.youtube.com/watch?v=i\\_2nZLVoiJM](https://www.youtube.com/watch?v=i_2nZLVoiJM)

### **Brazilian Omelette with Jilo**

#### Ingredients:

2 sliced jilós  
4 tablespoons oil  
2 eggs  
1/2 onion, finely chopped  
1 tablespoon of chopped green pepper  
oregano  
salt and pepper to taste  
parsley and scallions to garnish

#### Directions:

1. Beat eggs in a bowl. Add onion, green pepper and oregano. Mix well.
2. Heat oil in a frying pan. Add jiló and sauté until browned, pour the egg mixture over them. Make an ordinary omelet and garnish with parsley and scallions.
3. Serve with rice and beans.

Reference: <https://www.tudogostoso.com.br/receita/56590-omelete-de-jilo.html>

### **Jilo Brezilyen ak Fwa Poul Fri**, resèt Marly Pereda / *Jilo com figado frito*

#### Engredyan :

2 liv fwa poul  
1 liv jilo, tranche an wondèl ki gen 1/8 pous epesè  
2 gwo zoyon blan, tranche an 1/8 pous espèsè  
6 gous lay, dekoupe  
1-1/4 ti kiyè sòs sazón ou fè lakay ou, OUBYEN 1 pakèt SAZÓN®  
Mete sèl pou bay gou

#### Enstriksyon:

1. Mete sèl ak sazón nan fwa a, melanje byen pou asezonnen.
2. Chofe nan yon gwo pwelon epi ajoute fwa yo, epi sote jouktan koulè a kòmanse chanje.
3. Ajoute jilo, zoyon ak lay, brase epi sote jouktan zoyon yo lache, epi sèvi manje a !

Referans: [https://www.youtube.com/watch?v=i\\_2nZLVoiJM](https://www.youtube.com/watch?v=i_2nZLVoiJM)

### **Omlèt Brezilyen ak Jilo**

#### Engredyan :

2 jilo tranche  
4 gran kiyè lwil  
2 ze  
1/2 zoyon, dekoupe fen  
1 gran kiyè pwavwon vèt dekoupe  
oregano  
sèl ak pwav pou bay gou ou renmen  
pèsi ak zechalòt kòm dekorasyon

#### Enstriksyon :

1. Bat ze yo nan yon bòl, epi ajoute zoyon, pwavwon vèt ak oregano. Melanje byen.
2. Chofe lwil la nan yon pwelon pou fri. Ajoute jilo, epi sote jouktan yo pran koulè, vide melanj ze a ladan. Fè yon omlèt òdinè, epi dekore li avèk pèsi ak zechalòt.
3. Sèvi avèk diri ak pwa.

Referans: <https://www.tudogostoso.com.br/receita/56590-omelete-de-jilo.html>

### **Brazilian Jilo Stuffing**

Ingredients:

5 jilo unpeeled  
10 oz. sausage (pork, pepperoni or paio)  
1 egg  
1 large carrot, grated  
1 medium onion, chopped  
1 tablespoon oil  
2 cups corn flour  
Salt and pepper to taste

Directions:

Chop the jilós into small pieces and boil for approximately 7 minutes over high heat.

Reserve them in a container.

Chop the sausages into very small pieces and fry with the carrot and onion.

Once everything cooked, add the jiló and continue frying.

Break the raw egg in the middle of the pan and stir it a lot so that it fries with the other items.

Add corn flour, salt (if necessary) and pepper.

Reference: <https://www.tudogostoso.com.br/receita/134876-farofa-de-jilo.html>

### **Bouraj pou Jilo Brezilyen**

Engredyan :

5 jilo ak tout po sou yo  
10 ons sosis (kochon, pepewoni, oswa paio)  
1 ze  
1 gwo kawòt, graje  
1 zoyon mwayen, dekoupe  
1 gran kiyè lwil  
2 tas farin mayi  
Sèl ak pwav pou bay gou ou renmen

Enstriksyon :

Dekoupe jilo an ti moso, epi mete yo bouyi pandan anviwon 7 minit sou gwo chalè.

Sere yo nan yon mamit.

Dekoupe sosis yo an ti moso tou piti, epi fri kawòt ak zoyon yo.

Lè tout bagay fin kwit, ajoute jilo a epi kontinye fri manje a.

Kase ze kri a nan mitan pwelon an, epi brase li anpil pou fè li fri an menm an ak lòt bagay yo.

Ajoute farin mayi, ak sèl (si sa nesèsè), ak pwav.

Referans: <https://www.tudogostoso.com.br/receita/134876-farofa-de-jilo.html>



## Callaloo

Creole Translation: Same as English. Also known as bhajgee (bah-gee)

Well known in Caribbean cooking, each island/ country determines which vegetable is used as "callaloo". A stewed side dish of leafy greens boiled down with coconut milk, it has many variations, depending on the region it is made in. In Trinidad, taro is used (dasheen). Other islands use water spinach. Since it is often hard to find, spinach or other leafy greens can be substituted.

Reference: Callaloo: A True Taste of the Caribbean With African Roots ([uncommoncaribbean.com](http://uncommoncaribbean.com))

## Callaloo / Gonbo

Yo rele li tou bhajgee (bah-gee).

Kòm yo konnen li byen nan resèt Karayib yo, chak peyi ak chak zil deside ki legim pou li sèvi pou fè "gonbo". Paske li se yon manje sou kote ki tankou fèy vèt pou bouyi avèk ji kokoye, li gen anpil varyasyon, dapre rejyon kote li fèt la. Nan Trinidad, yo sèvi avèk "taro" (dasheen). Gen lòt zil kote yo sèvi avèk zepina. Kòm li difisil pou jwenn, yo ka ranplase li avèk zepina oswa lòt fèy vèt.

Referans: Callaloo: A True Taste of the Caribbean With African Roots ([uncommoncaribbean.com](http://uncommoncaribbean.com))

## OLDWAYS Callaloo Soup

Callaloo is a traditional Caribbean soup, created by enslaved Africans using African heritage, wisdom and indigenous plants. The main ingredient is the green leafy tops of either the amaranth plant (called callaloo or bhaaji) or taro root (sometimes called dasheen). Outside of the Caribbean, spinach and other delicate greens are used. This blended soup combines buttery soft spinach greens with a peppery habanero heat perfect for autumn.

YIELD: 4 bowls

Ingredients:

2 tablespoons butter or coconut oil

4 shallots, finely diced

2 large carrots, quartered and finely diced

\*\*2 habanero or scotch bonnet peppers, sliced in half and deseeded

4 cups low sodium vegetable broth

1 bunch callaloo OR 16-ounce box of spinach

½ cup coconut milk

1 tablespoon ground allspice

1 teaspoon sea salt

Directions:

1. Heat the butter on medium-low heat in a soup pot or Dutch oven. Add the shallots, carrots, and peppers, and slowly cook, stirring occasionally for a good 5 minutes, covered, until the carrots are soft and the aromas are full-blast.
2. Pour 2 cups of the vegetable broth into your blender. Add two handfuls of greens and blend, until totally pureed. Keep adding greens, and as much broth as needed each time, until you've blended your bunch.
3. Add the pureed greens and the rest of your vegetable broth to the pot. Add the coconut milk and sea salt. Cover and simmer on medium heat for 10 minutes, stirring occasionally.
4. Serve in a cup or bowl as a starter, side or main dish. The soup's delicious with a slice of bread for dipping.

\*\* Habanero and Scotch Bonnet peppers pack a ton of heat. Leave your peppers whole, sliced just in half, to lend their heat to the pot. Remove the peppers once the soup is ready to be served.

Used with permission from Oldways Cultural Food Traditions, [www.OldwaysPT.org](http://www.OldwaysPT.org)

## ANSYEN Soup Gonbo

Soup gonbo se yon soup tradisyonnèl nan Karayib; moun ki te envante li, se esklav afriken ki te mete eritaj afriken ansanm avèk konnesans yo, ak plant endijèn. Prensipal engredyan an se fèy vèt ki nan tèt pye amarant (ki rele kalalou oswa bhaaji) oswa rasin "taro" (ki konn rele "dasheen"). Lè ou kite zòn Karayib la, ou wè yo sèvi avèk zepina ak lòt fèy vèt ki delika. Melanj soup sa a konbine fèy vèt mou tankou bè avèk yon piman abànewo ki bon anpil nan sezon otòn lan.

RANNMAN : 4 bòl

Engredyan :

2 gran kiyè bè oswa lwil kokoye

4 zechalòt, tranche fen

2 gwo kawòt, koupe an kat epi tranche fen

\*\*2 abànewo oswa pwavwon "scotch bonnet", koupe an de, epi san grenn

4 tas bouyon legim ki pa gen anpil sodyòm

1 ponyen kalalou OUBYEN yon bwat zepina 16 ons

1/2 tas ji kokoye

1 gran kiyè epis tout kalite ki moulen

1 ti kiyè sèl lanmè

Enstriksyon :

1. Chofe bè a sou chalè fèb oubyen mwayen nan yon mamit pou soup oswa yon kaswòl ki fè tout manje. Ajoute zechalòt, kawòt, ak pwav, epi kwit yo dousman ; brase tanzantan pandan yon bon 5 minit, jouktan kawòt yo vin mou, epi tout pafen an kòmanse soti ladan yo.
2. Vide 2 tas bouyon legim nan yon malaksè. Ajoute 2 ponyen legim vèt epi melanje, jouktan yo tout fè yon pire. Kontinye ajoute legim vèt, avèk tout kantite bouyon ki nesèsè chak fwa, jouktan ou fin melanje tout manje a.
3. Ajoute pire vèt la, ak tout rès soup legim la nan kaswòl la. Ajoute ji kokoye ak sèl lanmè a. Kouvri kaswòl la epi kite li kwit sou chalè mwayen pandan 10 minit, pandan w ap brase tanzantan.
4. Sèvi nan yon tas oswa yon bòl, kòm antre, oswa manje sou kote, oswa manje prensipal. Soup la bon anpil si ou tranpe yon tranch pen ladan.

\*\*Abànewo ak pwavwon Scotch Bonnet gen gou pike anpil. Kite pwavwon yo antye, epi koupe yo sèlman an 2 moso pou mete gou pike a nan bouyon an. Konsa ou pare pou sèvi soup la, retire pwavwon yo ladan li.

Prezante avèk pèmisyon Oldways Cultural Food Traditions, [www.OldwaysPT.org](http://www.OldwaysPT.org)

### **Jamaican Callaloo with Saltfish**

#### Ingredients:

- 1/2 lb. Saltfish (dried, salted codfish)
  - 1/2 lb. callaloo, shredded
  - 1/2 teaspoon black pepper
  - 3 tablespoons butter
  - 1 medium onion, chopped
  - 1 sweet pepper, chopped
  - 1 tomato, chopped
  - 1/2 hot chili pepper (ideally Scotch Bonnet)
  - 1 sprig fresh thyme or 1 teaspoon dried
- Optional:
- 2 cloves of garlic
  - 4 scallions
  - 6 slices of bacon

#### Directions:

1. Soak the saltfish in cold water in the refrigerator, (minimum 8 hours) but overnight is best. Change the water several times to remove most of the salt.
2. Bring a pan of water to boil and gently simmer the fish for 20 minutes until tender.
3. Chop the onion, sweet pepper, chilli pepper and tomato while waiting for the fish to cook.
4. Wash the shredded callaloo and drain thoroughly.
5. Remove fish from water and allow to cool. Remove skin, bones and flake the fish.
6. Melt butter in a frying pan and add the onion, black pepper, sweet pepper, chili and thyme. Saute for 5 minutes. Add optional ingredients now, if desired.
7. Add the callaloo and half a cup of water, cover and steam for 15 minutes.
8. Add the tomatoes and flaked fish and steam for another 10 minutes.
9. Serve with yam, green banana, fried dumplings or potato.

Reference: [https://www.jamaicatravelandculture.com/food\\_and\\_drink/callaloo\\_and\\_codfish.htm](https://www.jamaicatravelandculture.com/food_and_drink/callaloo_and_codfish.htm)

### **Gonbo Jamayiken ak Pwason Sale**

#### Engredyan :

- 1/2 liv pwason sale (lanmori seche, sale)
  - 1/2 liv kalalou, tranche
  - 1/2 ti kiyè pwav nwa
  - 3 gran kiyè bè
  - 1 zoyon mwayen, tranche
  - 1 pwavwon dous, tranche
  - 1 tomat, tranche
  - 1/2 pwavon pike (ideyalman Scotch Bonnet)
  - 1 branch ten fre, oswa 1 ti kiyè ten seche
- Fakiltatif
- 2 gous lay
  - 4 zechalòt
  - 6 tranch bekonn

#### Enstriksyon :

1. Mete pwason sale a tranpe nan dlo frèt nan frijidè (8 èdtan minimòm, men li pi bon si ou kite li dòmi nan frijidè a). Chanje dlo a plizyè fwa pou retire pifò nan sèl la.
2. Mete yon mamit dlo bouyi sou dife, epi kite pwason an tranpe ladan pandan 20 minit jouktan pwason an vin lache.
3. Pandan w ap tann pwason an kwit, dekoupe zoyon, pwavwon dous, pwavwon pike, ak tomat.
4. Lave kalalou dekoupe a, epi fè tout dlo ki ladan an koule.
5. Retire pwason an nan dlo a, epi kite li vin frèt. Retire po a, ak zo yo, epi grate pwason an.
6. Fè bè fonn nan yon pwelon, epi ajoute zoyon, pwavwon nwa, pwavwon dous, piman ak ten. Sote yo pandan 5 minit. Mete engredyan ou renmen yo kounye a, si ou vle.
7. Ajoute kalalou ak demi tas dlo, kouvri, epi kite yo kwit pandan 15 minit.
8. Mete tomat ak pwason grate a, epi kite yo kwit pandan 10 minit ankò.
9. Sèvi avèk yamm, bannann vèt, fritay oswa pòm detè.

Referans: [https://www.jamaicatravelandculture.com/food\\_and\\_drink/callaloo\\_and\\_codfish.htm](https://www.jamaicatravelandculture.com/food_and_drink/callaloo_and_codfish.htm)



# PURSLANE

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# POUPYE

## **Purslane**

Portuguese Translation: Beldroegas

Creole/ Haitian Translation: Purslan, Koupye

Also known as duckweed. Common Purslane (*Portulaca oleraceae*) is a succulent weed easily found wild in the Northeast as a ground cover. There are several horticultural varieties which grow upright and are easier for commercial harvest Purslane has a mild flavor and can be used fresh in a salad, or cooked in a variety of scrambled dishes, soups and broths. It is an especially unique vegan source of Omega 3 fatty acids.

## **Purslane / Poupye**

Yo konn rele li tou "duckweed" (plant dlo). Poupye Òdinè (*Portulaca oleraceae*) se yon rasin bon gou ki pouse plizyè kote nan zòn Nòdès la, tankou yon gazon. Gen plizyè varyete òtikiltirèl ki pouse dwat, epi ki fasil pou keyi pou fè komès. Poupye gen yon gou ki pa twò fò, epi ou ka mete li nan salad, oswa kwit li nan plizyè resèt melanje, oubyen nan soup ak nan bouyon. Li se yon sous legim espesyal ki gen asid gra Omega 3.

## Brazilian Purslane Broth Base & Potato Cod Soup

### Ingredients:

- 1 cup Purslane (washed and cut)
- 2 cups vegetable stock
- 2 onions, diced
- 4 cloves garlic, minced
- 1 tablespoon Olive oil
- 1 Bay leaf
- 1/8 teaspoon Black pepper

### Optional ingredients to make soup:

- 1 cup potatoes, peeled and cubed
- 2 eggs, beaten
- \*\*Alentejo cheese, diced cubes
- Cod fish, (fresh or prepped salted)

### Directions for broth:

1. Add olive oil to pot, add bay leaf and pepper, sauté on medium-low heat to release flavors. Add onion and garlic and sauté until translucent.
2. Add stock and the purslane, bring to a boil and cook for 2 minutes.

### Options for soup:

Place potatoes in pot and boil for 12-15 minutes. Turn heat to low, add cod, beaten egg and cheese. Serve.

\*\* Alentejo refers to a region, the cheeses are semi-hard, made with raw sheeps milk.

## Poupye Brezilyen nan Sòs ak Soup Lanmori avèk Pòm detè

### Engredyan :

- 1 tas Poupye (lave ak dekoupe)
- 2 tas bouyon legim
- 2 zoyon, tranche
- 4 gous lay, dekoupe
- 1 gran kiyè lwil doliv
- 1 fèy lorye
- 1/8 ti kiyè pwav nwa

### Engredyan fakiltatif pou fè soup :

- 1 tas pòm detè, kale ak dekoupe an kib
- 2 ze ki bat
- \*\*Kib fwomaj Alentejo dekoupe
- Lanmori (fre oswa pare ak sèl)

### Enstriksyon pou bouyon:

1. Mete lwil doliv nan pwelon an, ajoute fèy lorye ak pwav, sote sou chalè fèb oswa mwayen pou fè pafen an parèt. Ajoute zoyon ak pwav, epi sote jouktan yo vin prèske translisid.
2. Ajoute legim yo ak poupye a, epi fè yo bouyi ak kwit pandan 2 minit

### Opsyon pou fè soup:

Mete tomat yo nan pwelon an, epi kite yo pandan 12 - 15 minit pou yo bouyi. Bese chalè a ba, ajoute lanmori a, ansanm ak ze ki bat epi fwomaj. Sèvi manje a.

\*\* Alentejo se non yon rejyon, fwomaj yo mwayen di, epi yo fèt avèk lèt mouton kri.

### **Brazilian Purslane Salad with Calabaza**

#### Ingredients:

- 1 cup purslane leaves (washed and cut)
- 1/2 baked Calabaza
- 1 red pepper, diced
- 1/2 cup buckwheat or other whole grain, cooked
- 1 teaspoon turmeric
- pinch of cumin seeds
- chopped parsley
- 2 tablespoons olive oil
- 1 teaspoon of tamari, soy sauce or salt

#### Directions:

1. Bake the calabaza: simply cut it lengthwise into 4 quarters and place in the oven for 30 minutes at 375 degrees. Once cool, peel and cube.
2. Put all ingredients in a bowl. Season with olive oil, turmeric, cumin seeds and tamari. Mix well and it's ready to serve!

### **Brazilian Purslane Omelette**

#### Ingredients:

- 2 cups purslane, chopped
- 2 cups of water
- 6 eggs, whisked
- 2 tablespoons of olive oil
- 1 onion, diced
- Salt and Black pepper, to taste

#### Directions:

1. Bring two cups of water to boil, add purslane and cook for four minutes. Remove the purslane, let cool, squeeze to drain and set aside. Reserve liquid for other uses, if desired.
2. In the same pan, add oil and sauté the onion; add purslane and cook for another two minutes. Add the whisked eggs, mix well and season with salt and pepper.

### **Salad Pouppe Brezilyen avèk Jouwoumou**

#### Engredyan :

- 1 tas fèy poupye (lave ak dekoupe)
- 1/2 jouwoumou ki kwit
- 1 pwavwon wouj, tranche
- 1/2 tas sarazen oswa lòt grenn antye, ki kwit
- 1 ti kiyè timerik
- Yon pense grenn kòmin
- Pèsi rache
- 2 gran kiyè lwil doliv
- 1 ti kiyè tamari, sòs soya oubyen sèl

### **Omlèt Pouppe Brezilyen**

#### Engredyan :

- 2 tas poupye, koupe an ti moso
- 2 tas dlo
- 6 ze ki bat
- 2 gran kiyè lwil doliv
- 1 zoyon, tranche
- Sèl ak pwav pou bay gou ou renmen

#### Enstriksyon :

1. Mete 2 tas dlo sou dife pou yo bouyi, ajoute poupye, epi kwit yo pandan 4 minit. Retire poupye a, kite li vin frèt, prije li pou fè dlo a koule, epi depoze yo sou kote. Rezève likid la pou sèvi avèk li apre, si ou bezwen.
2. Nan menm mamit la, ajoute lwil epi sote zoyon an ; ajoute poupye epi kwit yo pandan 2 minit ankò. Ajoute ze ki bat la, melanje yo byen, epi asezonnen avèk sèl ak pwav.









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