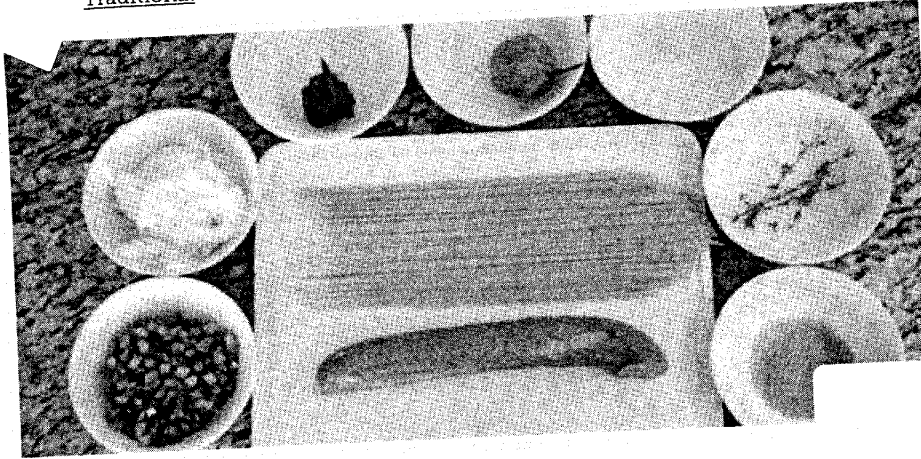


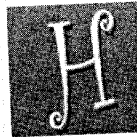
# n Spaghetti (Espageti)

Traditional Course: Breakfast, Lunch Skill Level: Easy [Add to favorites](#)



Servings : 4    Prep Time : 10m    Cook Time : 20m    Ready In : 30m

Traditionally, Haitian Spaghetti (Espageti) can be made with hot dogs, sausage or smoked herring (aransol). As a kid one of my favorite meals was Haitian Spaghetti (Espageti). My mother would occasionally cook this for us after school and it would typically served with a nice piece of buttered bread. The meal can be served for breakfast or lunch. As with all recipes, the ingredients vary through out the process is always the same.



[HaitianCooking](#)

[More From This Chef »](#)

## Ingredients

- 1 lb thin spaghetti
- 1/2 lb spicy pork sausage (Can also use hot dogs or Turkey sausage)
- 1 small onion sliced
- 1/2 green bell pepper diced
- 2 Tbs tomato paste
- 1/2 Scotch Bonnet Pepper minced (Optional)
- 1 Tsp all purpose seasoning
- 2 sprigs of thyme
- 1Tbs of Haitian Epis (or 1 Chicken bouillon Cube)
- 2 Tbs of olive oil
- 4 cups of water
- 3 tsp of salt (or to taste)

## Method

### Step 1

In a large pot bring 4 cups of water, 1 tbs of olive oil, and 2 tsp on to boil.

## Step 2

Add 4 lbs of thin spaghetti to the water and cook until al dente (5 min).

## Step 3

Drain the spaghetti and set aside.

## Step 4

In the large pot add 1 tbs of olive oil and saute' the sausage for 2-3 min.

## Step 5

Add the tomato paste, peppers, thyme, Haitian Epis (or 1 Chicken bouillon Cube), scotch bonnet pepper, onions, and saute for 2-3 min.

## Step 6

Add 1 cup of water and bring to boil.

## Step 7

Add the cooked spaghetti and mix thoroughly.

## Step 8

Reduce the heat and let simmer for 4 min and serve.

## Suggested Haitian Spaghetti Products

amazon



Cuisinart 77-7  
Chef's Classic...

\$84.99 *Prime*

[Shop now](#)

amazon



Cuisipro 13-Inch  
Silicone Pasta...

\$17.22 *Prime*

[Shop now](#)

amazon



CaliBowl Non-  
Spill 28-Ounce...

\$25.99 *Prime*

[Shop now](#)

Recipe Type: [Breakfast](#), [Entres](#)

Tags: [espageti](#), [pasta](#), [spaghetti](#)

Ingredients: [pasta](#)

# Haitian Stewed Chicken (Poule en Sauce)

Cuisine: [Traditional](#) Course: [Dinner](#) Skill Level: [Easy](#) [Add to favorites](#)



Servings : 4-6    Prep Time : 15m    Cook Time : 30m    Ready In : 60m

Haitian Stewed Chicken (Poule en Sauce) is a traditional recipe that is cooked using various methods. It is typically served with a side of rice. Here is our version of chicken stewed in a creole sauce.



[HaitianCooking](#)

[More From This Chef »](#)

## Ingredients

- 1 lb Chicken
- 1/2 Onion diced
- 2 tsp Minced Garlic
- 1 tbsp of lime juice
- 4 sprigs of fresh thyme
- 4 sprigs of fresh parsley
- 1 Scotch Bonnet Pepper
- 1 tsp black pepper
- 1/2 Red pepper julienned
- 1 Maggi Chicken Bouillon Cube
- 1 tbsp of Adobo all seasoning
- 1/2 cup White vinegar
- 2 tbs Tomato Paste

## Method

### Step 1

Clean the chicken using the Haitian meat cleaning method. Clean the chicken with lemon or sour orange juice and vinegar. Rinse in hot water.

### Step 2

Create a marinade with garlic, parsley, thyme, black pepper, chicken cube, and seasoning salt.

### Step 3

Season the chicken with the marinade and let it marinate at least 15 min. Marinating the chicken overnight in the refrigerator will give the meat more time to take on the flavor.

### Step 4

In a large saucepan, brown the chicken on both sides.

### Step 5

Add a half cup of water to the sauce pan along with the tomato paste, onions, and peppers.

### Step 6

Stew the chick on medium high heat for 25 minutes.

### Step 7

Reduce the heat to low and let it simmer until it is ready to serve.

## Suggested Products



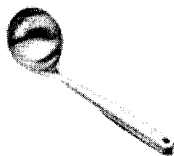
Cuisinart 7.7 Chef's Classic Stainless Steel Saucepan

Cuisinart

Best Price **\$82.49**  
or Buy New \$84.99



[Privacy Information](#)



OXO Good Grips Brushed Stainless Steel Spoon

OXO

Best Price **\$9.95**  
or Buy New \$9.95



[Privacy Information](#)



CalBowl Non-Spill 25-ounce Low Profile Bowl

Calbowl

Best Price **\$25.99**  
or Buy New \$25.99



[Privacy Information](#)

Recipe Type: [Entres](#)

Tags: [chicken](#), [creole](#), [Haitian](#), [poule](#), [Poule en Sauce](#), [poulet](#), [sauce](#), [sos](#), [stewed](#)

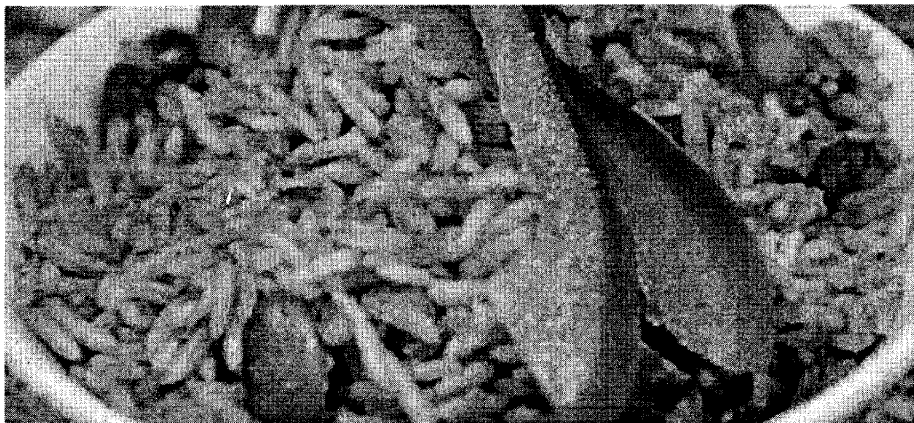
Ingredients: [Chicken](#)

## Recipe Comments

Comments (12)

# Haitian Rice and Beans (Diri ak Pwa)

Cuisine: [Traditional](#) Course: [Dinner](#), [Lunch](#) Skill Level: [Moderate](#) [Add to favorites](#)



Yield : 9 cups    Servings : 8-10    Cook Time : 1:15 h    Ready In : 1:30 h

Needless to say rice and beans are a staple in the caribbean. A meal is not a meal unless there is a side of rice and beans. Haitian rice and beans can be made with a variety of beans, but the most popular are Pinto, red kidney beans, and black beans. The process is pretty much the same regardless of which beans you use. The dish is very nutritious. Rice is rich in starch and an excellent source of energy. Rice also has iron, vitamin B and protein. Beans also contain a good amount of iron and an even greater amount of protein than rice. Together, they make up a complete protein.



[HaitianCooking](#)

[More From This Chef »](#)

## Ingredients

- 3 cups rice
- 1 cup dry beans (Pinto, red, or black beans)
- 8 cups water
- 3 tbs olive oil
- 1 tbs butter
- 1 large onion (diced)
- 1 tsp salt (or to taste)
- 1 tsp ground black pepper
- 3 cloves (1/4 tsp ground cloves)
- 3 cubes chicken bouillon
- 1 whole scotch bonnet pepper
- 2 cloves minced garlic
- 1/2 tsp thyme (2 sprigs)
- 1 cup Coconut Milk

## Method

## Step 1

In a large pot, add the water, beans, salt, 1 tbs olive oil and allow the beans to cook for about 1 hour on medium high heat or until beans are soft.

## Step 2

Once cooked, strain the water into a separate container for later use.

## Step 3

In another large pot, add 1 tbs of olive oil, and sauté the onions and garlic for about 2 minutes.

## Step 4

Add coconut milk, chicken bouillon, beans and mix thoroughly.

## Step 5

Add cloves and 6 cups of the bean water to the pot and bring to boil.

## Step 6

Mix in the rice and whole scotch bonnet pepper and allow the rice to cook for about 20 min or until there is just a little amount of water left.

## Step 7

Reduce the heat to medium, add thyme, butter, and cover the pot with a lid and allow the remaining water to be absorbed. About 10-15 min.

## Step 8

Once cooked fluff the rice and serve.

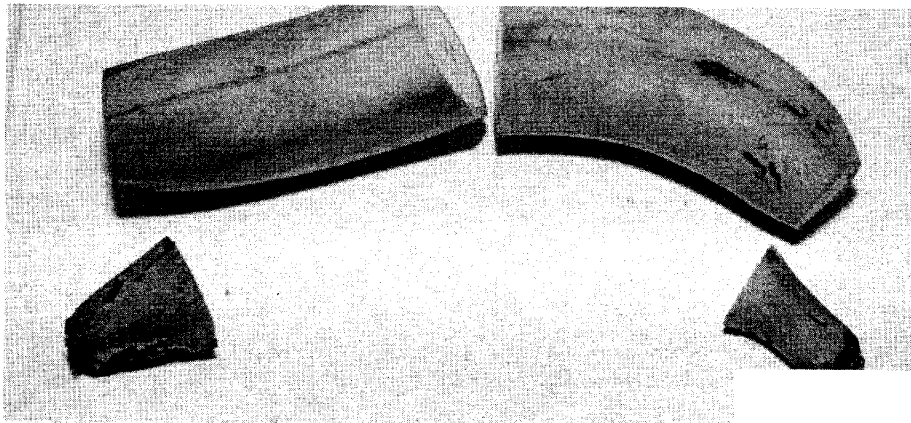
## Suggested Haitian Rice and Beans Products

# Boiled Plantains (Bannann Bouyi)

Haitian

Cuisine: [Traditional](#) Course: [Breakfast](#), [Dinner](#), [Lunch](#) Skill Level: [Very Easy](#)

[Add to favorites](#)



Servings : 1    Prep Time : 5m    Cook Time : 20m    Ready In : 25m

Boiled [plantains](#) is simple side dish served with many meals in Haiti. Plantains are commonly used in West and Central Africa (Cameroon & DR Congo), Central America, the Caribbean Islands and northern, coastal parts of South America (Colombia, Venezuela, etc.). Their attractiveness as food is that they fruit all year round, making them a reliable all-season staple food. In the United States they are referred to as cooking bananas and can be purchased in pretty much any major grocery stores. Here's a simple recipe for boiled plantains.



[HaitianCooking](#)

[More From This Chef »](#)

## Ingredients

3 Cups of Water

1 green Plantain

1 Tsp salt

## Method

### Step 1

Pour the water and salt into a small pot and bring to boil.

### Step 2

Rinse the plantain under cold water.

### Step 3

Cut 1 inch off each end of the plantain.

### Step 4

Using a knife, score the skin of the plantain from tip to tip.

### Step 5

Cut the plantain in half and add it to the pot.

### Step 6

Boil the plantain for approximately 20 min.

### Step 7

Remove the plantain from water and carefully remove the skin.

### Step 8

Serve warm with any meal.




## Suggested Boiled Plantains Products

		
		
Cuisinart Chef's Classic...	Ginsu 04817 International...	Totally Bamboo 3 Piece...
\$19.46 	\$40.45 	\$12.99 
<a href="#">Shop now</a>	<a href="#">Shop now</a>	<a href="#">Shop now</a>

Recipe Type: [Sides](#)

Tags: [bannann](#), [boiled](#), [plantains](#)

Ingredients: [plantains](#)

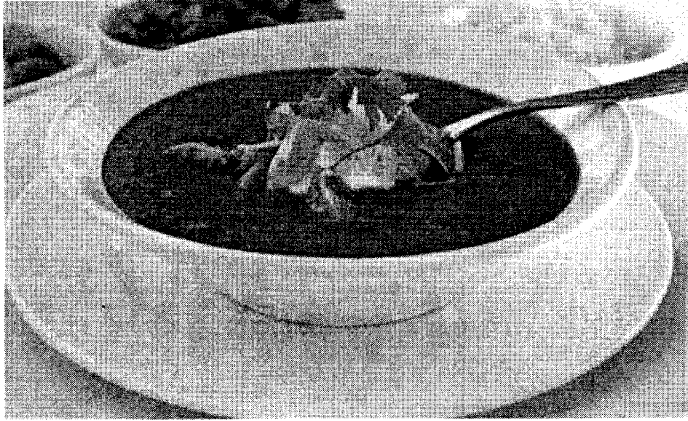
	<p><b>689 MILLION CYBERCRIME VICTIMS PROVE THAT JUST A CASE WON'T PROTECT YOUR DEVICE.</b></p> <p><small>Source: 2016 Norton Cyber Security Insights Report</small></p>	 <b>LEARN MORE</b> 
---	---	--



# Black Bean Soup (Sos Pwa Nwa)

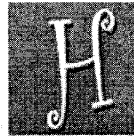
Haitian

Cuisine: [Traditional](#) Course: [Dinner](#), [Lunch](#) Skill Level: [Easy](#) [Add to favorites](#)



Servings : 8    Prep Time : 5m    Cook Time : 1:30 h    Ready In : 1:35 h

Here is the Haitian version of black bean soup (Sauce Pwa). This soup is usually served with white rice and can be made with other varieties of beans. It has a creamy savory flavor and is one of our favorites.



[HaitianCooking](#)

[More From This Chef »](#)

## Ingredients

- 16 oz Bag black beans
- 1 cup of coconut milk
- 1 tbs Salt
- 1 tbs Pepper
- 2 tbs Olive oil
- 1 tsp Ground cloves
- 1 chicken bouillon
- 8 cups of water

## Method

### Step 1

In a 5 qt pot, boil water and beans until soft (approximately 1 hour). You may need to add water as the beans boil.

### Step 2

Once the beans are soft, add 3/4 of the beans to a blender and puree the beans with water from the pot.

### Step 3

Run the puree' through a strainer while returning it to the beans still in the pot.

## Step 4

Add the oil, coconut milk, salt, pepper and chicken bullion to the pot and stir slowly.

## Step 5

Cook the beans on low heat for 15 min and then serve with white rice.

## Suggested Products



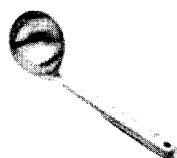
Cuisinart 7.7 Chef's Classic Stainless Steel Colander

Cuisinart

Best Price \$82.49  
or Buy New \$84.99



[Privacy Information](#)



OXO Good Grips Brushed Stainless Steel Spoon

OXO

Best Price \$9.95  
or Buy New \$9.95



[Privacy Information](#)



CalBowl Non-Spill 22-Ounce Low Profile Bowl

CalBowl

Best Price \$25.99  
or Buy New \$25.99



[Privacy Information](#)

Recipe Type: [Sides](#), [Soups](#)

Tags: [beans](#), [Black](#), [Haitian](#), [nwa](#), [pwa](#), [sauce](#), [sos](#), [soup](#), [sous](#)

Ingredients: [Black Beans](#)

## Recipe Comments

### Comments (11)



posted by Dantheman on January 2, 2014

Can I use this same steps to make green pea soup. Big fan of coconut milk. Can't wait to try this

[Reply](#)



posted by jdboom1877 on January 2, 2014

Yep.

[Reply](#)

posted by Clerveau on January 7, 2015

## Fried Pork (Griot)

### Ingredients

- 3 lbs shoulder of pork, cut into 1 to 2 inch cubes
- 1/2 cup of chopped shallots
- 1 cup of bitter orange juice
- 1/2 cup of vegetable oil
- salt, pepper and hot pepper to taste 1 teaspoon thyme
- 1 chopped large onion

### Directions

1. Put all ingredients except the oil in a large pot and marinate overnight in the refrigerator.
2. Place the marinated pork on the stove, add water to cover all ingredients and boil on medium heat for 45 minutes.
3. Once cooked, drain the mixture, add oil and fry the pork in the pot until brown and crusty on the outside but tender on the inside. As another option, bake in the oven in large baking pan until tender.

[< Prev](#)[Next >](#)



# Plain Rice flavored with spices



G+1

Share

Plain rice doesn't have to be so plain, this Somali rice recipe it is easy to prepare and most all it is a wonderful side dish with full off flavor and color, garnished with crispy fried onions and raisins.

Ingredients:

- 2 cups basmati rice
- 3 cups of water
- 2 tablespoons ghee/oil
- 1 onion sliced
- 1 teaspoon salt
- 4 whole cardamom pods
- 1 cinnamon stick
- 5 black peppercorns
- 2 teaspoon cumin
- 1 chicken cube

## Sauteed Mixed Vegetable

### Ingredients

2 Carrots, shredded

2 potato, shredded

1/2 head cabbage, shredded

1 green squash, shredded

1 yellow squash, shredded

Salt and pepper

### Instructions

- 1 Heat a large skillet on a high, non stick makes it easier so the vegetable wont stick and to minimize the oil used.
- 2 Add the oil, then start with the cabbage and saute few minutes , add the potato, mix for few more minutes. Then Add the carrots and the squash.
- 3 Season with salt and pepper.
- 4 Cover and cook until the vegetables are tender.
- 5 If needed add some water

my somali food <http://www.mysomalifood.com/>

# Bahamian Peas and Rice

By Chocolatl on May 20, 2009 ★ ★ ★ ★ ☆ 3 Reviews

Prep Time: 5 mins    Total Time: 45 mins    Servings: 8

## About This Recipe

"Various versions of this dish are made throughout the Caribbean. You could easily make this a vegetarian dish by omitting the bacon. 1 teaspoon dried basil and 1/2 teaspoon dried thyme may be substituted for the fresh herbs. From the Barbecue Bible."

# FOOD



Photo by WiGal

## Ingredients

- 1 tablespoon vegetable oil
- 4 slices bacon, cut into 1/4 inch slivers
- 1 medium onion, finely chopped
- 1 medium green bell pepper, stemmed, seeded and finely chopped
- 3 garlic cloves, minced
- 6 leaves fresh basil leaves
- 1 teaspoon fresh thyme
- 2 1/2 teaspoons salt ( to taste)
- 1/2 teaspoon fresh ground black pepper ( to taste)
- 2 tablespoons tomato paste
- 1/2 teaspoon sugar
- 5 1/2 cups water ( or more)
- 3 cups long-grain white rice
- 1 tablespoon fresh lime juice
- 2 cups cooked pigeon peas or 2 cups black-eyed peas or 2 cups kidney beans

## Directions

1. Heat oil in a large, heavy pot over medium heat. Add bacon and cook until lightly browned, about 4 minutes.
2. Pour off all but 2 tablespoons fat.
3. Add onion, bell pepper, garlic, basil, thyme, salt and pepper, and cook until the onion is golden brown, about 5 minutes.
4. Stir in tomato paste and sugar and cook for 2 minutes more.
5. Add water and bring to a boil.
6. Stir in rice and lime juice and return to a boil. Reduce heat to low, cover pot, and cook 15 minutes.
7. If the rice is too dry, add 2-3 tablespoons water. If too wet, leave cover ajar for remaining cooking time.
8. Stir in peas. Cook until rice is tender, about 3 minutes more.
9. Remove pot from heat and let stand for 5 minutes.
10. Fluff with fork and correct seasoning if needed.

## Palate Place, Authentic Recipes of the Bahamas



### Featured Recipe: Coconut/Pecan Sweet Potatoes

2 lbs Sweet Potatoes peeled and shredded

1/3 cup brown sugar

1/4 cup butter (melted)

1/4 cup broken/toasted pecans

1/4 teaspoon cinnamon

1/4 teaspoon Coconut Extract or Flavouring

1/4 teaspoon Vanilla Extract

Combine all but the coconut and vanilla and in a dutch oven or large pot and simmer on low for 3-4 hours. Check for doneness by consistency. Once finished simmering add coconut and vanilla prior to serving and mix thoroughly.

## Featured Recipe: Johnny Cake

(Corn Bread)

A Bahamian Favourite:

### **Johnny Cake:**

1 Cup flour  
3/4 cup cornmeal  
3/4 tsp. salt  
1 egg, beaten  
5 tsp. baking powder  
1/3 cup sugar  
2 Tblsp. vegetable oil  
1 cup milk

Preheat oven to 350F. Mix all dry ingredients together. Add egg, milk and oil to dry mixture and blend well. Pour into 8 inch square pan. Bake 30-35 minutes until slightly brown on top. Serve hot or cold with butter, honey or preserves. Yum:)



## Featured Recipe: Baked Fish

A Bahamian Favourite:

Baked Fish:

1 (3-4 lbs.) snapper fillet  
1/2 lb. butter, melted  
1/4 tsp. thyme  
1 large onion, chopped  
2 Tblsp. tomato paste  
3 cups bread crumbs  
Salt & pepper to taste

Preheat oven to 350F. Place snapper fillet in greased shallow baking pan. Baste fish with 1/4lb. melted butter. Season with thyme, salt and pepper. Bake for 1 hour. Melt remaining butter in a skillet and add remaining ingredients. Cook for 15 minutes. Spread sauce over the fish. Return to the oven and bake 20 minutes longer.

## Featured Recipe: Pineapple Coleslaw

2 tablespoons green pepper (chopped)

1/2 cups apple (diced)

3 cups cabbage (shredded)

1 cup carrot (shredded)

3 slices of pineapple

1 teaspoon salt

1 teaspoon sugar

1/4 cup vinegar

In a bowl, mix together green pepper, apple, sugar, and vinegar. Let stand for 5 minutes, then mix ingredients again, top with shredded carrots and pineapple slices then serve.



### Southern food - Geechee style!

Southern food, soul food, whatever you want to call it, it's fabulous!

This is a Gullah-Geechee recipe – soul food – sort of a different take on Savannah Red Rice. Like most Gullah Gullah recipes and Geechee recipes, it begins with the “holy trinity” of cooking: onion, bell pepper, and celery. It also contains rice, which was a common Gullah food.

### Holle's Geechee Red Rice and Chicken recipe

#### What you'll need:

- 4 boneless, skinless chicken breasts
- 4 slices bacon
- ½ cup diced onion
- ¼ cup diced bell pepper
- ¼ cup diced celery
- 1 cup diced fresh tomatoes
- 1 can crushed tomatoes
- 1 tablespoon sugar
- 2 cups cooked rice
- 1 teaspoon minced garlic
- ½ teaspoon black pepper
- Salt, to taste
- Hot peppers, to taste

- ½ cup chicken broth (optional)

**Directions:** Boil chicken breasts in salted water until done.

Meanwhile, fry bacon in a large pot with a lid. When the bacon is done, remove it and drain it on paper towels.

Fry the onions, celery, and bell peppers in the bacon drippings until the veggies are soft. Add the fresh tomatoes and continue cooking for a minute or two.

Reduce heat and add the crushed tomatoes, the sugar, the rice, the garlic, the black pepper, the salt, and the pepper rings. Crumble the bacon and add it.

Cut the chicken into cubes or tear it into pieces. Add it to the pot. Stir until ingredients are blended. If the mixture is too dry for your taste, add about ½ cup of the broth from where you boiled the chicken.

## Purloo

Posted on Jun 03, 2008 under Low Country, Main Dishes  
*Purloo (pronounced PUR-low) is a Low Country dish thought to have come to the South by way of African slaves, who were introduced to the dish in Africa by Arab traders.*

3 slices bacon, chopped  
1 medium onion, chopped  
1 medium-size green pepper, chopped  
1 cup thinly sliced okra  
1 clove garlic, minced  
1 cup cooked ham (about 3 ounces) julienned  
3 cups cooked rice  
1 medium tomato, seeded and chopped  
1 teaspoon dried thyme  
1/2 teaspoon salt  
1/2 teaspoon dried basil  
1/8 teaspoon red pepper flakes  
Cook bacon over medium heat in large skillet until brown; drain fat. Stir in onion, pepper, okra and garlic; saute 2 to 3 minutes or until onion is tender. Add ham; continue cooking 3 minutes. Add rice, tomato, thyme, salt, bail and pepper flakes. Heat thoroughly; serve as a side dish or a main dish.

Makes 4 servings.

- See more at:

<http://www.chefrick.com/purloo/#sthash.uoAYqYiA.dpuf>

## Low Country Chicken Pilau

Pilau, or Purloo as the Gullah call it, is one of the classic chicken and rice casseroles of the South Carolina Low Country.

Yield: 4 servings

- 3 tablespoons vegetable oil, divided
- 1 chicken, cut up
- 2 onions, chopped
- 2 cups chicken broth
- 4 strips pork side meat or bacon, diced
- 1/2 cup celery, diced
- 2 cups long-grain white rice
- salt to taste
- freshly ground black pepper to taste
- 1 cup tomatoes, peeled and chopped

In a Dutch oven over medium heat, brown the chicken in two tablespoons of the oil. Remove chicken and set aside. Add half of the onions to the drippings, and sauté until tender.

Place the chicken back into the pot, and simmer in one cup of the chicken broth until the chicken is tender, about 40 minutes.

Remove chicken, pour off and reserve the pan juices. Allow chicken to cool, skin and debone.

Heat the remaining 1 tablespoon of oil and the salt pork or bacon and sauté until brown. Add the remaining onion and celery and sauté until tender.

Add the rice and sauté, until it looks opaque. Add the salt and pepper, pour the reserved pan juices back into the pot and add the tomatoes. Cover and simmer until the rice is tender, adding more chicken broth if needed. Add the chicken pieces to the rice; heat 2 to 3 minutes. Adjust seasoning and serve.

- See more at: [http://www.chefrick.com/low-country-chicken-](http://www.chefrick.com/low-country-chicken-pilau/#sthash.LtwtDIOe.dpuf)

[pilau/#sthash.LtwtDIOe.dpuf](http://www.chefrick.com/low-country-chicken-pilau/#sthash.LtwtDIOe.dpuf)

## Frogmore Stew

Posted on Apr 12, 2008 under [Low Country](#), [Recipes](#), [Soups & Stews](#)

A Classic dish of the South Carolina Low Country, Frogmore Stew is not really a stew, but another name for Low Country Shrimp Boil.

- 3 tablespoons Old Bay Seasoning
- 3 tablespoons salt
- 1 1/2 gallons water
- 2 pounds Keilbasa or smoked sausage
- 12 ears shucked corn broken into 3 – 4 inch pieces
- 4 pounds shrimp in shells

In a large stock pot, add the Old Bay seasoning and salt to the water and bring to a rolling boil. Add sausage and boil, uncovered, five minutes. Add corn and cook for five minutes. Add shrimp and cook until the just turn pink, about three minutes. Drain immediately and serve hot.

Serves 8.

## Holle's Low Country Peaches & Cream Pie

What you'll need:

- 2 pounds fresh peaches
- 1 standard pie shell
- ½ cup flour
- ½ cup light brown sugar
- ¼ teaspoon salt
- 1 stick butter
- ½ cup sugar
- ½ teaspoon cinnamon
- 1 egg
- 2 tablespoons heavy cream
- 1 teaspoon vanilla

**Directions:** Wash and peel peaches and slice thinly. Set aside.

Make sure pie shell is completely thawed.

Mix together flour, brown sugar, and salt. Use a pastry cutter or fork to blend in butter. Mixture should resemble coarse crumbs.

Measure half of the flour mixture and sprinkle evenly over pie crust bottom.

Place the peaches over the flour mixture. Sprinkle sugar and cinnamon over peaches.

Whisk together egg, cream, and vanilla and pour over sliced peaches.

Top with remaining flour mixture.

Bake at 400 degrees for about 45 minutes.