



# Haitian Recipes

## Diri ak Pwa (red beans and rice)

### Ingredients

1/4 cup of butter  
1 onion, finely chopped  
1 bell pepper, finely chopped  
3 garlic cloves, minced  
1/2 cup tomato sauce  
2 cups red kidney beans, cooked (canned okay, drain first)  
1 tsp thyme  
2 tsps oregano  
1 bay leaf  
1 cup long-grain white rice  
1 3/4 cups water (or stock)  
Tabasco chipotle sauce to taste



### Directions

1. Heat the butter in a large saucepan over medium heat. Add the onion and bell pepper; sauté until the onion is translucent. Add the garlic and sauté for another 1–2 minutes. Add tomato sauce, beans, herbs, and Tabasco chipotle sauce. Simmer for 5–10 minutes to meld flavors.
2. Stir in the rice, stock or water, and salt and pepper to taste. Bring to a boil, then reduce heat to low, cover tightly and simmer for 15–18 minutes.
3. Remove from heat and let set covered for another 5–10 minutes. Then stir lightly with a fork and serve.

## Haitian Spaghetti

### Ingredients

1/4 cup oil  
1 medium onion  
5 cloves garlic  
1/2 tsp thyme  
Pinch of ground cloves  
Pinch of pepper  
1 lb spaghetti  
1/2 cup ketchup



### Directions

1. Chop onion and mince garlic.
2. Sauté onion, garlic, thyme, cloves, and pepper in oil until onions are clear, but not brown.
3. Stir in ketchup over medium heat.
4. Combine cooked pasta with sauce and "stir fry" for about 5–10 minutes until it's just a little "crispy" (kind of like lo mein noodles)
5. Serves 4.

<http://www.itsjustathoug.ht/2008/10/haitian-spaghetti.html>



# Haitian Recipes

## Oven Fried Plantains

### Ingredients

5 ripe plantains  
(bananas are NOT a substitution for plantains!)  
Cooking oil spray

### Directions

1. Preheat the oven to 375 degrees F.
2. Line a baking sheet with aluminum foil.
3. Slice plantains, not too thin or they will burn! (slices should be between 1/2 and 3/4 inch thick)
4. Arrange plantain slices on foil, spray tops with oil.
5. Bake for 5 minutes or until top edges begin to brown.
6. Remove from oven. Flip plantain slices. Spray uncooked side with additional oil.
7. Bake for an additional 5 minutes or until edges appear golden brown.



[http://www.haitian-recipes.com/recipes/145\\_sweet-plantains.html](http://www.haitian-recipes.com/recipes/145_sweet-plantains.html)

The difference between plantains and bananas: Many people confuse plantains with bananas. Although they look a lot like green bananas and are a close relative, plantains are very different. They are starchy, not sweet, and they are used as a vegetable in many recipes. Plantains are sold in the fresh produce section of the supermarket here in the states. They usually resemble green bananas: ripe plantains may be brown or black in color. Plantains are longer than bananas and they have thicker skins. They also have natural brown spots and rough areas.

## Haitian Potato Salad

### Ingredients

4 potatoes, peeled and cubed  
1 carrot, peeled and minced  
2 1/4 tsps salt  
1 small beet  
2 eggs  
1/2 cup sweet peas  
1/2 onion, minced  
1/3 cup red bell pepper diced  
2 Tbsps mayonnaise  
1/4 tsps black pepper

### Directions

1. Boil potatoes and carrot in water with 1 teaspoon salt for 10 minutes or until tender.
2. Boil beet separately in water with 1 teaspoon salt until tender, then peel and mince. Boil eggs separately in water with 1/4 teaspoon salt until hard.
3. In a bowl, place cubed potatoes, minced beet, sweet peas, carrots, onion, red and green bell peppers and mix with mayonnaise. Add black pepper.



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