

# Touché Market Place

HAITI ARTS, CULTURE & PURPOSE

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## RECIPE

*Have a delicious Haitian meal, on us...*

### **Soup Jomou (Haitian Pumpkin Soup)**

Haitians all over the world make Soup Jomou every New Year's Day (January 1st) to celebrate the independence of Haiti on January 1st, 1804. Soup Jomou is a celebratory meal consumed together with family and friends in the spirit of overcoming incredible challenges, achieving success, and enjoying the positive offerings ahead. In addition enjoying it on January 1st, it is also the main course on Sunday mornings. A delicious meal for all as you celebrate Independence Day on New Year's Day, on Sundays or all - for the entire year ahead.

#### INGREDIENTS:

- 1 lb. cubed beef stew meat
- 1 lb. chicken
- 1 frozen squash
- 1 boniata (yucca, yam)
- 1 spinach
- 1 malanga
- 2 onions-sliced
- 3 large carrots
- 6 medium potatoes
- ¼ lb spaghetti or noodles
- 3 tbsp seasoned salt
- 2 limes cut in half
- 2 tsp. thyme
- 2 tsp parsley
- ½ cup scallions
- salt, black pepper, and hot pepper to taste (Haitian gourmet hot sauce is an excellent hot pepper ingredient)

#### DIRECTIONS:

1. Clean the meat with hot water and lemon and set aside in a bowl
2. Add seasoning salt and set aside for 2 hrs
3. Boil meat in stockpot with 3 quarts of water until tender (about 1 ½- 2 hrs)
4. Add more additional water if necessary and remaining ingredients except noodles
5. Cook for 20 minutes and add noodles

*...fix it at home or order it already prepared and we will take care of the rest. Either way, enjoy this quality time with family and friends.*