

Food for Thought

Recipe card

Pumpkin Soup Haiti

Contributed by Elizabeth Richard

The Creole name for this dish is *soup joumou*, and it is served traditionally on 1st January (Haiti's Independence Day). Some households exchange bowls of soup, while others make soup for a whole neighbourhood to enjoy. Serves four.

Ingredients

2lbs pumpkin or squash,
chopped into large chunks
1 tomato
1 carrot
¼ cabbage
1 celery
1 potato
1 turnip
1/2 onion
1 leek
2 lbs tender beef (optional)
1 cup distilled white vinegar
1 lime
6 cloves garlic
1 cup bell pepper
6 spring onions
1 cup parsley
½ cup olive or canola oil
1 lemon
Thyme
Salt

Method

1. Cut the beef in cubes. Place in a bowl. Pour in the vinegar and the lime. Wash, rinse with cold water and drain. Set aside. Chop all vegetables.
2. In a blender or food processor, blend garlic, pepper, spring onions, thyme, parsley, oil. Add ¾ of this marinade to evenly coat the meat, along with the juice of the lime and 1 tbsp salt, then let it rest for 20 minutes.
3. When ready to cook, add 1 cup of water. Place meat in large saucepan on medium heat for about 40 minutes, adding water if it gets dry.
4. Place pumpkin or squash in separate saucepan. Add water until covered. Boil for 25 to 30 minutes until tender. Scoop pumpkin from shell into a blender. Add boil liquid and blend thoroughly.
5. Add pumpkin to meat pot with chopped vegetables and herbs and add water. Season with salt and spice as desired. Cover and simmer on low heat until the vegetables are tender, 20 minutes approx.
6. Add 1 tsp of butter, juice of half a lemon and seasoning (onion powder, garlic, black pepper, cayenne pepper) for taste. Add more water if necessary and simmer down to desired consistency.



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How ActionAid is supporting women in Haiti

Jacqueline is a member of an ActionAid-supported cooperative in which women grow and process agricultural produce into products they can sell on the local market, including peanut butter and cassava cakes. ActionAid works with the cooperative to help women increase their income-earning options and develop economic independence.