

Rice and Beans

National Dish of Haiti

A Taste of Haiti official recipe

Ingredients

2 ham hocks
4 cups dried red kidney beans
6 cups of water
1 tbs vegetable oil 6 tsp salt
1 tsp black pepper
12 tbs vegetable oil
16 garlic cloves crushed
2 minced scallions
4 finely diced onions
1 cup minced shallots
1 cup finely diced red bell pepper
2 tsp hot pepper sauce
8 chicken bouillon cubes
4 tsp dried thyme
2 tbs dried parsley
8 cups of long grain rice
3 tbs butter

Directions

In a large sauce pan rinse kidney beans several times. Then bring 16 cups of water to a boil with 4 tbs of vegetable oil, 3 tsp salt, and pepper.

Add the beans and ham hocks and reduce heat. Cover pan and cook (medium heat) for about 1 ½ hours or until the beans are tender. Drain and reserve the liquid.

Heat 2 tablespoons of oil in a heavy pan over medium heat. Add beans and meat from ham hocks (separate meat from the fat, rind and bone) and sauté until beans are crispy. Stir occasionally. Transfer beans and pork to a plate.

Heat 4 tbs of oil in the same pan over medium heat. Add garlic and scallions and sauté for about 1-2 minutes. Add onions, shallots, hot sauce, red bell peppers and sauté for 10-15 minutes.

Add bouillon cubes, 4 cups of bean cooking liquid, hot sauce, thyme, salt, parsley and 16 cups of bean liquid. (Add water if necessary.) Bring to a boil over high heat. Add the rice, beans, and pork. Stir, then lower heat to medium-high and cook uncovered until liquid evaporates (scraping the bottom of the pan about every 5 minutes). Add 2 tbs of oil. Cover the pan tightly and cool on low setting for 20 minutes.

Serves 24.

A Taste of Haiti

Thank you for volunteering to cook a dish
for our Taste of Haiti celebration.

Please follow the directions below:

1. During your preparation of this food please say a pray for the people of our sister parish, St. Genevieve.
2. Please follow the measurements for the recipe.
3. If you are not using a disposable dish please put your name on your dish so that we can return it to you.
4. Please have your dish at the Urban Center no later then 4:00 PM on Saturday, June 6, 2009.
5. If you have any question please call Fr Mike at 860-756-4034.
6. Join us for dinner!

A Taste of Haiti
Saturday, June 6th • 5:00 – 7:00 p.m.

and tickets will also be available at the door:

Adult - \$10.00 Children \$5.00 Family - \$25.00

At the
Franciscan Center for Urban Ministry
(next to St. Patrick - St. Anthony Church)
285 Church St., Hartford, CT 06103