



## **EPIS (Haitian seasoning base for soups + stews)**

BY NADEGE FLEURIMOND

Total Time 10 minutes

Makes about 2 1/2 cups

If you are cooking along with the virtual class, please prepare this in advance as well as the first 3 steps in the soup recipe below.

This blend of onions, scallions, garlic, parsley, bell peppers, and other spices is the foundation for most Haitian dishes, and many Haitians have it in their refrigerator at all times. Even in recipes that do not call for it specifically, it can often be added. Basil brings a freshness to this version; you can also add thyme. In Haiti, a mortar and pestle is used to mash the ingredients together, but a food processor or blender makes it come together much faster. Make a big batch and use it to season meats, soups, rice, and more.

### **Ingredients**

1 small onion, coarsely chopped  
1/2 green bell pepper, coarsely chopped  
1/2 red bell pepper, coarsely chopped  
1/2 yellow bell pepper, coarsely chopped  
6 scallions, coarsely chopped  
6 garlic cloves, coarsely chopped  
1 cup coarsely chopped parsley leaves with tender stems  
1/2 cup olive or canola oil  
6 basil leaves



Purée onion, bell peppers, scallions, garlic, parsley, oil, and basil in a food processor or blender until smooth.

Epis can be made 5 days ahead; cover and chill, or freeze up to 1 month.

## Haitian Beef and Pumpkin Soup (Soup Joumou)

BY NADEGE FLEURIMOND

Makes enough for 5-6 people

Active time 1 hour Total Time 3 hours

½ cup plus ½ tablespoon distilled white vinegar, divided  
½ pound beef shank, meat cut off bones into 1" cubes  
½ pound stew beef (preferably chuck) cut into 1" cubes  
½ cup Epis Seasoning Base  
1 ½ tablespoons fresh lime juice (from about 1 lime) 1 tablespoon seasoned salt  
7 ½ cups beef or vegetable broth, divided  
½ pound beef bones  
1 small calabaza squash (about 1 pound), peeled, cubed, or 1 pound defrosted frozen cubed calabaza squash, or 1 small butternut squash (about 1 pound), peeled, cut into 2" chunks  
2 medium russet potatoes (about 1 pound), finely chopped  
2 carrots (about ½ pound), sliced  
¼ small green cabbage (about ½ pound), very thinly sliced  
1 small onion, sliced  
½ celery stalk, coarsely chopped  
½ leek, white and pale-green parts only, finely chopped  
1 small turnip, finely chopped  
½ green Scotch bonnet or habanero chile  
¾ cups rigatoni  
3 whole cloves  
½ teaspoon garlic powder  
½ teaspoon onion powder  
1 ½ teaspoons kosher salt, plus more  
¼ teaspoon freshly ground black pepper, plus more  
Pinch of cayenne pepper, plus more  
1 parsley sprig (optional)  
1 thyme sprig (optional)  
1 tablespoons olive oil  
½ tablespoon unsalted butter  
Crusty bread (for serving)



If you are cooking along with the Virtual Class, please do these steps in advance:

### **Step 1**

Pour 1 cup vinegar into a large bowl. Swish beef shank and stew beef in vinegar to rinse. Transfer beef to a colander and rinse with water.

### **Step 2**

Stir Epis Seasoning Base, lime juice, and seasoned salt in another large bowl. Add beef, toss to coat, and let marinate at least 30 minutes, preferably overnight.

### **Step 3**

Heat 2 ½ cups of broth in a large stock pot over medium heat. Add marinated beef and bones, cover, and simmer until meat is beginning to soften, about 40 minutes.

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We will begin the virtual cooking class here. Cheryl will be adding squash to the pot of stew meat and while it cooks, she will prep the other veggies and aromatics.

### **Step 4**

Add squash to pot on top of beef, cover, and return to a simmer. Cook until squash is fork-tender, 20-25 minutes. Using tongs or a slotted spoon, transfer squash to a blender. Add 2 cups broth and purée until smooth. Return to pot and bring to a simmer.

### **Step 5**

Add potatoes, carrots, cabbage, onion, celery, leek, turnips, chile, rigatoni, cloves, garlic powder, onion powder, 1 ½ tsp. salt, ¼ tsp. pepper, a pinch of cayenne, parsley, if using, thyme, if using, and remaining 3 cups broth. Simmer, uncovered, until pasta and vegetables are tender, 30-35 minutes.

### **Step 6**

Add oil, butter, and remaining ½ Tbsp. vinegar. Reduce heat to medium-low and simmer until beef is very tender, 15-20 minutes more.

### **Step 7**

Taste and adjust seasonings. Divide soup among bowls and serve with bread alongside.

### **Do Ahead Step 8**

Soup can be made 3 days ahead; cover and chill, or freeze for up to 3 months.