

Celebrating Our Neighborhood

Haitian American Community

The *Cuisine* of Haiti

HAITIAN PORK (GRIOT)



Serves 6-8

INGREDIENTS FOR PORK

- 4 lbs pork shoulder, cut into 2-inch cubes
- 2 limes (or 1 sour orange), cut in half
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 tablespoon fresh thyme
- 3 green onions, chopped
- 1 medium onion, sliced
- 6 cloves garlic, minced
- 1 Scotch bonnet or habanero pepper (whole)
- 2 bay leaves
- 1 tablespoon parsley, chopped
- 1 tablespoon vegetable oil
- 2 cups water or low-sodium chicken broth

INGREDIENTS FOR EPIS MARINADE

Blend into a smooth paste:

- 1 green bell pepper, chopped
- 1 small onion
- 4 garlic cloves
- 2 green onions
- ¼ cup parsley
- 1 teaspoon thyme
- 2 tablespoons olive oil
- 1 tablespoon vinegar or lime juice
- 1 teaspoon salt
- ½ teaspoon black pepper

INSTRUCTIONS

1. Clean the pork:

Rub the pork with lime or sour orange juice and rinse with cool water. Pat dry.

2. Season and marinate:

- Season the pork with 3–4 tablespoons epis marinade, salt, black pepper, garlic powder, thyme, onion, green onions, bay leaves, and parsley.
- Cover and marinate for at least 4 hours (preferably overnight).

3. Simmer

- Place pork in a heavy pot with the water or broth.
- Bring to a boil, then reduce to a simmer and cook for 60–90 minutes, until the pork is tender and most of the liquid has evaporated.

4. Fry

- Heat vegetable oil to 350°F (175°C).
- Fry the cooked pork in batches for 4–6 minutes, until deep golden brown and crispy.
- Drain on a wire rack or paper towels.

SERVE WITH

Diri Djon Djon, pikliz, fried plantains, bean sauce

TIPS

- Pork shoulder gives the best balance of tenderness and crispy edges.
- Marinate overnight for deeper flavor.
- Simmer until the liquid has nearly evaporated before frying—this helps create the signature crisp exterior.
- Fry in small batches to maintain the oil temperature and achieve an even crust.
- Hold cooked griot on a wire rack in a warm oven (around 200°F/95°C) to keep it crispy until serving.



HAITIAN BLACK RICE (DIRI DJON DJON)



Serves 6-8

INGREDIENTS FOR PORK

- 2 cups dried djon djon (Haitian black mushrooms)
- 4 cups water (for mushroom broth)
- 2 cups long-grain white rice, rinsed
- 2 tablespoons vegetable oil or butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon fresh thyme
- 2 green onions, chopped
- 1 Scotch bonnet pepper (whole, do not pierce)
- 1 teaspoon salt (or to taste)
- ½ teaspoon black pepper
- 1 teaspoon chicken bouillon (optional)
- 1 (15-ounce) can red kidney beans or pigeon peas, drained and rinsed (optional)
- 1 tablespoon butter (optional, for extra richness)

INGREDIENTS FOR EPIS MARINADE

Blend into a smooth paste:

- 1 green bell pepper, chopped
- 1 small onion
- 4 garlic cloves
- 2 green onions
- ¼ cup parsley
- 1 teaspoon thyme
- 2 tablespoons olive oil
- 1 tablespoon vinegar or lime juice
- 1 teaspoon salt
- ½ teaspoon black pepper

INSTRUCTIONS

1. Prepare the mushroom broth:

- Rinse the djon djon mushrooms.
- Boil them in 4 cups of water for about 20–30 minutes.
- Strain the liquid through a fine sieve or cheesecloth to remove grit. Reserve the black broth.

2. Cook the seasonings:

- Heat the oil in a large pot.
- Sauté the onion, garlic, thyme, and green onions for 2–3 minutes.

3. Add the rice:

- Pour in the strained mushroom broth.
- Add the salt, pepper, bouillon (if using), and the whole Scotch bonnet pepper.
- Stir in the rice and beans (if using).

4. Cook:

- Bring to a boil over medium-high heat.
- Once most of the liquid has been absorbed, reduce the heat to low.
- Cover tightly and cook for 20–25 minutes until the rice is tender.

5. Cook:

- Remove the Scotch bonnet pepper.
- Stir in the butter, fluff the rice with a fork, and let it rest for 5 minutes before serving.

SERVE WITH

Fried plantains, griot, pikliz, fried fish

TIPS

For a richer, more authentic flavor, many Haitian cooks replace part of the water with chicken stock and add a small amount of butter near the end.



Celebrating Our Neighborhood



SWEET HAITIAN FRIED PLANTAINS (BANNANN MI FRI)



INGREDIENTS

- 2 ripe plantains (yellow with black spots)*
- Vegetable oil for frying
- Pinch of salt (optional)

INSTRUCTIONS

1. Peel the plantains by cutting off both ends and making a shallow slit down the peel.
2. Slice diagonally into ½-inch pieces.
3. Heat about 1 inch of oil in a skillet over medium heat (350–375°F).
4. Fry the slices for 2–3 minutes per side until golden brown.
5. Drain on paper towels.
6. Sprinkle lightly with salt if desired. Serve warm.

**Choose very ripe plantains with plenty of black spots for the best flavor and caramelization.*

HAITIAN FRIED GREEN PLANTAINS (BANNANN PEZE)



INGREDIENTS

- 2 green plantains*
- Vegetable oil for frying
- 1 teaspoon salt
- ½ teaspoon garlic powder (optional)
- Water for soaking

INSTRUCTIONS

1. Peel the green plantains and cut them into 1-inch chunks.
2. Soak in lightly salted water for 5–10 minutes, then pat dry.
3. Fry for 4–5 minutes until just tender but not browned using medium heat (350–375°F).
4. Remove and flatten each piece with a plantain press, the bottom of a glass, or a plate.
5. Fry again for 2–3 minutes until crispy and golden.
6. Sprinkle with salt (and garlic powder if using).

**Use firm green plantains and don't skip the second fry*



Celebrating Our Neighborhood



SPICY PICKLED SLAW (PIKLIZ)



INGREDIENTS

- 1 small green cabbage, finely shredded (~6 cups)
- 2 large carrots, julienned or grated
- 1 medium onion, thinly sliced
- 4 green onions, thinly sliced
- 3 cloves garlic, thinly sliced (optional)
- 1 habanero pepper (to taste)
- 1 teaspoon whole black peppercorns
- 1 teaspoon salt
- 1 teaspoon sugar (optional, balances the acidity)
- 2½–3 cups white vinegar

INSTRUCTIONS

1. Combine cabbage, carrots, onions, green onions, garlic, and peppers in a large bowl.
2. Add salt, sugar (if using), and peppercorns. Toss well.
3. Pack the vegetables tightly into clean glass jars.
4. Pour the vinegar over the vegetables until they are completely submerged.
5. Seal the jars and refrigerate.

WHEN IT'S READY

24 hours = good flavor
2–3 days = better flavor
7 days = best flavor

STORAGE

Keep refrigerated; best used within 1–2 months.
Always use a clean utensil to remove pikliz from jar.

TIPS

For a brighter, more authentic flavor, use a mix of white vinegar and cane vinegar (about 2 parts white to 1 part cane). Making pikliz at least 2–3 days in advance gives the vegetables time to absorb the vinegar and pepper flavors.



Celebrating Our Neighborhood

