



HostAtHome



INTRODUCING HOST AT HOME FOR HAITI

RAISE INTEREST AND MUCH NEEDED FUNDS FOR HAITI

How to take part:

- Invite your friends over on Wednesday 25th January.
- Pick your dish, get your ingredients and have fun preparing in the kitchen.
- Entertain with a delicious meal while raising funds.
- Have a great night!

Tips/Recommendations:

- We suggest you ask each guest to pay €20 for the night.
- Run a raffle on the night with a fun prize.
- We have a few suggested recipes below but feel free to explore the web for more recipes. A good site is:

www.islandflave.com/recipes/65-haitian-recipes

See below for details on how to **WIN** an iPhone 4



haiti week





Creole chicken



Try this Haitian-style chicken in sauce. You would be amazed at how a slow simmering sauce can actually turn basic poultry into a fantastic dish.

Servings: 4-5

Ingredients:

- 1 medium-sized chicken or 6 whole chicken thighs
- 1 lime or lemon
- Chopped garlic (taste)
- Salt and pepper
- Ground cloves
- Small amount of oil (4 to 5 tbsp)
- 1 large onion sliced in rounds
- 2 green bell peppers, sliced
- 1/3 cup of tomato paste (approximately)
- 3/4 cup of water (approximately)
- 1 hot pepper (optional, to taste)

Preparation:

1. If using a whole chicken, cut it in pieces
2. Wash the pieces with water, rub them with lemon (or lime) and sprinkle with salt and pepper
3. Place in oven proof dish and in the oven. Bake uncovered at low heat (350 °F) for at least 45 minutes until the chicken is thoroughly cooked.
4. Heat oil in a pan and quickly fry the pieces until the meat turns light golden
5. Re-arrange the chicken pieces in the large pan and sprinkle the onions and the bell peppers over them
6. Combine the garlic, tomato paste, water and ground cloves in a bowl and mix well. Add additional seasoning to taste and pour the sauce over the chicken pieces, onions and bell peppers. Add the hot pepper if desired.

Haitian Shrimp Gumbo



Shrimp Creole is a quintessential Haitian seafood dish. Shrimp are cooked in a spicy, tomato sauce and poured over rice. Delish!

Servings: 6

Ingredients:

- 1 lb. shrimp, cleaned and cooked
- ¼ cup chopped green pepper
- ½ cup chopped onion
- 1 clove garlic, minced
- 3 Tbs. butter
- 2 cups canned tomatoes
- 1 (8 oz.) can tomato sauce
- ½ cup water
- 1 cup finely chopped celery
- 1 tsp. prepared mustard
- ½ tsp. sugar
- dash of Tabasco sauce
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 bay leaf
- 3 cups hot cooked rice

Preparation:

1. In a frying pan sauté pepper, onion, celery, and garlic in butter.
2. Add tomatoes, tomato sauce, water, prepared mustard, sugar, Tabasco, seasonings, and bay leaf.
3. Simmer 20 to 25 minutes, stirring often. Add shrimp and simmer 10 minutes longer. Remove bay leaf.
4. Serve over rice.





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Riz et Pois Rouges (Rice and Red Beans)



Riz et Pois Rouges is a prominent Haitian dish that is very popular in the whole country, as well as in Caribbean region. This can be a main or a side dish. Yum!

Servings: 5-6

Ingredients

- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 medium green bell pepper, chopped
- 2 Tablespoons vegetable oil
- 1 cup rice, uncooked
- 2 cans (15 ounces each) kidney beans, drained
- ¼ pound ham, chopped
- ½ teaspoon cumin
- ¼ teaspoon salt
- ¼ teaspoon oregano
- ¼ teaspoon crushed red pepper
- 2½ cups boiling water

Procedure

1. Preheat oven to 350°F.
2. Heat oil in a large skillet.
3. Cook and stir the onion, garlic, and green pepper until tender, about 3 minutes.
4. In a separate bowl, combine and mix all the remaining ingredients.
5. Combine the two mixtures in the bowl and stir well.
6. Pour entire mixture into an ungreased 2-quart casserole dish.
7. Cover and bake until liquid is absorbed and rice is tender, about 55 minutes.
8. Stir before serving.

The most important!!! **Rum sour...**



Rum Sour The name is self explanatory, these will get rid of those cold chills!!

Ingredients

- 2 oz golden rum (Bacardi gold or any light golden rum)
- 1 oz lemon juice
- 1/2 tsp superfine sugar

Procedure

1. Combine the rum, lemon juice, and sugar in a shaker half-filled with ice cubes.
2. Shake well, and strain into a sour glass.
3. Garnish with an orange slice and a maraschino cherry.

THE FINAL STEP:

Please lodge the money to Haven. You must include 'Host + Your Name' in the narrative.

Bank of Ireland

Account no.: 19 98 65 78

Sort code: 90 09 73

Thank you for taking part. We hope you enjoyed it.

WIN

The Host with the most will win an **iPhone 4**. The average amount raised will be €150. Can you beat this?

To be in with a chance of winning simply lodge your money raised by **Monday 30th** January.

We will announce the winner on the [Haiti Week Facebook page](#).

haiti week

