

HAITIAN “JOUMOU”



Ingredients:

2	Teaspoons	Whole Cloves
2	Teaspoons	White or Black Peppercorns
2	Quarts	Chicken Stock
1	Tablespoon	Red Pepper Flakes
1	Small	Butternut Squash
1	Small	Red Onion, peeled and chopped
1	Medium	Green Pepper, chopped
1	Large	Potato, peeled and cubed ½”
1	Large	Carrot, peeled and cubed ½”
1	Small	Turnip, peeled and cubed ½”
1	Cup	Red Cabbage, shredded
2	Cups	Wild Rice blend
½	Teaspoon	Ground Nutmeg
1	Large	Lemon, juiced and zested
2	Teaspoons	Salt
1½	Pounds	Cooked Chicken

Directions:

1. Place cloves and peppercorns in a sachet bag, or wrap & tie in cheesecloth. Crush lightly.
2. Peel, halve and remove seeds from squash. Cut into 1” cubes. Place in 6 quart pot with the chicken stock, red pepper flakes and clove/peppercorn sachet. Bring to a boil.
3. Reduce heat and simmer until squash is very tender. Remove sachet and smash the squash with a potato masher leaving a few chunks.
4. Zest and juice lemon. Whisk together the nutmeg and lemon juice and add to pot with the remaining ingredients. Simmer until the rice is al dente – about 25 to 30 minutes.