



## Recipe Suggestions

More recipes and growing tips for each plant –[www.loghouseplants.com](http://www.loghouseplants.com)

### PIKLIZ

The most basic form of pikliz, which keeps like other refrigerator pickles. Some recipes include fresh sour orange juice or fresh lime juice, in addition to vinegar and salt. Improvise according to taste. Pikliz is a simple pickled vinegar/fermentation preserve, like a cross between kimchee and coleslaw. It tastes incredible fresh, as well as months later when the flavors have truly melded together and the textures stay crisp, with a satisfying tang. Pikliz makes a superb companion to fried specialties such as griot and akkra, and as a condiment for soups. Spicy pikliz juice is often called for in Haitian recipes, in lieu of hot sauce.

6 Scotch Bonnet peppers	¼ cup green peas
2 cups thinly sliced or shredded cabbage	1 teaspoon salt (optional)
½ cup thinly sliced or shredded carrots	4 whole cloves
¼ cup thinly sliced or shredded onion	8 to 10 peppercorns (optional)
3 cups vinegar	

Snip off the stem of the peppers, cut each into 4 pieces, and keep the seeds. Place hot peppers, cabbage, carrots, onion, green peas, cloves, salt, and peppercorns in a quart-size jar, then add the vinegar. Close jar tightly and let sit at least 24-48 hours before using. Once you commence using it, store in the refrigerator. It lasts for months.

### AKKRA

Akkra are fried appetizers made with fresh southern peas, not dried- try these with [any of the southern peas in the Grow Haiti collection](#). Especially recommended for this recipe are the purple hull peas. [Malanga](#), or taro root, can easily be found at many large supermarkets, but most often at international markets. Some recipes include cod fish. Typically, pikliz is served alongside akkra. Here is a version with malanga from [A Taste of Haiti](#), by Mirta Yurnet-Thomas:

1 pound <a href="#">malanga</a>	1 garlic clove
1 cup <a href="#">black-eyed peas</a> (not dried)	1 scallion
1 teaspoon salt, or to taste	1/4 cup green bell pepper (optional)
1 teaspoon black pepper, or to taste	1 Scotch Bonnet pepper (seeded)
1 shallot or 1/2 onion	1 egg, beaten
1 tablespoon flour	1/2 teaspoon baking powder
2 cups oil	

Grate the malanga to make 2 cups. In the blender, mix the black eyed peas, 1/2 cup water, salt, black pepper, scallion, shallot or onion, garlic, green bell pepper, and scotch bonnet pepper until it's the same thick consistency of the grated malanga.

In a bowl, mix the malanga with the black-eyed pea mixture. Mix in the beaten egg. Mix in the flour and baking powder until you get a nice consistency.

Heat the oil on high heat until very hot. Very carefully, drop in a tablespoonful of the mixture at a time into the very hot oil. Do not turn to other side until the fritter is very dark brown. Scoop out any extra mix that breaks away from the batter in the hot oil, so it does not clutter or burn the oil. Drain on absorbent paper.

## CALALOU

A dish full of stories, from island to island. See our website for a more in depth look at this iconic dish. Our [Red Callaloo amaranth](#) leaves will work perfectly in this version found on Chowhound. To make the vegetarian version, just leave out the ham, and if you eat seafood, add fresh crab for a truly Caribbean taste!

1 lb [callaloo greens](#)  
1 lb [okra](#), topped and tailed  
1 medium-size onion, coarsely chopped  
1 bouquet garni: scallions, fresh thyme, and parsley  
salt and pepper to taste  
1/2 scotch bonnet pepper, minced  
6 1/2 c water  
1 clove garlic, minced  
1/2 lb cooked ham, cut into 1/4-inch dice  
juice of three limes

Clean the callaloo thoroughly, and remove the woody ribs. Chop the okra and the callaloo and place them in a large saucepan. Add the onion, bouquet garni, salt and black pepper, chili, and water. Bring to a boil and cook, covered, over a medium flame for 30 minutes. Remove the mixture from the heat and put it through a food mill until it is a smooth purée. Throw it back in the saucepan and add the garlic, ham, and lime juice. Continue to cook over medium low heat for 10 minutes. Do not allow the soup to come to a second boil or it will lose its texture. Serve immediately.

## PEANUT PRALINES

This recipe is one of many found in the definitive history Peanuts, *The Illustrious History of the Goober Pea* by Andrew F. Smith (who is also author of the definitive history *The Tomato in America, Early History, Culture, and Cookery*). This version is reprinted from *The Picayune Creole Cook Book*, 2d ed. (New Orleans: The Picayune, 1901), p. 376.

1 Pound of Peanuts.  
1 Pound of Brown Sugar.  
4 Tablespoonfuls of Water.  
1 Tablespoonful of Butter.

Shell the peanuts and break into bits. Then set the sugar and water to boil, and as it begins to simmer add the peanuts and the butter. Stir constantly and as it bubbles up once take from the fire, pour from the spoon on the marble slab or a buttered plate, and set away to harden.