



"Bouyon Bef" Haitian Soup with Beef

Ingredients:

2 lbs. stew beef or beef shoulder chuck roast
3 – 5 Garlic Cloves
2 Plantains
1 ½ - 2 cups Flour
1 Onion
1 cup Carrots
2 cups Spinach
2 tbsps. Lime or Lemon or Sour Orange Juice
½ tsp. Adobo
Water

4 tbsps. Epis
2 medium Potatoes
2 Maggie Chicken Bouillon Cubes
2 bunches of Watercress
2 – 3 stalks of Celery
1 cup Green beans
2 tbsps. Vegetable Oil
½ tsp. Seasoning Salt
Salt to taste

Directions:

1. If using beef shoulder roast, trim off any excess fat and cut it into large bite sized chunks. Take roast pieces or beef stew and clean them. Set aside in a bowl to marinate in the following steps.
2. In a small bowl, add 2 tbsps. of either lime juice, lemon juice, or sour orange juice. Add 1 Maggie cube and microwave for about 30 seconds. Crush the cube in the juice until it dissolves. If desired, this step can be skipped and you can add these ingredients directly to the meat in step 3.
3. To the bowl with the beef, add 4 tbsps. of epis, ½ tsp. of seasoning salt, ½ tsp. of Adobo, and the dissolved Maggie cube in the citric juice. Also add in 1 diced onion and 3 – 5 crushed garlic cloves. Mix the ingredients well and set aside to marinate while preparing the vegetables.
4. Peel 2 plantains and cut into about ½ inch width pieces. Set them aside in a bowl of cool water to prevent them from turning brown.
5. Wash, peel and cut 2 medium potatoes into bit sized pieces. I highly recommend choosing a waxy potato like red or gold. Avoid russet potatoes. Don't cut them too small in order to keep them from easily breaking apart in the soup. Set these aside in a bowl of cool water to prevent them from turning brown.
6. Rinse off 2 – 3 stalks of celery and dice them.
7. For the carrots, if using baby carrots, rinse and set 1 cup aside. If using whole carrots, wash them, peel them, and cut into 1 inch pieces.

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8. Wash then cut off the ends of about 1 cup of fresh green beans and cut them into 1 inch pieces. Set them aside.
9. Cut off the thick stems of 2 bunches of watercress and discard. Thoroughly wash the watercress. Set them aside.
10. Set aside about 2 cups or an 8oz package of fresh spinach. If using a fresh bunch, be sure to cut off the long stem and thoroughly wash them. Set the spinach aside.
11. Place a large pot on high heat, add 2 tbsps. of vegetable oil and the marinated meat. Cover the pot with its lid and cook for about 10 minutes.
12. After about 10 minutes, the beef would have produced its own juices. Stir the contents and continue to cook covered until the liquid dries, approximately another 10 minutes.
13. Once the liquid runs dry, sauté the beef on high heat, stirring occasionally, until the beef darkens and develops a deep color. You want it to almost "burn" but not literally. Do this for about another 5 – 10 minutes.
14. Add about 2 cups of water and let the meat return to a boil while covered. Cook for about another 20 minutes. By then, the meat should be cooked but still a little tough. It will continue to cook and soften with the addition of the vegetables.
15. To the pot, add in the prepared vegetables: celery, carrots, green beans, watercress, spinach, and plantains. Do not add in the potatoes at this time.
16. Add in 2 quarts of water to the pot. Add in the second Maggie cube into the water. Cover the pot and allow it to come to a boil.
17. Meanwhile, prepare the "boys" (dumplings). In a bowl, combine 1 ½ cups of flour with ½ cup of water. Mix and combine well to form a dough. You may add more water or flour as needed. Knead the dough with your hands until it becomes nice and uniform. Tear off a small portion of the dough and spin it back and forth between the palms of your hands to form thin logs. It's better to form them thin. They will eventually swell up but it will also allow them to cook faster.
18. As soon as the soup has come up to a boil, add in the dumplings. Let the dumplings boil in the liquid for at least 2 minutes before stirring the contents in the pot. Let the soup boil for about 15 - 20 minutes.
19. At this time, you can sample the liquid and then add salt to taste if desired. Afterwards, add in the potatoes. Stir the contents and let it cook covered for an additional 10 minutes. The potatoes should then be cooked through but not so soft as to break apart in the soup. Turn off the heat and the bouyon is ready to be served.