



“Epis”
Haitian Seasoning/Spice

*Yields approximately 9 cups

Ingredients:

5 bunches of Scallions

3 - 4 Small to Mediums Sized Onions

2 Bunches of Parsley (Flat Leaf/Italian or Curly)

3 – 4 Peppers (Red and/or Green)

Several Cloves of Garlic

6 Maggie cubes

1 – 1 ½ cups Oil

Scotch bonnet peppers / Habenero peppers (optional)

Directions:

1. Cut off ends of scallions, cut each stalk in half, thoroughly wash and set them aside.
2. Cut off the stems of parsley, thoroughly wash, and set aside.
3. Peel and quarter about 3 - 4 small to medium sized onions and set aside.
4. Peel several cloves of garlic, trim off the ends and set aside.
5. Wash and cut 3 - 4 medium sweet peppers (red and/or green) and set aside.
6. Remove 6 Chicken Maggie Bouillon cubes from wrapper and set aside.
7. In a large blender, pour in 1 cup vegetable oil and begin to stuff the blender with as much of the above ingredients as possible.
8. Blend on high until you have more space to place in the remaining ingredients. You may have to do this a couple of times to get all the ingredients in. You may add another ½ cup of vegetable oil if needed in order to get it to fully blend.
9. (Optional) If you desire a kick, you can blend in 2 -3 scotch bonnet or habanero peppers with the stems removed.
10. Pour contents into a large storage container and keep refrigerated. It may also be frozen.
11. Use spice according to various recipes.