



“Kodenn nan Sos” Haitian Turkey Stew

Ingredients:

3 lbs. Turkey Wings	1 tsp. Garlic Powder	1 tsp. Seasoned Salt
1 Maggie Chicken Bouillon Cube	¼ tsp. Cloves	¼ cup Sour Orange
¼ cup Epis	2 – 3 springs of Thyme	3 Garlic Cloves
¼ tsp. Salt and to taste	2 tbsps. Lemon Juice	3 – 4 tbsps. Tomato Paste
3 – 4 tbsps. Vegetable Oil	2 tbsps. Butter	½ large Onion
½ Green Pepper	½ Red Pepper	¼ tsp. Sugar
1 Scotch Bonnet or Habanero Pepper, minced		1/8 tsp. Accent (optional)

Directions:

1. Using chopped turkey wings, clean them according to the “Cleaning Chicken” page. Remove any unwanted pieces but overall, the skin can remain on for this recipe. Be sure to “shodé” the turkey, an additional step mentioned on the “Cleaning Chicken” page.
2. To marinate the turkey, add in the following ingredients: 1 tsp. garlic powder, 1 tsp. seasoned salt, 1 crushed Maggie cube, ¼ tsp. cloves, ¼ cup of sour orange, ¼ cup of epis, 2 – 3 sprigs of thyme, 3 crushed garlic cloves, 1 minced hot pepper, 1/8 tsp. accent (optional). (You can also dissolve the Maggie cube in the sour orange if it isn’t the crumbly kind to make it easier.) Let it marinate in the refrigerator for at least 30 minutes or overnight. As always, the longer it marinates, the better.
3. In a large pot on high heat, add 3 – 4 tbsps. of vegetable oil and ¼ tsp. of sugar. Allow the sugar to darken.
4. Once the sugar darkens, add in the turkey a piece at a time so that they all touch the bottom of the pot. Be careful as the oil may splatter. Cover the lid, reduce heat to medium and let it cook for 20 - 30 minutes. The turkey will render a lot of it’s own liquid as it cooks.
5. Meanwhile, slice ½ of a large onion into rings, ½ of a green bell pepper, and ½ of a red bell pepper. Set the vegetables aside.
6. When the liquid dries, sauté the turkey in the oil for about 2 -3 minutes, until the turkey darkens and develops color.
7. Add about 2/3 cup of water to the bowl that the turkey marinated in to gather up any residual marinade. Pour the liquid into the pot with the turkey. Let it cook until it dries once more, about 10 -15 minutes.
8. Once the liquid dries, spread the turkey to form an opening in the middle of the pot and add 3 – 4 tbsps. of tomato paste. Sauté the tomato paste in the center for about a minute, stirring frequently. Then, combine the turkey with the tomato paste and mix thoroughly. Sauté for about 2 – 3 minutes, stirring frequently.



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9. Add 4 cups of water and 2 tbsps. of butter. As it returns to a boil, mix contents thoroughly. Let it boil for about 5 – 10 minutes, just enough for the sauce to slightly reduce. Sample the sauce and add salt to taste if desired.
10. Add in the sliced onions and peppers. Mix thoroughly and turn off the heat. The residual heat will slightly cook down the vegetables but will let it retain a nice crunch. The “kodenn nan sos” is ready to be served and best accompanies your choice of rice.