



“Legume”

Ingredients:

4 lbs. Stew Beef	4 lbs. Pork Neck Bones	6 Carrots
½ cup Epis	4 sprigs of Thyme	1 tsp. Seasoning Salt
1 tsp. Garlic Powder	1 tsp. Accent	1 Maggie Chicken Boullion Cube
10 Cloves	2 tbsps. Lemon Juice	5 cloves of Garlic, crushed
½ cup of Vegetable Oil	2 large Eggplants	5 – 8 Chayotes
Spinach	½ cup of Tomato Paste	¼ cup of Butter

Directions:

1. With most Haitian cuisine, cleaning the meat that will be used in a recipe is imperative. After removing most of the fat and junk from the pork neck bones, you can combine it with the beef stew in a large bowl and clean them.
2. Once meat has been cleaned, add the following ingredients: ½ cup Epis, 4 sprigs of Thyme, 1 tsp. Seasoning Salt, 1 tsp. Garlic Powder, 1 tsp. Accent, 1 Maggie Chicken Boullion Cube, 10 Cloves, 2 tbsps. Lemon Juice, and 5 cloves of crushed Garlic. Mix all the ingredients well to incorporate in the meat then set it aside to marinate for at least ½ an hour while you prepare the vegetables.
3. Peel, wash, and cut in half at least 6 carrots. Set the carrots aside.
4. Peel the skin off of 2 large eggplants and quarter them lengthwise. Under cool running water, carefully scoop out with your thumbs as much of the seeds as possible. It is much easier to remove the seeds under running water than trying to scrape them out. It would be best to gently slam it on a hard surface as you rotate to get to all sides. This will help loosen up all the seeds. Set the eggplants aside.
5. Place 6 - 8 chayotes in a bowl with cool water. Peel these under water in the bowl or under running water. After peeling the skin, cut them in half lengthwise revealing its core. Scoop out the core and discard. If the chayote happens to have brownish specs all throughout the inside, throw it away as it is no longer good. After removing the core, cut the halves into half once more. Set the chayotes aside.
6. In an extra large pot, pour in ½ cup of vegetable oil and put on high heat. Add in the marinated meat. On top of the meat, place in carrots, eggplants, and chayote.
7. To the top of the vegetables, add in as much spinach as you can fit. For the amount of spinach, you may have to do it in 2 batches. After the first batch, about 2 pounds, cover the lid to the pot and let it cook on high for about 10 minutes. After 10 minutes, lift the lid to add in the remaining 2 pounds (DO NOT STIR THE CONTENTS) and return the lid to the pot. If you don't have a big enough pot, you can always boil the spinach separately.



*Legume continued...

8. Continue to cook the contents covered on high for about another 40 - 50 minutes. Do not lift the lid or stir the contents in the interim. The meat should have produced enough of its own juices to keep everything from drying up. Once the time has elapsed, the meat should be cooked and tender but should not be too soft to the point of breaking apart.

9. Reduce the heat to low and remove the contents from the pot separately. Place the spinach in one container, the chayotes and eggplants together in another container, and the carrots to a cutting board.

10. Dice the cooked carrots and set it aside.

11. With a potato masher (or the underside of a cup), mash the chayotes and eggplants together until it forms a "mush". Strain the mush with a fine mesh strainer. Set the chayote and eggplant mush aside and reserve the liquid.

12. Returning to the pot, remove as much of the liquid in the pot as possible so that only the meat remains. Return the heat to high, add in ½ cup of tomato paste, mix the contents together and sauté the meat so that it will darken and develop color. Add in a little bit of the liquid that was removed whenever needed only to keep the meat from completely burning. Sauté the contents for about 5 - 10 minutes.

13. To the pot of meat, add in the spinach, mush (chayote and eggplant), mix contents thoroughly. Once well incorporated, add in carrots last so that they won't fully break apart.

14. Leave it on high stirring every couple of minutes until the squash becomes a dark color. Add in 1/4 cup of butter and mix thoroughly until melted and well combined. Add salt to taste if desired. If you feel it is too dry, you may add a little of the reserved liquid. It should not be too wet/saucy nor too dry. Turn off heat once complete. This is best served with white rice and sauce pwa.