



## “Labouyi Farin” Haitian Flour Porridge

### Ingredients:

¾ - 1 cup Flour  
1 can Carnation Milk  
2 – 3 cups Water  
1 tbsp. Star Anise  
5 Cinnamon Sticks  
4 – 6 tbsps. Sugar or to taste  
Peel of 1 Lime  
½ tsp. Salt  
Ground Cinnamon and/or Ground Nutmeg (optional)

### Directions:

1. In a pan on medium low to medium heat, place in about ¾- 1 cup of flour. Stir frequently to keep the flour from burning.
2. Once the flour has toasted (approximately 15- 25 minutes), turn off the heat and transfer the flour to baking sheet or any container to allow the flour to cool down.
3. While allowing the flour to cool, place the cinnamon sticks, star anise, 2 cups of water, and 1 can carnation milk in a pot on high heat. Also, mix in the ½ tsp. of salt and 4 – 6 tbsps. of sugar based on your preference for sweetness.
4. Meanwhile, wash 1 lime and peel the skin. Add the skin to the pot.
5. As the liquid comes to a roaring boil, reduce heat to medium and let it continue to simmer. Allow it to reduce close to half, approximately 8– 10 minutes or so.
6. Transfer cooled flour to a bowl. Add a little bit of water at and time and whisk until it becomes smooth, uniform, and runny. This may take up to 1 cup of water or even more.
7. Place a wire mesh strainer over the pot of simmering milk and pour the flour/liquid mixture into the strainer. This helps prevent large clumps from getting into the pot of labouyi.
8. Mix the contents of the pot with a whisk until it is well combined. As it continues to cook, it should form the consistency of a batter. Sample the labouyi and add additional sugar to taste if desired. Continue to simmer on low to medium heat, stirring frequently until the “batter” slightly thickens to your desired consistency. If too thick, you can loosen with a little more water or carnation milk. After plating, sprinkle ground cinnamon and/or nutmeg and the Labouyi Farin is ready to be served.