

Chef Jason's Soup Joumou (Haitian Pumpkin Soup)

For Epis-

- 1 Green bell pepper, stemmed, seeded and chopped
- 1 Red bell pepper, stemmed, seeded and chopped
- ½ White onion, chopped
- ¼ c White vinegar
- ¼ c Extra-virgin olive oil
- 1 Celery stalk, chopped
- 2 Scallions, trimmed, chopped
- 5 Cloves garlic
- 1T. Better than bullion beef base (optional)
- 1 ½t Kosher salt

For soup-

- 1lb Chuck cut into ½ inch pieces
- 1lb Beef marrow bones
- 1c white vinegar
- ½ c Lime juice, about 4-5 limes
- 6 T Epis
- 10 c Beef stock, divided
- 2 Lbs. Calabaza squash, peeled seeded, chopped- butternut or kabocha can also be used
- 4T Extra-Virgin Olive Oil
- 3T Tomato paste
- 3-4 Large Russet potatoes, cut ¾ in
- 1 Turnip cut ¾ in
- ½ Small head of green cabbage, chopped or shredded
- 4 Carrots sliced
- 1 Lg White onion
- 2 Celery stalks, sliced
- 2-4 Scallions chopped

¼ t Ground cloves* or 4 whole cloves**
½ t Freshly grated nutmeg*
3 Sprigs parsley**
1 Scotch bonnet/habanero pepper, small slits cut into sides**
5 or 6 sprigs of thyme**
½ c. Pasta- macaroni or similar pasta
Salt and pepper
Lime and parsley for garnish

Prepare the Epis: Combine all the ingredients in a food processor or blender and purée. Reserve 6 tablespoons of marinade transfer to a large jar and refrigerate for up to 6 weeks. It can be used to marinate beef, fish or chicken.

Prepare the soup: In large bowl swish the beef and bones with vinegar, transfer to colander and rinse with warm water, transfer the meat back to bowl. Add the lime juice and rub it into the meat until coated. Add 6 tablespoons epis seasoning and toss to coat. Cover and refrigerate to marinate, overnight or for at least 30 minutes.

In large pot bring 8 cups of stock to boil. Add squash. Boil until tender. Reserve 4 cups of liquid. Let squash and remainder of liquid cool a bit. Go to next step while this is hanging out. Once cooled use immersion blender or standard blender to puree

In a large frying pan heat 2 tablespoons oil over medium/med high. Add the meat with its marinade, Cook the meat, stirring occasionally, until the mixture caramelizes and darkens, about 20 minutes. Add 2 cups stock. Cover and simmer 30 min

In large stock pot heat 2 tablespoons oil over medium-high heat. Add veggies, herbs, and spices. Sauté until onions are translucent. If using whole cloves, remove. Add tomato paste. Stir for a couple min. to get the “raw” tomato flavor out of paste. Add squash puree and liquid. Simmer 15-20. Find scotch bonnet and discard or eat if your brave enough.

Add beef and juices. Cook until tender

Add pasta cook until al dente

If the soup is too thick for your taste add more stock. Remove pot from heat season with salt and pepper. Garnish and serve with crusty bread

* Shooting the video was the first time I ever made Soup Joumou. After my 2nd bowl, I looked at Dulce and said “There’s something missing” So I went to the cupboard and got out ground cloves. I added a teeny tiny pinch.... Close! I got out whole nutmeg, couple times over my micro-plane.... Perfect!

** If using whole cloves, make a bouquet garni, a parcel of herbs and spices tied in cheese cloth, along with the thyme and parsley for easy retrieval. You could also add the scotch bonnet as well If using ground cloves, tie up herbs with twine and attach to pot handle or do previous.