

History of Soup Jaumou

Manami's notes on Food.com about sum up this traditional and beloved Haitian soup. I would add one thing: most French pumpkin soups rely on heavy cream. This soup nixes the cream, and instead adds citrus flavors - a west African twist. As with so many things, the Haitians have combined European and African elements, to create something uniquely Haitian.

Manami's Notes:

Yum!! Yesterday was January 1st and as in all the years before (don't know how many), I had the soup for lunch and it was awesome! This is the real traditional recipe. One very distinctive feature of the soup is that the beef it calls for is rubbed with the juice of limes or sour oranges before being added to the pot. This lends to the soup a slightly sour tang, a welcome balance to the pumpkin's sweetness, but also an apt metaphor for the Haitian Revolution's bittersweet legacy. It is a great image. No wonder this soup has become the touchstone of Haiti's fervent wish for peace and freedom. A symbol of communion and brotherhood, that shines through today's dark days of poverty and continuing political strife. The Haitians around the world make it and eat it not to celebrate the New Year but to commemorate Independence Day, remembering the past and to hope for the future. During slavery, only the French colonists could drink this delicious and sweet-smelling meal on special occasions while slaves were to drink simple bread soup. Well, on January 1st 1804, during the Independence celebration when this country became the world's first independent black republic, an enormous pot of pumpkin soup was invented and everyone present was served a bowl to show that we as descendants of slaves could unite and produce something extraordinary. That is one of the reasons why we drink this soup with such great passion!

Read more: <http://www.food.com/recipe/soupe-joumou-haitian-pumpkin-soup-soupe-augiramoun-204430#ixzz1bS9w9uOY>

Soup Jaumou

(Short version of recipe)

- 2 pounds Butternut squash peeled and cut into large chunks**
- 1 ½ pounds beef stew meat**
- 1 lime juiced**
- 3 scallions, including green tops, chopped**
- 1 onion, chopped**
- 4 garlic cloves, crushed and minced**
- 1 green pepper, sliced thin**
- 2 tablespoons Louisiana Hot sauce**
- 1 tablespoon salt**
- 1 teaspoon pepper**
- 4 celery stalks, cut into 1 inch chunks**
- 10 cabbage leaves, cut in four pieces each**
- 1 leek, sliced into 1 inch pieces**
- 2 large carrots, peeled and cut in 1 inch pieces**
- 4 to 6 cloves**
- ½ c macaroni**
- 5 small red potatoes, peeled and cut in quarters**
- 1 Habanera pepper, whole and pricked with fork twice**
- 1 tablespoon butter**

Marinate meat in lime juice, scallions, onion, garlic, green pepper, hot sauce, salt and pepper. You can marinate meat for 1 hour or 1 day in advance.

Hint: the butternut squash will be much easier to cut and peel if you bake it in the over for half an hour, beforehand.

In medium pot, cook squash over medium heat in 6 cups of water until tender. Mash squash in water.

In stockpot, cook meat covered in 1 cup of water over medium heat for 40 minutes. Add 3 cups of water and mashed squash to meat. Cook for 40 minutes over low boil.

Add the cabbage, celery, leek, carrots, and whole cloves. Cook uncovered for twenty minutes. Add macaroni, potatoes, Habanera, and butter. Cook uncovered for another twenty minutes. Taste and more salt and pepper if needed. Remove Habanera.

You are done! Thank you.