



Pumpkin Soup / Soup Joumou

Servings: 8 to 10

Ingredients:

- 2 pounds pumpkin, peeled and cut into large chunks
- 2 pounds beef neck bones
- 1 lime, cut in half
- 2 scallions, including the green tops, chopped
- 1 onion, chopped
- 4 garlic cloves, crushed and minced
- 1 shallot, minced
- 2 chives, minced
- 1 green pepper, sliced thin
- 2 tablespoons *pikliz* (pickled cabbage & carrots) ...optional
- 2 tablespoons salt, or to taste
- 1 teaspoon black pepper, or to taste
- 4 celery stalks, cut in 1-inch pieces
- 10 cabbage leaves, cut in 4 pieces each
- 1 leek stalk, sliced in 1-inch pieces ...optional
- 2 large carrots, peel, cut in 1-inch pieces
- 4 to 6 whole cloves
- ½ cup spaghetti (or macaroni or a little of both)
- 1 Scotch bonnet pepper, whole and pricked with a fork twice



Pumpkin Soup / Soup Joumou ...continued

Servings: 8 to 10

Directions:

In a medium pot, cook pumpkin over medium heat, in 6 cups water for 30 minutes. Purée pumpkin in the water. While pumpkin is cooking, clean meat with lime, rinse with cold water and drain. Marinate meat with scallions, onion, garlic, shallot, chives, green pepper, *pikliz*, salt, and black pepper. (You can marinate meat from 1 hour to one day in advance for flavour enhancement.)

In stockpot, add the meat with 1 cup water and cook covered, over medium heat for 40 minutes. Add 3 cups of water and purée pumpkin and bring to a boil for 40 minutes.

Add celery, cabbage, leek, carrots and whole cloves. Cook, uncovered, for 20 minutes. Add pasta, potatoes, hot pepper and butter and spoon in dumplings. Cook, uncovered, for 20 minutes. Taste it. If it needs more salt and/or pepper, add to taste.

This soup is traditionally prepared for Haiti's Ancestor's Day (Independence Day) celebrations January 2nd.