

Haiti

Latin America

Menu

1. *Bananes pesees* (banana fritters)

Ingredients:

- 4 bananas sliced 1 in. thick
- Oil for frying

Directions:

Heat the oil in a heavy pan over medium-high heat. Add the banana slices, a few at a time, to the hot oil. Fry the bananas in batches until they just start to brown, then flip and fry on the other side. Remove from the oil and press down on each with a flat-bottomed glass or small plate to a thickness of about 1/3". Return to the oil and fry on each side till well browned. Drain on paper towels.

2. *Riz et pois* (red beans and rice)

Ingredients:

- 1/4 cup olive oil
- 1 onion, minced
- 1 bell pepper, minced
- 3-4 cloves garlic, minced
- 1/2 cup tomato sauce
- 2 cups black beans
- 2 tsp. thyme
- 2 tsp. oregano
- 1 bay leaf
- 1 cup rice
- 2 cups water
- 1 Tbsp. vinegar
- Salt and pepper to taste

Directions:

Heat the oil over medium heat in a large saucepan. Add the onions and peppers and sauté until onions are translucent. Add the garlic and sauté 1-2 minutes more. Add tomato sauce, beans, and herbs. Simmer 5-10 minutes to meld flavors. Add rice, water, and vinegar. Season well with salt and pepper. Bring to a boil, then reduce heat to low, cover tightly and simmer for 15-18 minutes. Remove from heat and let set covered 5-10 minutes more. Stir lightly and serve.

Consumption comparisons

Average calories per person, per day

United States of America: 3,699

Haiti: 1,869

Percentage of children underweight

United States of America: 1%

Haiti: 28%

Life in Haiti

Haiti shares the island of Hispaniola with the Dominican Republic. Most Haitians are descendants of Africans who were brought to the country as slaves by the French. Though the country's official language is French, the majority of its people speak Creole. The Creole culture is a distinctive fusion of African, French, and West Indian elements. Haiti is the most densely populated nation in the western hemisphere. Half of its people are peasant farmers. Some of these farmers own land, but most do not have enough to grow food for their families.

Typical meal

A typical meal consists of bean sauce over rice or cornbread.

Flooding after a storm



After Tropical Storm Jeanne, eight-year-old Therjelin looked at the camera for this picture. She lived in an area of Haiti that was affected by flooding after the storm. Aid agencies, like World Vision, worked to provide people with clean water and food.

References:

Whats 4 Eats. 2006. http://www.whats4eats.com/recipes/r_sal_curtido.html. Accessed June 20, 2006.
Millstone, Erik and Tim Lang. *The Penguin Atlas of Food: Who Eats What, Where, and Why*. 2003. Penguin Books: New York.