Houses built on the mountains just outside of Port-au-Prince, Haiti.

Port Salut, located on the Southern tip of the island of Haiti.

Select portions from the “Haitian Culture Curriculum Guide,” created by Broward County Public Schools, were chosen for this educational supplement.

Photos from unsplash.com unless noted otherwise.
Independence Day in Haiti (January 1)

Independence Day is one of the most important holidays in Haiti. It is celebrated with troops marching in Port-au-Prince. Wreaths and flowers are placed at the foot of the Maroon, a symbol of freedom for all black people.

Maroons were escaped slaves who fought for freedom from the hills. Schools are closed throughout the land. The Haitian flag flies in towns and villages.

A special yellow soup, the “Soup of Freedom” is served. This soup is made of squash and various vegetables and other ingredients. At one time, only rich people could eat this soup.

New Year’s Day
by Emie Clerveau

The first of the year is a day of freedom and independence for all dear Haitians at home and overseas.

The first of the year is the day we give out presents, the day that we visit neighbors and families in order to reconcile and make good wishes.

The first of the year is the day that squash soup is eaten along with the exotic Haitian dishes. A day that cannot be forgotten.

The first of the year brings joy to all little ones as they go from house to house, saluting grown-ups and eating cakes and candies.

The first of the year is the day grown-ups talk to each other and drink “Cremasse”
**Haitian Recipes**

**“Freedom Soup”**
(Soupe Giraudion)

“Freedom soup” is the traditional breakfast in Haiti on New Year’s Day. The soup is very rich and hearty.

According to Haitian history, Dessalines, the liberator of Haiti, advised everyone to get a bowl of soup on the morning of the Independence ceremony in order to stay full during the long hours of festivities.

Only the colonists ate soup. The slaves would prepare it but were not allowed to taste it. In order to affirm their independence, the free Haitians swore to eat soup just like the colonists did. They used all the imported ingredients the masters used in their pottage. This was the birth of the traditional soup.

**Ingredients:**
- 1 yellow squash
- 1 lb beef bones or ox tail
- Vermicelli
- Lek leaves
- Celery
- Thyme, garlic
- Parsley
- Large macaroni
- 3 turnips
- 2 big lemons
- Cabbage
- Salt
- 3 potatoes
- Oil
- 3 carrots
- Water
- Beef stew

**Preparation:**
Wash meat and bones with one lemon. Blend two cloves of garlic, lemon juice extracted from 1/2 lemon, salt, 2 leek leaves and a few sprigs of parsley. Pour the blended herbs on meat. Place the meat, a little bit of oil (2 spoons full), and 2 cups of water into a large casserole dish. Place on the stove over high heat. Reduce heat once the mixture comes to a rapid boil; allow the mixture to boil on medium heat for 1/2 hour or until dry — fry with a little bit more oil, adding sprinkles of water from time to time, and stirring and turning the meat to prevent burning. Peel, cut, and cook squash separately. When it becomes very soft, mash and mix it together. Add 10 cups of water (or use your best judgment) to meat. Then add peeled, washed, and cut vegetables, squash, vermicelli, thyme, and salt to taste. Allow this mixture to boil for 45 minutes.


---

**Cremasse or Kremas**

Cremasse is a national and traditional Creole drink that originated in Haiti during slavery. It is served during holidays and on special occasions.

**Ingredients:**
- 1 can condensed milk
- 1 can coconut milk
- 1 can evaporated milk
- 1 pinch nutmeg powder and cinnamon powder
- 1 pinch grated lime skin
- 1 tsp vanilla extract (or other kind)
- 1 c. sugar or to taste

**Preparation:**
Mix condensed coconut, and evaporated milk in a big bowl. Add sugar, nutmeg powder, lime, and vanilla extract. Using a big spoon, mix until thick. At this point, the Cremasse is put in a bottle and ready to be served. This drink may last for months outside the refrigerator.

[http://haitiancooking.com/recipe/cremas-kremas-or-cremes/cremas-1/](http://haitiancooking.com/recipe/cremas-kremas-or-cremes/cremas-1/)

---

**Bonbon sirop (a Haitian snack)**

**Ingredients:**
- 1 cup sugar cane syrup or maple syrup
- 1 cup brown sugar
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1/3 tsp ground cloves
- 1 lb raisins
- 1/2 cup water
- 4 cups flour
- 1 tsp ginger
- 1 tsp vanilla
- 1 tsp baking soda
- 2 tsp margarine
- 2 tsp shortening

Students should mix all ingredients. Then bake the mixture in a greased and floured 9” x 12” pan at 350° for approximately 30 minutes.

Haitian Pancakes
(Beignets aux figues)

Unlike American pancakes, beignets are not eaten with syrup but with sprinkled sugar or salt. Beignets are eaten after a meal or as a snack when entertaining. Like most Haitian “fritay” (fried foods), beignets are sold in the streets during carnival.

Ingredients:
- 3 ripened bananas
- 2 eggs
- 3 tbsp sugar
- 1/2 c. milk
- 1 c. flour
- 1/2 tsp. vanilla
- 1 pinch of salt, nutmeg powder, cinnamon powder, and baking powder

Preparation:
Mash the ripened bananas. Beat the eggs, and then mix them with the bananas. Add the sugar, milk, flour, vanilla, nutmeg, salt, cinnamon, and baking powder. After mixing all the ingredients together, measure a tablespoon of mixture to make each beignet, and fry it in hot oil. Sprinkle sugar over the fried beignets, and serve them warm.

French Toast
(Pain Perdu)

French Toast is one of the dishes based on French influence in Haiti. It is served as a snack or dessert.

Ingredients:
- Slices of bread
- 1 egg
- 1 cup milk
- 2 tsp. sugar
- 1 pinch salt
- 1 pinch cinnamon powder
- A few drops of vanilla extract
- Butter

Preparation:
Beat egg, and add milk, salt, cinnamon, and vanilla. Soak bread in the mixture, slice by slice. Melt the butter in a flat pan, and drop a slice of the soaked bread in the hot, flat pan. Allow the bread to become brown, and turn the bread over to allow the other side to brown. Sprinkle with white sugar and serve warm.
Haitian Creole

Greetings

<table>
<thead>
<tr>
<th>English</th>
<th>Haitian Creole</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Hello</td>
<td>7. Mwen menm mwen rele...</td>
</tr>
<tr>
<td>2. Good-byé</td>
<td>8. Bonjou</td>
</tr>
<tr>
<td>3. Thank you</td>
<td>9. Padekwa</td>
</tr>
<tr>
<td>4. Please</td>
<td>10. Wi</td>
</tr>
<tr>
<td>5. How are you?</td>
<td>11. Mwen byen, mèsi</td>
</tr>
<tr>
<td>6. No</td>
<td>12. Eskize-m</td>
</tr>
</tbody>
</table>

Colors

<table>
<thead>
<tr>
<th>English</th>
<th>Haitian Creole and Pronunciation</th>
</tr>
</thead>
<tbody>
<tr>
<td>red</td>
<td>wouj (wouge, “j” sounds like “ge” in rouge)</td>
</tr>
<tr>
<td>pink</td>
<td>wòzd (was)</td>
</tr>
<tr>
<td>orange</td>
<td>zoranj (zo-runge, “j” sounds like “ge” in rouge)</td>
</tr>
<tr>
<td>yellow</td>
<td>jònn (jun, “j” sounds like “ge” in rouge)</td>
</tr>
<tr>
<td>green</td>
<td>vèt (pronounced like “vet” in veteran)</td>
</tr>
<tr>
<td>blue</td>
<td>blè (blay)</td>
</tr>
<tr>
<td>purple</td>
<td>mòve/voylèt (mauve/veeyolet)</td>
</tr>
<tr>
<td>black</td>
<td>nwa (noua)</td>
</tr>
<tr>
<td>brown</td>
<td>mawon (“a” as in cat, “wo” sounds like “wa” want, n is soft)</td>
</tr>
<tr>
<td>white</td>
<td>blan (“a” sounds like “u” in hut, n is soft)</td>
</tr>
<tr>
<td>gray</td>
<td>gri (gree)</td>
</tr>
</tbody>
</table>