

Vegetarian Soup Joumou

Recipe by Chef Jouvens Jean.

Preparation time: 30 minutes

Cook time: 1 hour

Serves 6-8

Ingredients

1/4 cup of vegetable oil
4 quarts of water
1 leek (diced)
1/2 of a medium cabbage (rough chopped)
2 Yukon gold potatoes (peeled and medium diced)
2 yellow yams (peeled and medium diced)
2 malangas (peeled and medium diced)
2 pumpkins (deseeded, peeled, and rough chopped)
2 turnips (peeled and medium diced)

1 stalk of celery (rough chopped)
1 medium carrot (peeled and medium diced)
1/2 cup of egg-free penne pasta
1 whole Scotch bonnet pepper
6 sprigs of flat leaf parsley (save 2 for garnish)
3 sprigs of thyme
2 tablespoons of Epis Creole Seasoning
1 tablespoon of Epis

Steps

1. In a medium saucepan over high heat add the water and pumpkin and cook the pumpkin until fork-tender. Remove the pumpkin from the pan and blend using about 2 cups of the cooking liquid until it's pureed, then set aside.
2. In a large saucepan over medium-high heat, add the oil, Epis, potatoes, cabbage, yams, malanga, carrots, leeks, turnips, and celery, and sweat the vegetables once the oil is hot.
3. Add the pumpkin puree and water that was used to cook the pumpkin to the vegetable mixture, then cover and cook for about 10 minutes.
4. Reduce heat by half, add the penne pasta and Scotch bonnet pepper, and allow the soup to simmer for an additional 40 minutes. Season the soup with the Epis Creole Seasoning to taste. Using a butcher's twine, tie the parsley and thyme together and place them in the simmering soup.
4. Garnish with parsley and serve hot.

