

Haitian Epis Soup Recipe

■ What is Epis?

Epis (pronounced 'eh-pees') is a traditional Haitian green seasoning made with fresh herbs, spices, and aromatics. It's used as a flavor base in many Haitian dishes including soups, stews, rice, beans, and meats. Think of it as the Haitian version of sofrito or mirepoix.

■ Haitian Epis Soup – A Simple and Flavorful Recipe

Ingredients:

- 2–3 tbsp Haitian Epis
- 1 tbsp oil
- 1 onion (optional)
- 1–2 carrots, chopped
- 1–2 potatoes or plantains, cubed
- 1 cup cabbage or leafy greens (optional)
- 1 can beans or lentils (or 1 cup cooked meat like chicken or beef)
- 4–6 cups low-sodium broth or water
- Salt, pepper, and herbs to taste
- Optional: dumplings, corn, squash, or yams

Instructions:

1. Heat oil in a large pot over medium heat.
2. Add Haitian Epis and sauté for 1–2 minutes until fragrant.
3. Add chopped root vegetables and sauté briefly.
4. Add beans or meat, stirring to coat with epis.
5. Pour in broth or water and bring to a boil.
6. Reduce heat and simmer for 20–30 minutes, or until vegetables are tender.
7. Season to taste. Garnish with fresh herbs or lime juice if desired.

■ Cultural Note:

Epis is a cornerstone of Haitian cooking—each family has their own version! It brings depth, warmth, and identity to every dish it touches, especially comforting meals like soup.