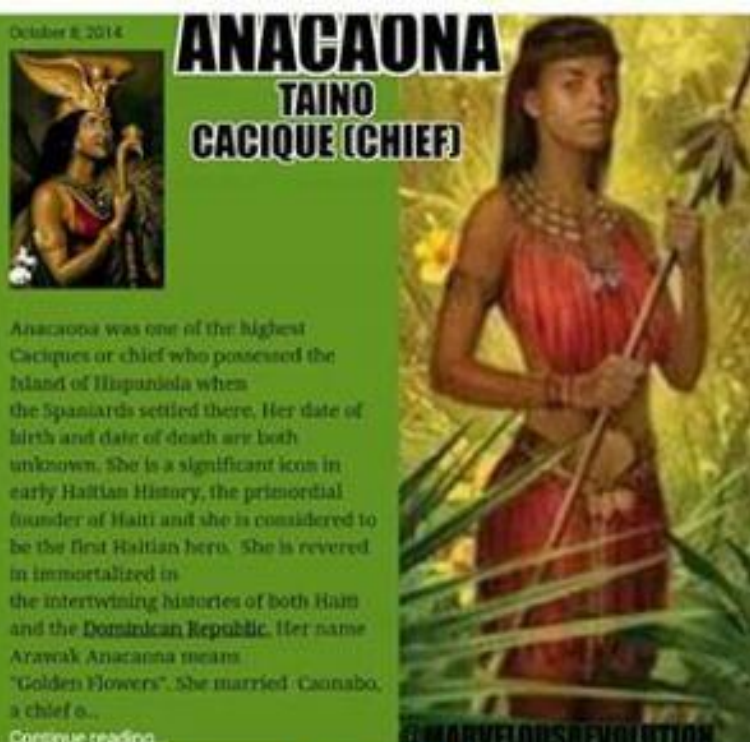




WELCOME


CUISINES OF AFRICA AND ITS DIASPORA IN THE AMERICAS

DeVonn Francis & Chef Stephan Berrouet Durand (Haiti)
Jamaica, Haiti, and French-speaking Caribbean




Anacaona was one of the highest Caciques or Chiefs who Possessed the Island of Hispaniola When the Spaniards Arrived on the island. She is a significant icon in early Haitian History as the primordial founder of Haiti and she is Considered the first Haitian hero. She is revered and Immortalized. Her name in Arawak, Anacaona means “Golden Flower” She Married a Chief by the name of Caonabo. **Caonabo** (died 1496) was a Taíno cacique (chieftain) of Hispaniola at the time of Christopher Columbus's arrival to the island. He was known for his fighting skills and his ferocity. He was married to Anacaona, who was the sister of another cacique named Bohechío. **Died: 1496 Born: Lucayan Archipelago**.

On December 5, 1492, explorers led by the Genoese Christopher Columbus debarked on the coasts of the Island of Haiti while they thought they were sailing towards India. Their discovery was to change considerably the destiny of this corner of the earth, through which the Spaniards, later, would launch their conquests. Among the victims of this event was a woman, Anacaona, whose name alone is the pride of a whole people. We all remember that with Haiti's discovery, red-skinned peoples called, out of ignorance, Indians inhabited the island's territory in the highlands. These men and women's way of life has amazed explorers who considered them to be of an inferior culture. “They gave us all their wealth because they worshipped as gods from unknown lands,” Christopher Columbus wrote.



From this was born the dehumanizing intention to reduce them to slavery. As if by a blessing, the explorers would discover the Zemes carved in pure gold. Ironically, these native inhabitants would be exterminated. Their gods would be removed and taken to Spain. In public, they were presented as animals, a further testament to the Spaniards' barbarism and ignorance. The Spaniards' many voyages exterminated those who lived in peace on the land that the English and the French would colonize later. Haiti, high land, Kiskeya or Bohio had its structure. Five Caciquats ran the daily life of the indigenous population. Providence had decided that among these five Caciquats, there was a woman. Wife of a great cacique, Caonabo, and sister of another great chief, Bohechio, Anacaona, known by this name, would be the first and the only woman to lead two Caciquats. She was born in the kingdom of Xaragua, from which she inherited the throne. Léogâne, which was called Yaguana, was a province of Maguana and ruled by Caonabo. Anacaona ruled the Maguana after her husband's death and the Xaragua. After her, no other chief has directed two Caciquats.

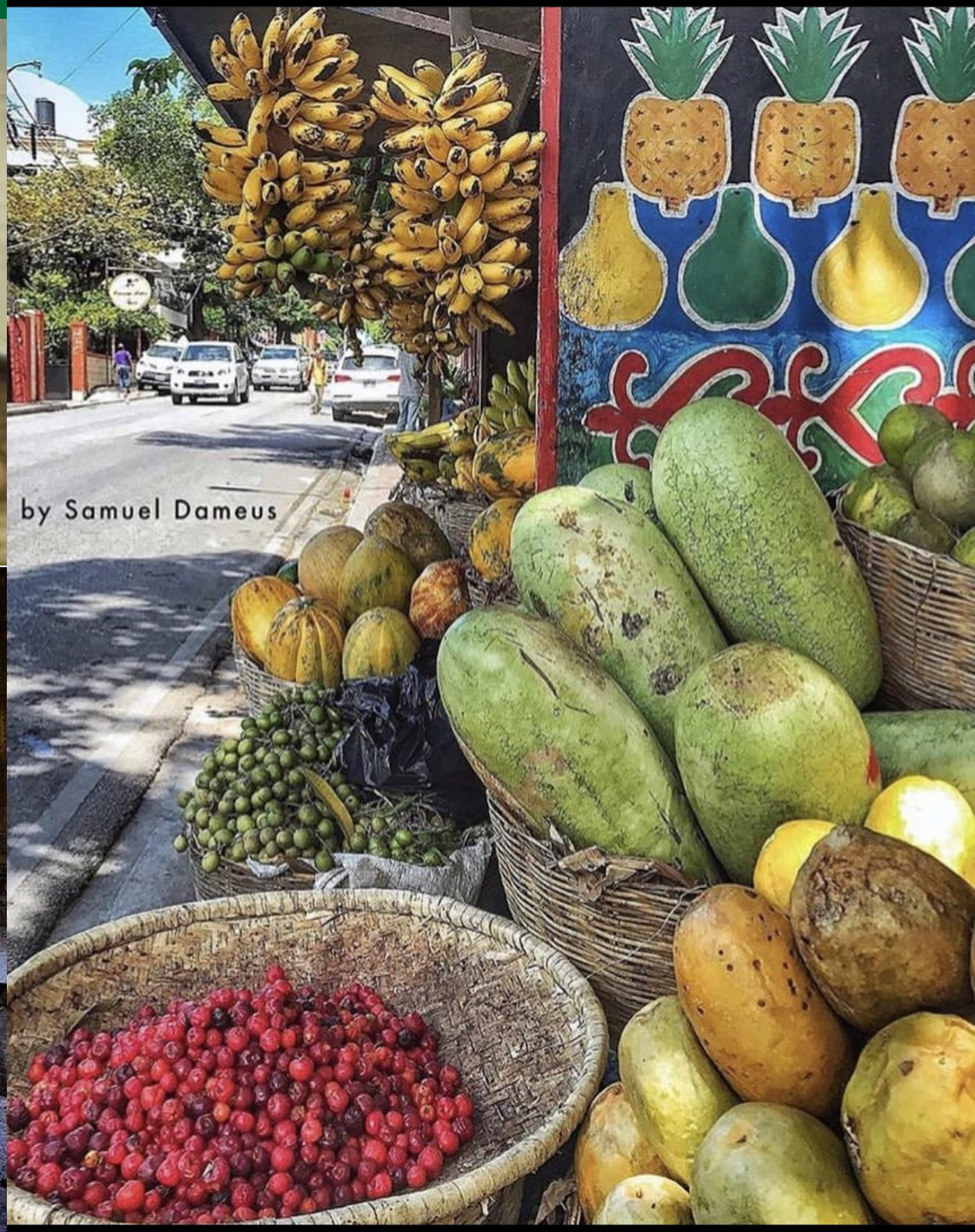
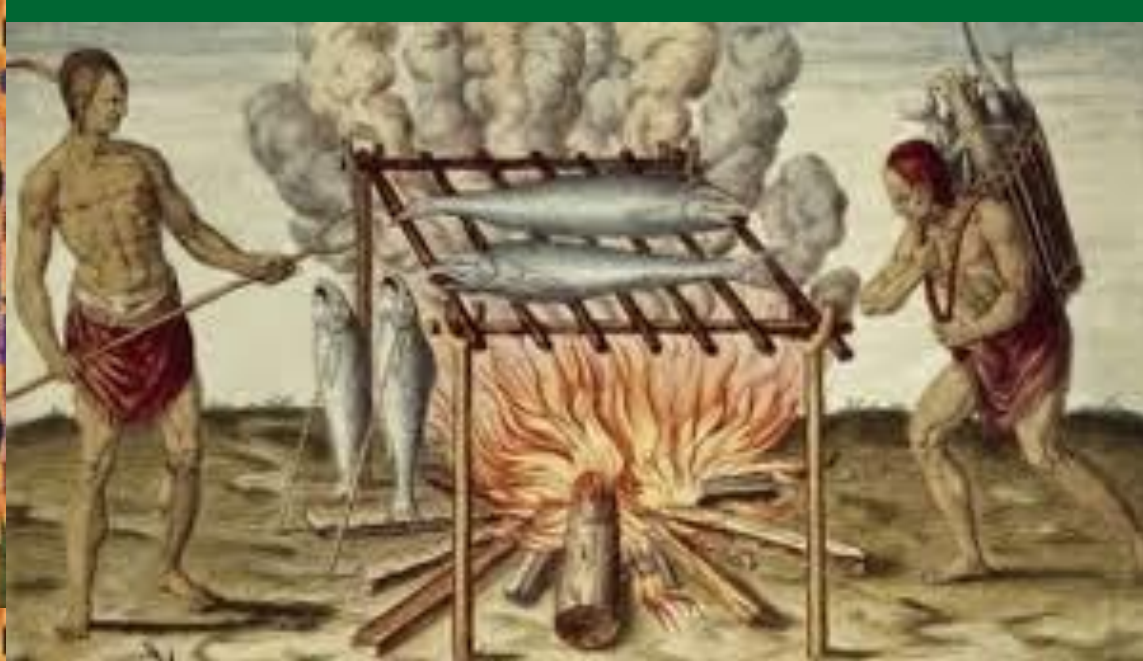
The people of Léogâne are very proud of Queen Anacaona. She is said to have been born in the communal section of Ti-Boucan, a suburb of Léogâne. There is no hard evidence to confirm that this hole in the hills was the Queen's bed. Nevertheless, commonly referred to as "the Anacaona Cave," this cavity is today one of Haiti's most visited historical and mystical places. The husband of Queen Poetess, Caonabo, was the smartest and bravest King Cacique in the land of the Indians who became Hispaniola. The other Caciques, like Guacanagaric and the Spaniards, Queen Isabella servants, were very jealous of his personality. Caonabo incited the people to revolt. Christopher Columbus was furious and ordered that he be arrested to be executed.



Then Alphonse Ogeda, a cunning, intrepid young Spanish officer, animated the treason against the great Caonabo. Alphonse Ogeda had arrived in Hispaniola accompanied by an escort of nine equestrians who claimed to bring gifts to Caonabo. Ogeda presented him with handcuffs, telling him that they were celestial adornments that the great lords wear around their arms at lavish ceremonies. Obediently, he held out his hands to Alphonse Ogeda, who arrested him with the order to ship him to Spain. History tells us that “La Politesse,” the boat that transported it, had disappeared at sea. It was the end of the Grand Cacique. Queen Anacaona’s husband was betrayed. She too would be arrested during a performance given in honor of an enemy, Nicolas Ovando. She was shackled, then taken to Santo Domingo, and then hanged in the public square. Guacanagaric was not spared from this equally unjust fate either. In all, the Spaniards sacrificed more than 200,000 natives of Hispaniola in less than 30 years.

The 5 territories of the Taino nation were; Jaragua, Marien, Maguana, Magua and Higüey. Food was plentiful and the land was fertile. Taino farmers also planted sweet potato, beans, pepper, peanuts and Squash. Fruits such as pineapple, guava, mamey apple better known as apricot and papaya were cultivated while other foods such as palm nuts and guava berries were gathered from forest.

However, the leading crop of the Taino’s agriculture was Yucca or Cassava which could remain in the land without spoiling for up to 3 years. Taino’s lived off the land and what the waters offered. The word Barbacoa which is a Taino name where the word BBQ derives from. Items such as corn, sweet potato, Conch, fish were routinely cooked on open fire. Another great culinary gift inherited from the Taino Culture is a dish we call Bouyon in Haitian Creole, Sancocho in Spanish. There was always a boiling pot near the Taino tent which contained Cassava Juice. The Cassava juice is obtained by grating the peeled Yucca which is then strained through either cloth or some other mechanism. The grated yucca is used to make cassava bread, the staple food for over a half billion people around the world.



The most significant contribution brought by the Spaniards to the Taino nation spices and crops such as Sugar cane to the island which they renamed Hispaniola. The Spaniard's also introduce alcohol along with animals including cattle, horses, fruits including oranges, lemons and mangoes.

The arrival of Spaniards, briefly the English and eventually the French managed to pillage anything and everything that had value. For 300 hundred years, Haiti suffered a regime of annexation and disease brought by the colonizers, eventually decimated the Taino nation. With the arrival of the French and the split of the island with the Spaniards taking the right side of the island and the French the left, they eventually had to bring slaves from Africa to work the land. The African slaves brought with them Okra, Ackee, pigeon peas, taro, and other root vegetables. One of the root vegetables brought with them was Yautia or Malanga, rice was also brought in by the slaves as they were farming rice way before their enslavement by the Europeans. Most of the slaves coming from Africa came from the Kingdom of Dahomey.



By the 1500 the Spaniards were losing interest due to the discovery of gold in Mexico and other parts of the new found lands. In 1667 the French took control of the Island and became official when the Treaty of Ryswick which marked the official transfer of governance from Spain to France. The treaty enabled the French to restructure the island's activities. To symbolize the passing of power, they renamed the island Saint Domingue. Tens of thousand more people were uprooted from their African homeland and brought to Saint Domingue to work as slaves to work of the tobacco, cocoa, cotton and indigo farms and Sugarcane fields. By the end of the 17th and the beginning of the 18th centuries, the island had become The most lucrative colony in the Caribbean and France's most prized possession. Over 40% of all European sugar and 75% of all European coffee as well as much of France's 18th century wealth and Glory came from the slave labor in the plantations of "La Perle of the Antilles".

Pearl of the Antilles

- The colony of Saint-Domingue was the richest colony in the West Indies and probably the richest colony in the history of the world.
- Driven by slave labor and enabled by fertile soil and ideal climate, Saint-Domingue produced sugar, coffee, cocoa, indigo, tobacco, cotton, sisal as well as some fruits and vegetables for the motherland, France.





The French influence is omnipresent in Haiti's way of life and culture and remains very conspicuous in Haiti's Cuisine. It is stronger in the South than in the North, it is not simply esthetic, it is both technique & sensibility. It is more visual than ingredients. It is more pronounced in the bakery than the kitchen. It is manifested in the dining room like the French baguette and croissants. The French pastries are the favorite dessert on the traditional Haitian dinner table. The salads, the gratins offer a rare glimpse into what it must have been like to be at the table of rich plantation owners. In 1801 after the imprisonment of Toussaint Louverture, a revolution which ignited and the last battle for Haiti's independence was won on November 18, 1803 and Haiti or Ayiti the original Taino name for the island and Haiti declared its independence to become the first Black Republic in the world on January 1, 1804. On that day, Haitians would celebrate their independence with a Soup that would become a National celebration and a cultural treasure for all Haitians.

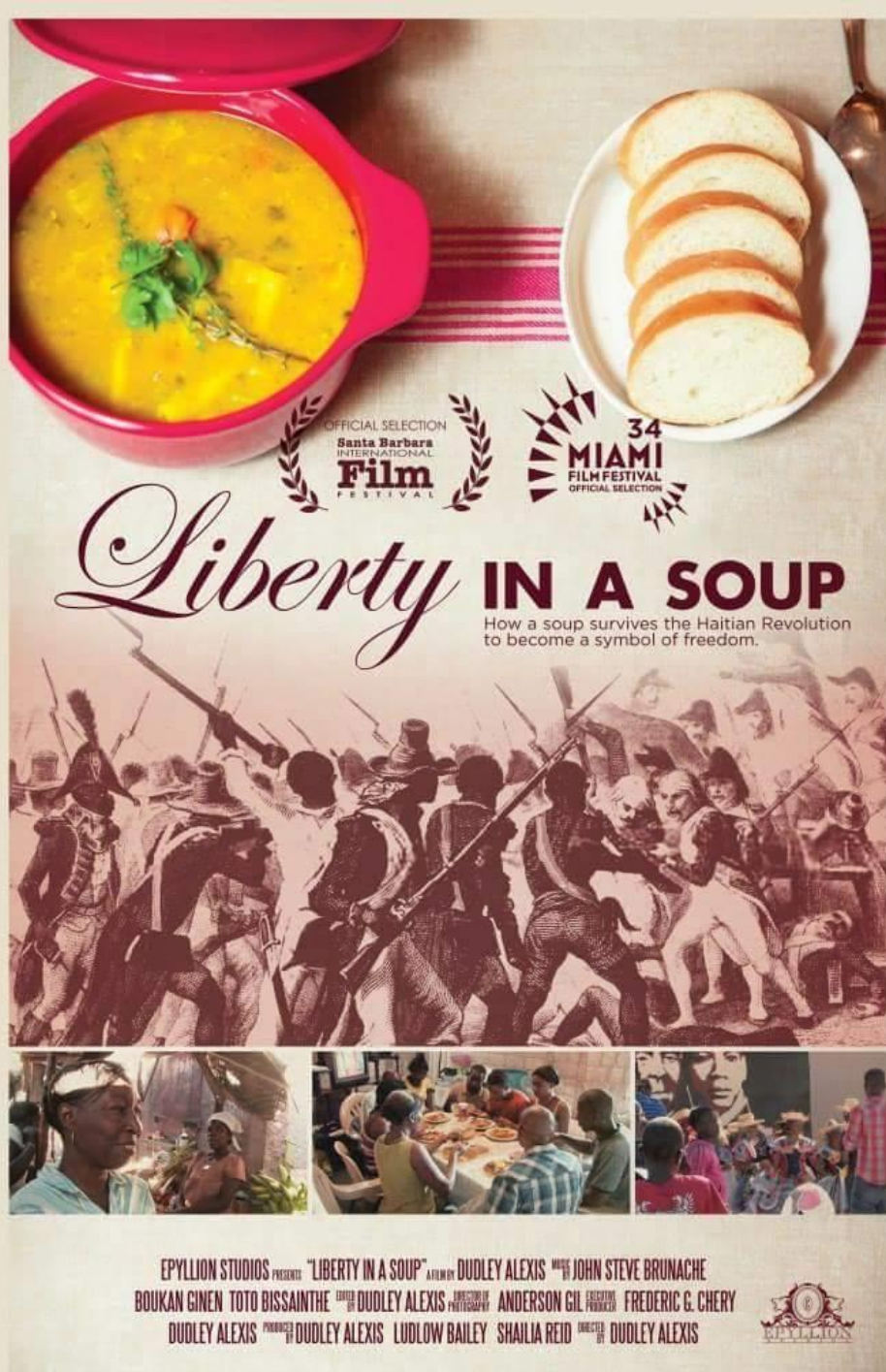


Soup Joumou – Soup of Liberty

The celebration of Haiti's independence is a true ritual. A Haitian Who does not have the soup on the 1st of January feels almost empty inside. The practice is also associated to An old perception to draw much good luck and abundance for the new year. It is of course the most important day of The year to give homage to the fathers of our freedom. It is said that it is a Captain in Dessaline's army Marie Jeanne Lamartiniere and his wife Empress Marie-Claire Heureuse Félicité Bonheur, Empress of Hayti (1758 – 8 August 1858) was the Empress of Haiti (1804–1806) who decided to Prepare the soup and shared with more than 60,000 coming to Gonaive to Assist at the proclamation of Haiti's independence. This Captain in Jean-Jaques Dessaline's army who through Unbelievable courage and valor fought at

The battle of Crete a Pierrot, distinguished herself by leading the attack against 12,000 French soldiers with a saber In hand was the one who created this soup. The Empress understood the healing properties of this pumpkin has been known for Centuries by the Taino's. She explains that nutritive elements of this soup could keep you for days if you were to be without food to eat. Now through the years, the original Version of the soup has seen some changes with the influence and addition of other ingredients like meat (beef) and pasta (Macaroni or spaghetti) mainly. From the words of our most respected historian's,





Soup Joumou – Soup of Liberty

Professor Bayyinah Bello, the original version of the soup was to be without any meat. With natural healing and 127 Nutritive properties and 4 enzymes, any meat protein would absorb those nutrients. She also says that the reason for this soup was meant to be an action of sharing. Sharing with friends & family but also with those that had less than you. The vitality of this soup was to also feed and uplift those who had fought so hard in battle, replenishing their strength.

Play Youtube Video: <https://youtu.be/39oAZLZPNPk>







HAITIAN SPECIALTIES INCLUDE:

North: Cashews, peanuts, sesame, coconut – •Guinea Fowl/Chicken with cashews • Fish in creole sauce with cashews, served with boiled plantains, djondjon rice or rice and beans • Cassave

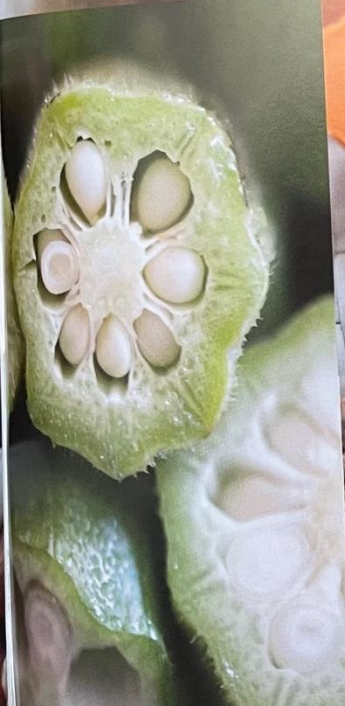
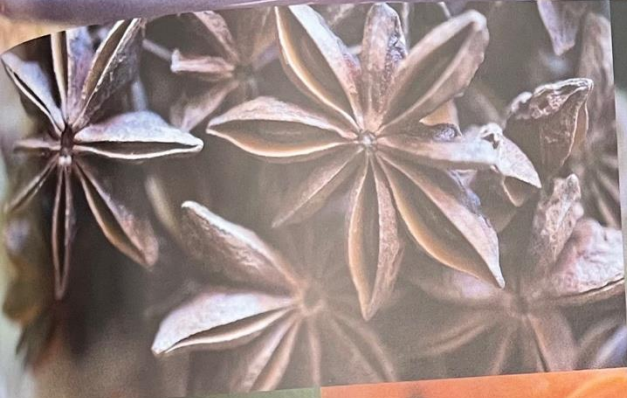
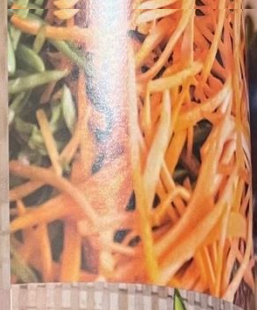
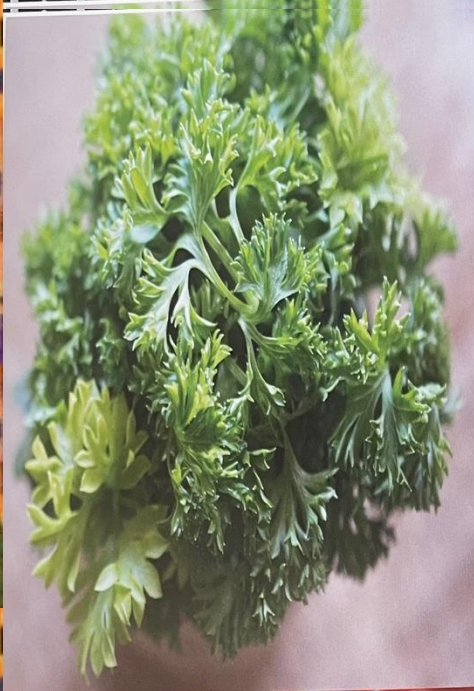
NIPPES: Known for fish, breadfruit, millet (Pitimi) - • Breadfruit bread, breadfruitcake, Breadfruit croquettes

ARTIBONITE: Known for Lalo (cooked with meat, fish or crab) - • Poulet Artibonitienne (chicken cooked with djondjon sauce and okra) - • Pitimi Chandel (Millet) with pigeon peas and avocado • Poisson Gros Sel

WEST: Known for • Pisket (small fish) in coconut sauce • Fried fish balls • Rice and Kidney Beans in coconut milk • Marinade, Chicktaille, Petit pate • Soupe Giromond • Accra

SOUTH: • Tomtom, Tablette noix, Gele Goyave • Corn Meal/Rice with Pumkin • Breadfruit with Hareng

COUNTRYWIDE: • GRIOT, RIZ NATIONAL, RIZ DJONDJON, Stewed Conch • Tchaka • Ragou with Pigs feet • Bega • Vegetable Stew • Chicken with Chesnut • Breadfruit Gratinee • Stewed Goat • Oxtail Stew • Haitian Goat Soup • Sweet Patotoe Bread (Pain Patate) •





OUEST DEPARTMENT

Includes, The Capital of Port-au-Prince, Archaie where the Haitian flag was created by the Emperor Jean-Jacques Dessaline and sewn by Catherine Flon. The west department produces in majority black Beans, red kidney beans and plantains. It is also the home of the Douce Makos a sort of dulce de leche Tablet. One of the very popular street deserts in Haiti. Although it is popular throughout the country, Fritay reigns supreme in Port-au-Prince specially in the mountains area of Kenskoff. The city of Port-au-Prince is on the Gulf of Gonâve: the bay on which the city lies, which acts as a natural harbor, has sustained economic activity since the civilizations of the Arawaks. It was first incorporated under French colonial rule in 1749. The city's layout is similar to that of an amphitheatre; commercial districts are near the water, while residential neighborhoods are located on the hills above. Its population is difficult to ascertain due to the rapid growth of slums in the hillsides above the city; however, recent estimates place the metropolitan area's population at around 3.7 million, nearly half of the country's national population.^[7] The city was catastrophically affected by a massive earthquake in 2010,^[8] with large numbers of structures damaged or destroyed. Haiti's government estimated the death toll to be 230,000.^[9]



ARTIBONITE DEPARTMENT

Artibonite is one of the ten departments (French: *départments*, singular *département*) of Haiti. It is named Artibonite because the Artibonite river flows across the department from east to west. Its capital is Gonaïves. The independence of Haiti was proclaimed in the *Place d'Armes* of Gonaïves on 1 January 1804 by Jean Jacques Dessalines. Founded in 1422 by Indians who named it "Gonaibo," also known As Haiti's Independence city. The main cities are Gonaives where most of the rice cultivation can be Found and also sweet potatoes and beans. St Marc the home the Lalo with Crab (jute leaves). It is also Home to once of the most breath taking coastal line of white sandy beaches called Cotes des Arcadins.



NORTHERN DEPARTMENT

The North of Haiti was and still is the most fertile with the largest sugar plantations. It is also where Grand Marnier cultivates the sour orange rind for their most famous liquor. The North is famous for the Use of cashews in many of their dishes, such as Chicken with cashews and of course rice dishes as well. It is also the Home of the most famous and iconic historical sites in the west indies with the Citadel and The Palace Sans Soucis, build by King Henry Christophe. It is where in 1789 the first revolt of slaves Would take place leading the charge towards Haiti's independence. It the city that host Labadee where Royal Caribbean has a coastal stop but also Cap Haitian has a wealth of French colonialism architecture And it has been well preserved. After the revolution many of the craftsmen who were free people of color Fled to New Orleans, as a result the two cities have a number of similarities in style of architecture, Notably the gingerbread houses along with a strong influence in Nola's creole cuisine.



NORTH-EAST DEPARTMENT

Previously named under the French rule, Fort Royal and Fort Dauphin, the capital founded in 1578 was Renamed Fort Liberty as the capital of this department. The Bay was the site of the Caribbean's Largest sisal plantation until nylon was invented. Trade & Economy at present day includes coffee, Cacao, honey, logwood, pineapple and sisal as the principal products. It is bordered to the north by the Atlantic Ocean, to the south by the Centre department, to the east by the Dominican Republic, and to the west by Nord. The Nord-Est forms part of the northern plains, a historic site of colonial plantations and a key area for the cultivation of chestnuts, the Armée Indigène of Toussaint Louverture, and anti-American rebels against the occupation of the 1930s.



CENTRAL DEPARTMENT

- Hinche: Former Dominican territory. Since the Republic of Haiti in 1929. Birthplace of Charlemagne Péralte, the leader of the Cacos movement, which opposed the American occupation in 1915.
- Mirebalais and Lascahobas: Place of bloody fighting of Toussaint Louverture against the English, who were resupplying in the Central Plateau (1795). Birthplace of Benoît Batraville. The Central Plateau Borders the Dominican Republic, it also contains Haiti's Largest lake; Lake Peligre. The latter was created for the largest hydroelectric dam in the Caribbean, The Cuisine is Creole with a huge French influence. Its specialties include Griot, Conch, tasso, and the famous Djondjon rice. Lobster is also well known along with an assortment of fruits & vegetables because of the wide range of micro-climates.

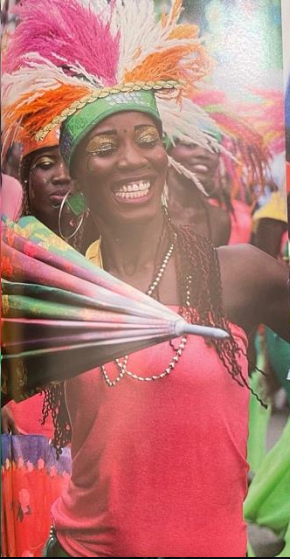
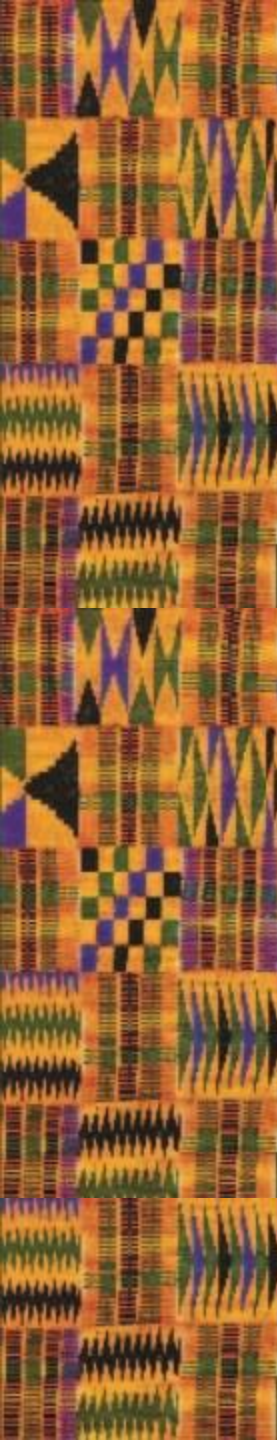


SOUTHERN DEPARTMENT

The first settlement in town dates all the way to 1504. The town was first inhabited for many years until French settlers founded the town of Aux Cayes. It was named due to its proximity to Ile-a-vache. Destroyed twice by hurricanes in 1781 & 1788. A major part of the population in this department is of Mixed race, people of Arabic descent and from the Indian sub-continent settled there. These southern Parts of Haiti are where many Europeans descended to during tense political turmoil. Its main agriculture is corn and also the most sought after vetiver grass in the world. Cayes has been a major contributor to The revival of tourism in Haiti. Known not only for its pristine beaches but for its cuisine. Tom Tom which is similar to African fufu but breadfruit is used instead, grilled fish, conch and lobster.

SOUTH-EAST DEPARTMENT

The most Vibrant and art forward city in all of the island with its capital Jacmel. Founded in 1968, its Name is derived from the Taino's name of Yaquimel. Jacmel was established to boost the sugar Production, but soon became the most important hub for coffee trading. Over the years the town Has been part of a number of historical events including: A Venezuelan predecessor of Simón Bolívar in the liberation struggle against colonialism in Venezuelan and much of Spanish-ruled South America, Francisco de Miranda created the first flag of Gran Colombia near Jacmel, which served as the national flag of the First Republic of Venezuela. Anchored in the Bay of Jacmel (*Baie de Jacmel*), he first raised the flag on March 12, 1806, on the corvette *Leander*. This day is still celebrated as Venezuelan Flag Day. The general design of the Gran Colombian flag served as the model for the current flags of Venezuela, Colombia and Ecuador, which emerged as independent nations at the breakup of Gran Colombia in 1830. This flag is often referred to as the "bandera madre" (mother flag) due to its role as inspiration and resemblance to the flags of Colombia and Ecuador.



GRANDE' ANSE DEPARTMENT

This department counts the city of Jeremie as its capital. Founded in 1756 and has been considered a Treasure throve and knowledge seekers. The Grand Anse is the most fertile departments. Farmers Cultivate Yams, sweet potatoes and several other roots base foods. However Jeremie is also known for Tomtom, pisket, and Komparet. Komparet is sort of a dessert, cookie, cake concoction made with flour, coconut, ginger and other spices. The food culture there is similar to other parts of the country with a diet consisting of eggs, plantain, and other meats and veg and of course okra.

NIPPES DEPARTMENT

Nippes is newly created department, split from the Grand Anse, it was founded in 2003. The Nippes Region is know also as the home of Douce Makos.





THANK YOU!

Cuisines of Africa and its Diaspora in the Americas