



## Griot with Pikliz & Banan Peze — A Haitian Flavor Trail Favorite

In the heart of Haitian kitchens, flavor doesn't whisper — it roars. Griot with Pikliz and Banan Peze is one of the most iconic dishes to ever grace the islands, and it's not just a meal... it's a cultural flex. Deep-fried pork, zesty pickled slaw, and golden plantains come together in a dish that brings fire, crunch, and serious soul.

This trio is a staple of **fritay** — Haiti's legendary fried food lineup. Whether served street-side at a late-night spot or brought out with pride at family gatherings, Griot (pronounced gree-oh) is the kind of dish that turns any meal into a memory. Let's break it down and show you how to make it, Flavor Lab style.

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### Ingredients

#### Griot

- 2 lbs pork shoulder or pork belly, cut into chunks
- Juice of 1 lime
- Juice of 1 orange
- 2 cups water
- 3 tbsp epis (see below)

#### Epis (Haitian seasoning base)

- 1 shallot, chopped
- 5 scallions, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic
- Juice of 2 limes
- 2 tbsp white vinegar
- 5 sprigs thyme
- ½ bunch fresh parsley
- 1 Scotch bonnet pepper, sliced
- Salt & pepper to taste

#### Pikliz

- 1.5 cups shredded cabbage
- ¼ cup grated carrot
- ¼ cup thinly sliced onions
- 3 Scotch bonnets, quartered
- 3 sprigs thyme
- 2 garlic cloves, minced
- ½ tsp kosher salt
- ¾ cup white vinegar (or more as needed)
- 1.5 tbsp lime juice

- ½ cup water
- 1 tbsp sugar
- Pepper to taste

### **Banan Peze (Fried Plantains)**

- 3 green plantains
- 1-2 cups oil for frying
- Sea salt to taste

### **Optional Chimichurri Drizzle**

- Finely chopped parsley
- Olive oil
- Lime juice
- Salt & pepper

## **Instructions**

### **1. Make the Epis**

Blend all epis ingredients until smooth. Set aside ¼ of it in the fridge for future meals (or freeze it).

### **2. Marinate the Griot**

Place pork chunks in a bowl. Add the rest of the epis, orange and lime juice, and mix well. Cover and marinate for at least 3 hours (overnight is best).

### **3. Braise It Down**

Transfer pork and marinade to a pot. Add water and simmer for about an hour, until the meat is tender and some fat has rendered. Scoop pork onto a tray to rest. Strain the liquid and simmer until slightly thickened — this becomes a flavor-packed glaze.

### **4. Crisp It Up**

You can either deep-fry the pork chunks until golden brown or broil them on high for 6–8 minutes, flipping halfway. Either way, you're looking for crispy edges and juicy centers.

### **5. Prep the Pikliz**

Pack all the sliced veggies and aromatics into a jar. Pour in vinegar, lime juice, and sugar water. Shake well and let it sit at least 3 days in the fridge (a week is even better).

## 6. Fry the Plantains

Peel plantains and cut into thick chunks. Fry on both sides until soft. Smash with a plate or tostonera, then refry until crispy and golden. Sprinkle with salt.

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### Serving Suggestion

Plate it like this: a mountain of crispy griot, a scoop of spicy pikliz, and golden banan peze on the side. Drizzle with chimichurri if you're feeling fancy. Pair with a cold drink, a warm vibe, and some good conversation.

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### Z Sistas Tip

When we say this dish brings heat, we're not just talking about the Scotch bonnet. It brings cultural heat. Haitian families have been perfecting this combo for generations. If you've never had it before, congrats — your tastebuds are about to level up.

Tag us when you make it, and keep an eye out for more diaspora flavors on the blog. This is just the beginning.

**#FlavorLab #HaitianFlavorTrail #GlobalGriotSociety**