

# Joumou Soup Recipe

## (Haitian pumpkin soup)



*A dish of freedom, memory, and Haitian identity.*





# Joumou Soup

## A bowl that carries a nation

**Joumou Soup** is not simply a traditional Haitian soup; it is a living symbol of freedom, memory, and collective identity. Made from pumpkin or squash, vegetables, meat, and aromatic spices, it is a dish recognized by **UNESCO** as Intangible Cultural Heritage. Joumou Soup carries the history, resilience, and pride of a nation in every bowl.

Every year on **January 1st**, Haitians around the world prepare and share Joumou Soup to mark Haiti's independence; a ritual that transforms cooking into remembrance.





# Joumou Soup

Every ingredient tells a story

## Pumpkin/Squash

Reclaimed nourishment, abundance, and freedom.

## Beef/Chicken

Celebration, dignity, and festivity.

## Potatoes

Grounding, survival, and resilience

## Cabbage

Community and shared strength.

## Scotch Pepper

Strength, boldness, and resilience.

## Water/Broth

Life, care, connection, and continuity.

## Garlic

Protection, healing, and ancestral wisdom.

## Spices

African culinary heritage passed through generations.

Eat





# Joumou Soup

## Simple Recipe – Full ingredient list

- 1 medium pumpkin or calabaza squash (about 3–4 lbs)
- 1 lb beef
- 2 tablespoons epis or blended garlic, onion, parsley
- 1 medium onion, chopped
- 2 cloves garlic
- 2 carrots
- 2 potatoes
- 1 cup chopped cabbage
- 1 stalk celery
- ½ cup pasta or spaghetti
- 1 Scotch bonnet pepper (whole)
- 2 sprigs fresh thyme
- 1 bouillon cube (optional)
- Salt and black pepper
- 2–3 tablespoons oil
- Water or beef stock







# Joumou Soup

## Simple Recipe – Instructions

### Step 1

Cook the pumpkin until soft (**about 20 minutes**). Drain and blend or mash until smooth.

### Step 4

Build the soup by pouring in the blended pumpkin, then add enough water or stock to reach a soup consistency.



### Step 2

Season the beef with epis, salt, pepper, and garlic in a bowl. Let it rest for at least 15 minutes.

### Step 3

Heat oil in a pot over medium heat. Add the seasoned beef and chopped onion. Cook until the meat is lightly browned and fragrant.





# Joumou Soup

## Simple Recipe – Instructions

### Step 5

Add carrots, potatoes, cabbage, celery, thyme, bouillon and the whole Scotch bonnet pepper.

### Step 8

Taste and adjust seasoning. Remove the Scotch bonnet before serving.



### Step 6

Cover and let the soup simmer for **20–30 minutes**, until vegetables are tender.

### Step 7

Stir in the pasta and cook for another **8–10 minutes**, stirring occasionally.







# Joumou Soup

## How Joumou Soup is shared



**Cooked with family**



**Shared with friends**



**Given to neighbours**



**Offered to those in need**



**Made with care**



**Shared with love**



**Symbol of freedom**



# Joumou Soup

Carrying the story forward

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To cook **Joumou Soup** is to participate in history. Each pot is a reminder of resistance, resilience, and the power of reclaiming what was once denied. Preserving this recipe means preserving the story it carries, passing it on alongside the memory of struggle and triumph. The culture invites us to cook with intention, to remember, and to honor the freedom it represents.

– Marleen Julien,  
**Founder and Chief Creolist.**