



MARIE AGATTE'S WHITE RICE AND BLACK BEAN SAUCE

BIO

Marie Agatte, 64, born and raised in the town of Les Anglais in the south of Haiti, is an accomplished school teacher. It was her mother and one of her cousins who taught her how to cook when she was about 20 years old. She is one of the on-grid beneficiaries of the electric cooking project and has been one of the earliest customers of the electrical grid in Les Anglais.

Charcoal expenditure before project:	600-750 HTG/ month
Number of people fed from meals:	Between 5 -9
Greatest benefit from electric cooking:	It is very quick and I do not have to spend money on charcoal.
Impact on finances and/or lifestyle with the project:	I have more time to myself to relax and watch television

RECIPES

BLACK BEAN SAUCE

Ingredients



- 660ml black beans
- 1 leek
- Half of a capsicum
- Some "gro thym" leaves
- 6 cloves
- 2 pinches of salt
- 3 cloves of garlic
- 1 Tsp olive oil
- 1 Tbs of butter
- 1 Tsp of ghee

1. Wash the beans and sort them to remove unwanted materials.
2. Bring to boil in the Simpot with water, cloves, garlic, leek and half of the oil. Boil under pressure and sealed for 30-35 minutes.
3. Quick release and open the Simpot after boiling and transfer the contents to another pot.
4. Separate the cooked beans from the cooking water, but retain the latter for later.
5. Using a mortar and pestle, crush 3/4 of the cooked beans until you obtain a paste.
6. Put the Simpot on Saute mode and add some oil, salt, the capsicum and the ghee. Cook and turn for 2 minutes.
7. Add the black bean paste, and the boiling water and the rest of the uncrushed black beans. Cook until the sauce thickens.
8. Add some leaves of "gro thym" and stir into the sauce for a few minutes.
9. When the sauce reaches the desired consistency, turn the Simpot off.

WHITE RICE

Ingredients

- 880ml of white rice
- Water
- 1/2 of a leek
- Salt
- 1 Tsp of vegetable oil

1. Boil some water in a pot on the induction cooktop, at level 2.
 2. Add the leek, salt and the oil in the water.
 3. When the water has boiled, add the rice and let it cook until soft and ready.
- Note: add enough water to cover the uncooked rice by 1inch.

**From unhealthy,
expensive, charcoal...**



**...to clean, cheaper
and convenient
cooking!**

Weakness of electric cooking:

Marie Agatte mentioned the availability of good cooking pots that work with the induction cooktop as one of the biggest drawbacks of electric cooking. For cooking, Haitian households generally use sand-casted aluminium pots, known as "chodye" and they can hold a very generous amount of the commonly eaten white rice or "diri cole" (rice and beans cooked together). Those chodye are convenient for the Haitian way of cooking as, often, meals are prepared for a large number of people and for the two big meals of the day at the same time.



The Haitian "chodye"

Stainless steel and ferro-magnetic pots available on the market are either too expensive if of good quality, or too thin causing food to burn if prepared on a high heat. The good quality pots can only be sourced in the big cities making them not readily accessible.

Overall satisfaction:

Marie Agatte is categoric: electric cooking represents a big upgrade in the Haitian kitchen.

- In a coastal town susceptible to erosion, charcoal production can make the situation worse. Looking away from charcoal is also very good for her purse, especially since the price of the charcoal bucket keeps going up year after year.
- The cleanliness of the system is also another big advantage to her, who was used to cooking in her outdoor kitchen due to the smoke produced when preparing meals.
- Marie Agatte, who was recently sick, told us how waking up in the middle of the night to make a warm infusion to comfort her felt like a completely different process. What would have taken her at least 30 - 45 minutes with charcoal took her only 10 minutes on the induction cooktop.