

# Afro-Latino Travels with Kim Haas

## RONDON SOUP

### RECIPE

Rondon is a traditional Caribbean dish that gets its name from the phrase, "Rundown," as in, the cook of the home prepares a soup with whatever they were able to track down or gather that day, whether it was in the backyard, a neighbors coconut tree, or the bounty of the sea.

- 1 cup dried kidney beans (or canned), 2 cups rice, 1 can coconut milk, 2 tbsp oil, 1 onion (chopped), 1-2 garlic cloves (minced), 1 bell pepper (chopped), 1 tsp thyme, 1/2 tsp salt, 1/2 tsp black pepper, 2-3 pimento seeds, 1-2 scallions (chopped), 1 Scotch bonnet pepper (optional), 1 lb salted or fresh fish (flaked), water as needed.
- Vegetables: 2 potatoes (peeled and cubed), 1 medium yuca (peeled and chunked), 2 plantains (sliced), 4-6 chiquitas (mini bananas, sliced).
- Dumplings: 2 cups flour, 1/2 tsp salt, 1/2 tsp baking powder, 1/2 cup water, 1 tbsp butter (optional).



### METHOD

1. Prepare the Fish: For salted fish, soak and boil for 15 minutes, then flake. For fresh fish, season and fry, then flake.
2. Prepare Beans & Vegetables: If using dried beans, soak and cook until tender. Boil potatoes, yuca, plantains, and chiquitas until tender.
3. Make Dumplings: Mix flour, salt, baking powder, and water into a dough. Shape into balls and cook in boiling water until they float.
4. Cook the Rondon Base: Sauté onions, garlic, and bell pepper in oil. Add beans, thyme, scallions, pimento, Scotch bonnet, salt, and pepper. Pour in coconut milk and water. Bring to a simmer.
5. Cook Rice & Add Fish/Vegetables: Add rice to the pot, cover, and simmer until cooked (20-25 minutes). Fold in flaked fish and boiled vegetables in the final 10 minutes.
6. Serve: Fluff rice and serve with dumplings on the side or mixed in. Enjoy!

This simplified version keeps all the key steps while making it quicker to follow!