

# Pikliz (Haiti)

Recipe by Jouvens Jean.

Cook time: 10 minutes  
Serves 2

## Ingredients

6 ounces julienned green cabbage  
2 ounces julienned purple cabbage  
1 ounce julienned red bell pepper  
1 ounce julienned green bell pepper  
1 ounce julienned yellow bell peppers

2 ounces julienned carrots  
1/2 tsp sea salt  
1 tbsp Epis Creole Seasoning  
(see standalone recipe)  
1 cup Pikliz Citrus Sauce (see standalone recipe)

## Steps

1. In a mixing bowl, mix all ingredients together. Set aside and allow mixture to rest for about an hour before serving.

# Pikliz Citrus Sauce (Haiti)

Recipe by Jouvens Jean.

Cook time: 10 minutes  
Serves 2

## Ingredients

1/2 cup fresh-squeezed lime juice  
1/2 cup fresh-squeezed sour orange juice  
1/4 cup white vinegar  
1 tbsp sea salt  
1/2 tsp granulated sugar

1 tsp Epis Creole Seasoning (see standalone recipe)  
2 tbsp chopped Scotch bonnet pepper  
1 ounce vegetable oil  
1 tbsp Dijon mustard

## Steps

1. Place all ingredients in a blender and blend. Allow mixture to rest for 30 minutes before serving.

