

Haiti: Diri ak Djon Djon (Rice with Mushrooms)

This Haitian dish, made with djon djon mushrooms and rice, takes advantage of sustainable agricultural practices promoted in areas benefiting from EbA measures. The mushrooms used in this recipe are part of the natural resources that flourish in a protected and sustainably managed ecosystem, where biodiversity allows for organic matter and adequate soil moisture to grow these delicious dishes. The preparation of this dish is a reminder of how EbA approaches can help conserve local resources and offer varied and nutritious food options

Ingredients:

- 1 cup of dried djon djon mushrooms (you can replace these with local mushrooms)
- 2 cups of rice
- 1 onion, finely chopped
- 2 garlic cloves, chopped
- ½ a cup of green peas or green beans
- 2 tablespoons of oil
- Salt and pepper to taste



Instructions:

1. **Prepare the mushroom stock:** Soak the mushrooms in hot water for 15 minutes. Strain and save the water for later, which will be dark in colour.
2. **Cook the rice:** In a saucepan, sauté the onion and garlic in oil until golden brown. Add the rice and mix well, then add the mushroom water and peas.
3. **Cook until done:** Cook over medium heat until the rice absorbs the liquid and is cooked through.

Each of these recipes uses local ingredients that are part of the agroforestry systems in the areas where we implement EbA, strengthening both biodiversity and food security for local communities