

Additions to NDSR 2022

Foods unique to Jamaican, Haitian, Nigerian, and Somali cooking traditions in the U.S.

Jamaican

Jamaican coco bread
ackee and saltfish
Jamaican beef patty
Jamaican brown stew chicken
Jamaican steamed fish
jerk chicken

Haitian

pikliz (Haitian pickled vegetable relish)
plantains, green, bannan peze (Haitian fried green plantain)
diri kole (Haitian rice and beans)
riz djon djon (Haitian black mushroom rice)
Bouyon bef (Haitian beef stew)
chicktay harreng (sauteed smoked herring)
fritter - main dish type, akra (malanga fritters)
griot (Haitian marinated and deep fried pork)
Haitian beef patty
Haitian stewed chicken (stewed poulet or poulet creole)
macaroni au gratin (Haitian macaroni and cheese or makawoni au graten)
bettraves salad (Haitian beet & potato salad)
epis (Haitian vegetable seasoning base)
journou soup (Haitian pumpkin soup)

Nigerian

Nigerian bun (rock bun)
Nigerian puff puff
jollof rice (Nigerian rice in tomato-based sauce)
efo riro (spinach stew)
moi moi (bean paste pudding or steamed beans pudding)
Nigerian beans porridge
Nigerian beef stew
Nigerian fish roll
Nigerian meat pie
peppered snails
suya (Nigerian meat skewers)
adalu (Nigerian corn and bean porridge)
African pepper soup
beniseed (African sesame seed stew)
egusi
ewedu (jute leaves)
yams (sweet potato type), yam porridge (asaro)

Somali

tea, shaah adays (Somali spiced tea with milk)
tea, shaah bigays (Somali spiced tea)
anjero/canjeero/lahooh/laxoox (Somali sourdough pancake)
malawah (Somali crepe)
muufo (Somali flatbread)
sabaayad (Somali flatbread)
basbousa (Somali semolina cake with syrup)
macsharo yariis (rice and coconut cake)
kashata or gashaato (Somali coconut candy)

Somali halwa (xalwa)
mishaari masaggo (Somali sorghum porridge)
soor (African style polenta)
icun (Somali shortbread cookie)
kac kac (Somali cookie or sweet fried bread)
Cambuulo iyo maraq (rice with beans in tomato sauce)
muqmad or odkac (Somali preserved meat)
bariis iskukaris or iskudheh karis (Somali style rice), with meat
bariis iskukaris or iskudheh karis (Somali style rice), without meat
malai kismayo (Somali fried fish)
suqaar (Somali meat with vegetables)
surbiyaan hilib adhi (Somali meat with rice)
basbaas cagaar (Somali green hot sauce)
basbaas qumbe (Somali coconut hot sauce)
suugo suqaar (Somali tomato pasta sauce)
maraq digaag (Somali soup)
maraq fahfah (Somali soup)
berbere spice mix
xawaash spice mix
potato, nafaqo (egg-stuffed potatoes)

Foods Across Caribbean and/or African Countries

ackee – fresh
curry (meat or vegetables in sauce), goat
fufu, cassava
fufu, plantain & cassava
jute (ewedu, lalo, or saluyot), cooked
jute (ewedu, lalo, or saluyot), raw
yams (sweet potato type), iyan (pounded yam)
egusi seeds (akatoa, agushi, or ohue)
okra soup