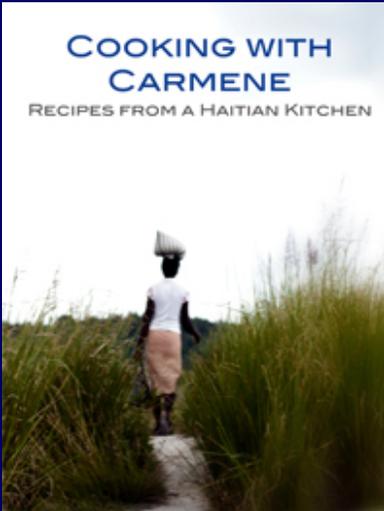




# Hope for Haiti®



Honor Haitian fathers who are on their way to graduating from the Cooking School. What a difference they make for their families!

[Donate Today!](#)

## *Carmene's Tip*



Sauce Creole is widely used in Haitian dishes. Pair with chicken or seafood and serve with a side of rice for a traditional Haitian meal (recipe featured below). Learn more tips like this by purchasing [Cooking with Carmene](#) from our [Etsy.com](#) page!

## Heating up Haitian Kitchens Since 2008

Madame Carmene's Cooking School continues to be a delicious success. Overseen entirely by Hope for Haiti Support Team Manager and Cooking School Director, Carmene Alverbe, the class has now graduated 9 classes and over 50 students. And this kitchen isn't reserved just for the ladies. Take 27 year old Michel Evens who went to university to study cuisine and pastries before he joined Carmene's Cooking School so that he could "put his dreams into action." Though Michel is still looking for his dream job, his wish in ten years is to have his own restaurant! When the time comes for his grand opening as a chef and as family man, he certainly will be ready!



The recipe for the success of Carmene's Cooking School is in her dedication, as well as in the

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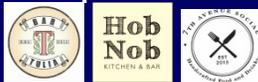


Peace, Love & Haiti  
**Fifth Annual  
Pub Crawl**

August 1, 2015

Get your [tickets](#) today!

Cheers to our  
sponsors:



**Kreyòl/Creole  
Corner**

*Le ou pral lwen, ou bay  
bourik ou dlo.*

When you're going far,  
you give your donkey  
water.

**Plan ahead.**

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diversity of the curriculum. The coursework covers important topics such as proper food preparation and sanitation, creating balanced and nutritious meal plans, planning and budgeting, and presentation techniques. Classes are held each Saturday afternoon for a period of fifteen weeks and culminate in a final exam during which students present their dishes to a panel of judges. Upon passing this test, students receive a certificate of completion, which helps them find jobs at local businesses. Many have gone on to open their own restaurants, while others are now preparing delicious food for their family and friends! Finally, for all of the gentlemen aspiring to be top chefs out there, wishing you all a Happy Father's Day!

**Interested in More?**

1. Learn More! Check out all of our [Economy](#) programs!
2. For those dads who love to cook...give them the gift of [Cooking with Carmene!](#)
3. [Give Now!](#) For just \$20.00, you can support one cooking school student for one month!

**Sneak Peek at a  
Recipe for  
Creole Sauce**

Prep Time 15 MIN  
Total Time 25 MIN  
Yield 8 Servings

**Ingredients**

- 1 c. roast sauce
- 2 Tbs. butter
- 1 small onion sliced
- ¼ c. green chili pepper, minced (like jalapeno, more or less to taste)
- ½ c. tomato paste
- ½ c. mushrooms, diced
- Salt and pepper to taste



**Directions**

1. Sauté the onions and peppers in butter for 5-7 minutes.
2. Add the tomato puree and the mushrooms. Let simmer for 2-3 minutes.
3. Just before serving, add the roast sauce.

**FOR MORE INFORMATION**

Please visit our [website](#) for more information and to get involved! Thank you!