HAITIAN · SIDE

Chiktay Aranso (Haitian Smoked Herring with Peppers)

Chiktay aransò

30 min · Serves 6 · 266 kcal a serve · Video 18:27 in Haitian Creole · Gaspard Dorélien

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

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15 g protein and 6 g net carbs a serve. Oily smoked herring makes it rich in omega-3 fats and vitamin B12, and the mix of peppers adds vitamin C.

Diet notes: Keto (6.2 g net carbs a serve); Low saturated fat (2.5 g, 8% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

Ingredients 13 · SERVES 6

- [ ] 340 g **smoked herring fillets** (filè aransò)
- [ ] about 80 ml **vegetable oil**
- [ ] 65 g finely diced **carrot**
- [ ] 75 g finely diced **green capsicum**
- [ ] **capsicum** (red, yellow and orange), 230 g of each, finely diced
- [ ] 160 g finely diced **onion**
- [ ] 1 tsp **paprika**
- [ ] 1 tsp **garlic powder**
- [ ] 1 tsp **onion powder**
- [ ] 1 tsp **ground black pepper**
- [ ] **Lime juice**: juice of 2 limes
- [ ] 2 **hot chillies** (piman pike), finely chopped
- [ ] a little **salt**, only if needed

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the smoked herring fillets in very hot water for about 5 minutes to draw out the salt, then drain and pick off the skin and any bones. 5:24
2. Shred the herring finely in a food processor (or pound and flake it by hand). 6:00
3. Heat the oil in a wide pan over medium heat — be generous, as the herring soaks it up. 8:00
4. Add the carrot, then the capsicums of every colour, then the onion. Stir, cover and cook for 2–3 minutes until the vegetables just soften. 8:45
5. Season the vegetables with the paprika, garlic powder, onion powder and black pepper, squeeze in some of the lime juice and stir. 10:30
6. Stir in the chopped hot peppers. 11:40
7. Add the shredded herring, mix everything together well, cover and cook for about 5 minutes. 12:20
8. Stir in the rest of the lime juice. Taste before adding any salt — the herring is already salty — and serve warm or at room temperature. 13:46

> **Tip** Serves 6 (our estimate). Eaten in Haiti at breakfast or as a starter with bread or crackers; cucumber slices or lettuce cups keep it low-carb. Smoked herring is salty, so skip extra salt. Keeps 3 days chilled.

The method is a summary in our words, in English — the video (in Haitian Creole) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
266 kcal	15 g	8.4 g	2.2 g	19 g	600 mg
1,110 kJ	30% of a day	6.2 g net · 3.9 g sugars	8% of a day	2.5 g saturated	26% of a day
		3% of a day		25% of a day	

Energy from net carbs 10% · protein 23% · fat 67% — fits keto: 6.2 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Vitamin B12 442% · Omega-3 144% · Vitamin C 75% · Selenium 55% · Vitamin B6 27% · Vitamin E 26% · Vitamin A 20%

Source of (10–19%) Vitamin K 12% · Potassium 10%

Recipe and video: Gaspard Dorélien (@GaspardDorelien) on YouTube — youtube.com/watch?v=mx6jfwJtFDM, published 27 December 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chiktay-aranso