

Name: Conch Chowder

Yield:	Author: Unknown		
Ingredients	Actual		Notes
	Weight	Measure	
Conch meat	1 lb		Cleaned and chopped
Tomatoes – 4 large			Diced
Onion – 1 medium			Diced
Green onions – 6			Minced
Garlic cloves – 2			Minced
Celery – 2 ribs			Diced
Carrots – 2 large			Diced
Bell pepper – 1 red			Chopped
Potato – 1 medium			Diced
Parsley – 6-8 fresh sprigs			Chopped
Thyme – 4 fresh sprigs			
Allspice – ground	1/4 – 1/2 tsp		
Bay leaves – 3			
Clam juice – 1 (16 oz) can			
Water		2 cups	
Bacon – 3 slices			Crisp
Lime, fresh – 2			Squeeze for juice
Salt and pepper to taste			
Red chili flakes or cayenne pepper	1/4 tsp		
Jalapeno or habanero pepper – 1			Seeded and diced
Preparation			
Cooking Directions			
<ol style="list-style-type: none">1. In a large pot or stock pot, cook the bacon over medium heat until browned approximately 5 minutes. Remove the bacon and leave the grease.2. Using a piece of cheesecloth, capture the allspice, bay leaves, and thyme. Tie cheesecloth closed with string.3. Add the onions, celery, carrots, potatoes, parsley, and bell peppers and cook over medium-high heat until soft, 4-5 minutes. (stirring occasionally)4. Now add the hot pepper and garlic and cook for about a minute.5. Pour in the diced tomatoes and cook for 2 minutes while stirring.6. Add the clam juice, the water, the potatoes and bring to a boil.7. Put in the cheesecloth with spices, reduce the heat, and simmer, stirring occasionally, for 25 to 30 minutes.8. Combine the conch with the other ingredients and cook until the meat is tender, about another 20 to 25 minutes.9. Remove pot from the heat and discard the cheesecloth with spices.10. Add the lime juice and parsley, stir to combine, and adjust the seasoning to taste.			