

GOURMET FISHING

Season II - Episode XXIX



INFO-SHORTS



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Abacos' Conch Stew



Host, Chef & Guide, David Murray





Contents

Thank you for downloading our Info-Short recipe

3 Grocery List

4 Conch Stew





Grocery List

Abacos' Conch Stew

Butter	Garlic	Fresh Long Leaf Parsley
Conch	Potatoes	Cayenne Pepper
Carrot	Tomatoes & juice	Clam Juice
Sweet Onion	Bay leaf	Clamato Juice
Green Bell Pepper	Oregano	Salt and pepper to taste
celery	Fresh Thyme	



Abacos' Conch Stew

Abacos' Conch Stew



Serves 8

1/2 stick Butter	1 bay leaf
3 cups Bruised & Chopped Conch, <i>or Ground in a meat grinder</i>	2 tsp Dried Oregano
Large Carrot, diced	5-6 sprigs Fresh Thyme
Large Sweet Onion, diced	2-3 sprigs Fresh Long Leaf Parsley
Green Bell Pepper, diced	1 tsp cayenne pepper
3 Celery Stalks, grated	4 1/2 cups Clam Juice
Large Garlic Clove, grated	2 1/2 cups Clamato Juice
3 cups diced potatoes	Salt and pepper to taste
1 28oz can of diced Tomatoes & Juice	

Melt butter over medium heat. Add conch, carrots, onion, bell pepper, celery, and garlic. Cook and stir occasionally until vegetables are soft. Around 10 minutes.

Add potatoes, tomatoes, oregano, thyme, parsley, cayenne pepper, clam juice and tomato or Clamato juice. Stir to combine well. Bring to a slow boil, reduce heat, to medium-low and simmer lightly covered until potatoes are soft. About 20 minutes. Add salt and pepper to taste.

Optional Ingredients

1 x 13oz can coconut milk

1/2 tsp Cayenne Pepper

Add the coconut milk and cayenne pepper just after the Clamato Juice and continue as instructed...

Enjoy...



Gourmet Fishing



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BBQ Sauce & Marinade

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