

# GOURMET FISHING

Season II - Episode IX



INFO-SHORTS



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## Conch Fritter w/ Fitter Dipping Sauce



Host, Chef & Guide, David Murray



**ABACO'S BAR & GRILL'S  
CONCH FRITTERS**

**SERVED WITH A HOMEMADE FRITTER DIPPING SAUCE**



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## Grocery List

Conch, *Bruised & Chopped*

Cups Self Rising Flour

Baking Powder

Ketchup

Small Onion, *Minced*

Green Bell Pepper, *Minced*

Celery, *Grated*

Hot Sauce

Egg

Cayenne Pepper

Garlic Powder

Heavy Cream

*Fritter Dipping Sauce*

Ketchup

Sour Cream

Mayo

Wooster

Coconut Rum

Garlic Powder

Onion Powder

Cayenne Pepper



**Abaco's Bar & Grill Conch Fritter & Fritter Dipping Sauce**

# Abaco's Bar & Grill

## Conch Fritters

w/ Fritter Dipping Sauce

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### Ingredients

24 Fritters

3 Cleaned Conch Pieces  
1 1/2 Cups Self Rising Flour  
1 1/2 tsp Baking Powder  
1/2 tsp Cayenne Pepper  
1 tsp garlic powder  
1/2 Cup Ketchup  
small onion minces  
1/2 Green Bell Pepper Minced  
2 stalks Celery Grated  
2 tsp fresh Thyme, lightly chopped  
2 tsp Hot Sauce



1 egg  
3/4 Cup +/- Heavy Cream

### *Fritter Dipping Sauce*

1/2 Cup Ketchup  
1/4 Cup Sour Cream  
2 Tbs Mayo  
1 Tbs Wooster  
2 Tbs Coconut Rum  
1/2 tsp Garlic Powder  
1/2 tsp Onion Powder  
1/2 tsp Cayenne Pepper



We need to bruise our cleaned conch. This means we take a meat tenderizing mallet and begin to pound our conch until it is evenly flat with the teeth side of the mallet. Then using the flat side of the mallet, pound again flat. We will then take a heavy chef's knife and finely chop the conch meat. Chop in one direction and then rotate about 45 degrees and then chop in the other direction until the conch is finely chopped.

Let's now begin with our fritter dipping sauce. Add all of the ingredients to a medium-size bowl and whisk together to form a smooth sauce. Let the sauce sit while you are creating the fritter batter. This will allow the flavors time to come together.

Set your frying oil to about 350°F.

Combine the dry ingredients, flour, baking powder, cayenne pepper, garlic powder. Mix thoroughly with a whisk to combine. Then add the ketchup, minced onions, minced bell pepper, grated celery, lightly chopped fresh



thyme leaves, hot sauce, heavy cream, and then the egg. Using a large spoon, combine the ingredients until a smooth batter is formed. Add the chopped and bruised conch meat and thoroughly combine it into a complete and smooth batter.

Check your oil, and when it is at 350°F, it's time to begin fritter frying.

Using a 1 1/2 Tablespoon cookie dough scoop, place the fritter batter into the hot oil. Carefully do so without splashing the hot oil. The fritters should cook around 3 to 4 minutes per

side. Turn the frying fritter and cook an additional 3 minutes or so. They should be golden brown and firm when you press down, carefully, with a finger.

Remove the fritters from the hot frying oil and let them drain on a bed of paper towels. You can plate them in a leave of iceberg lettuce and then place your Fritter Dipping Sauce in a small bowl. Then add a few lime slices and top with lime zest for decoration and added flavor. Serve with a vinegar-based hot sauce if desired.

I hope you enjoy...



# Episode X & XI

## Offshore Trolling Rig Ballyhoo Rigged Offshore Trolling Rig

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On Episode X, we will take a look at creating an Offshore Trolling Rig for Dolphin, Sailfish, Tuna, and other pelagics. In Episode XI, we will then rig our trolling rigs with a Ballyhoo and vacuum seal them for our next trip offshore...





# Equipment List

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Meat Tenderizer Mallet

2 Mixing Bowls

Chef's Knife

Wok Style Frying Pan



# Gourmet Fishing



We catch fish, and then, We cook our catch...

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