

GOURMET FISHING

Season III - Episode XV



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Cracked Conch a Bahamian Classic



Host, Chef & Guide, David Murray





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Grocery List

Cracked Conch

- Conch
- Self-Rising Yellow Corn Meal
- Self-Rising Flour
- Cajun Seasoning
- Milk Heavey Cream
- Oil



Peas and Rice served with Cracked Conch

Cracked Conch



Serves 6

Ingredients

12 Whole Cleaned Conch	1 cup Heavey Cream
1 cup Self-Rising Yellow Corn Meal	1/2 cup Milk
1/2 cup Self-Rising Flour	Oil for frying
1 tsp Cajun Seasoning or 1/2 tsp	Lime wedges for garnish

Our first step is to remove any of the color parts on the conch. Also if there is any gray skin, try to remove that. Use a fillet or a boning knife and carefully remove the gray skin. This is not really necessary, but it is what I like to do. Next let's bruise or tenderize the conch. Using a tenderizing mallet,



work the con into flat pieces. Alternate between the toothed side and the flat side. Start at the thick end of the conch. Place the bruised conch in a bowl with the heavy cream and milk. This will help to tenderize the conch too.

While the conch is resting in the cream milk mixture, it is time to create our breading for the conch. In a bowl, combine the Self-Rising Yellow

Corn Meal, Self-Rising Flour and the Cajun seasoning. Using a whisk or spoon, thoroughly combine the dry ingredients.

In a pot or a deep sided pan, heat the oil to 325°F to 330°F. Do not over fill your pan with oil. Just enough oil to cover the conch. Fry the conch in batches, 2 minutes on one side and then turn and fry for an additional 2-3 minutes until golden. Drain the conch on a wire rack or a batch of paper towels.

Plate a heaping serving of peas and rice and then plate the cracked conch. Garnish with Lime wedges and make sure you have some Hot Pluff Mud Sauce or vinegar based hot sauce handy.

Cracked Conch



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



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