

Steam Conch

To a Bahamian steam conch means something totally different from the rest of the world so pay close attention.

Ingredients:

6 Conch
Salt and black pepper
2 Lemons
1 Hot pepper
½ cup cooking oil
1 med tomato (diced)
1 med onion – (thin slice)
1 teaspoon thyme
Water

Preparation:

Pound (Bruise) skinned conch until thin and tender. Place a sauce pan with 2 cups water and salt over medium heat. Boil for ten minutes then remove from heat. Heat oil in a medium frying pan add onions and thyme cook until onions are tender. Add tomatoes and allow to fry until thicken. Add the water used to boil the conch and bring to a boil. Add conch, reduce heat and adjust seasoning. Squeeze a bit of lemon juice into the pan and allow to simmer for 5 minutes.

Serving suggestion:

This dish can be served over white rice, peas ‘n rice or peas ‘n grits add some macaroni and cheese, coleslaw or plantains on the side and eat to your heart’s content.