

## CONCH CHOWDER

4 cups conch (ground)  
¼ cup cooking oil  
¼ lb salt pork (diced small)  
1 tablespoon salt  
1 med. Onion (chopped)  
1 cup tomatoes (fresh or canned)  
2 tablespoon tomato paste  
½ teaspoon black pepper  
4 qts water  
2 bay leaves  
2 cups carrots diced  
4 cups potatoes (cubed)  
1 cup celery (diced)  
½ cup ham chopped fine  
1 cup Worcestershire Sauce (Lea & Perrin's)  
1 hot pepper

Tenderize conch and cut into chunks. In a large pot over med. Heat add water, bay leaves, carrot, potatoes, celery and ham. In a large frying pan over med. Heat add oil and cook salt pork until light brown sauté onions, green pepper until tender. Add tomatoes and cook until dissolved. Add tomato paste and stir while cooking for 5 minutes.

Transfer contents from frying pan to large pot; add conch and salt to taste, bring to a boil. Cook until for 30 – 40 minutes stirring occasionally. Add Worcestershire sauce. Remove from heat. Allow 15 minutes before serving.