

# *The Islands of the* **BAHAMAS**

## RECIPE CARD

### CONCH FRITTERS

#### INGREDIENTS

- 1 ½ cups (2 medium) conch
- 1 large hot pepper
- 1 medium onion
- 3 cups flour
- 3 tsp baking powder
- ½ medium green sweet pepper
- salt to taste
- 1 cup water
- 1 tbsp tomato paste
- 1 egg
- 1 tsp hot sauce

#### Calypso Sauce Ingredients:

- ½ cup ketchup
- 2 tsp mayonnaise
- 1 tsp hot sauce
- 1 tsp worcestershire sauce



#### METHOD

- 1** Stir calypso sauce ingredients in bowl until smooth. Chill until fritters are ready. Pass onion, sweet pepper, and conch through a meat grinder or food processor. In large bowl, combine all ingredients to form a batter. The batter should be thick enough to drop from a spoon. If it is too runny add a little more flour to stiffen it. If it is too stiff add a little more water to soften it
- 2** Make sure cooking oil is hot (about 350 degrees if using deep fat fryer), using a spoon (teaspoon or tablespoon depending on desired size). Drop batter into hot oil – fritters should float to the surface and bob around like apples in a barrel of water. Use a long fork to turn fritter so that they are golden brown on all sides. Remove from oil and place in a container lined with absorbent paper to soak up any excess oil.
- 3** **Serving Suggestions:**  
Plate conch fritters alongside 2 oz of chilled calypso sauce for dipping. Use toothpicks for handling of the hot fritter and dunk your fritter into the sauce for cooling, complimentary flavours. Enjoy!



Credit: Tru Bahamian Food Tours