

Bahamian Cracked Conch

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Servings: 6

6 conch

2 limes or 3 lemons

meat tenderizer (seasoned)

3/4 cup flour

1 large onion, grated

1 cup bread crumbs

2 eggs

1 tablespoon milk or water

cooking oil or shortening

Preparation Time: 30 minutes

Clean the conch in salted water. Using a conch hammer or a substitute, bruise the conch separately to soften. Marinate with limes or lemons. Season with meat tenderizer.

In a large bowl, mix the flour, grated onions and bread crumbs. In a separate bowl, mix the eggs with the milk. Dip the conch in the egg mixture, then into the flour mix until completely covered. Fry in a preheated skillet with cooking oil or shortening. Slow fry until golden brown, but Do Not overcook or the conch will be tough.

Leftovers, if any, are good cold with lime juice squeezed over them the next day.

Per Serving (excluding unknown items): 160 Calories; 3g Fat (16.1% calories from fat); 6g Protein; 27g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 179mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.