
Haitian-Style Conch (Lambi)

Publix.com

Servings: 4

Preparation Time: 35 minutes

Start to Finish Time: 3 hours

1 pound conch meat (white meat only)
plastic wrap
1/4 cup champagne vinegar
2 1/2 cups water, divided
1 large tomato, coarsely chopped
3 ounces shallots, coarsely chopped
2 green onions, coarsely chopped
3 cloves garlic, coarsely chopped
1/4 cup fresh Italian parsley, coarsely chopped
1 teaspoon fresh thyme leaves
3 tablespoons olive oil
1 tablespoon hot pepper sauce
1 cube chicken bouillon
1/2 teaspoon Kosher salt

Cut the conch into one-inch pieces (wash your hands). Place the conch between two pieces of plastic wrap. Pound with a mallet to 1/4-inch thickness.

In a medium bowl, combine the conch, vinegar and 1/2 cup of water. Cover and refrigerate for two hours.

Drain the conch well. Remove the thyme leaves from the stems.

Preheat a medium saucepan on medium heat for 2 to 3 minutes. Add the oil, shallots, green onions, garlic and thyme to the pan. Cook for 5 to 7 minutes, stirring occasionally, or until the onions soften. Add the conch, tomatoes, hot sauce, bouillon cube, salt and remaining two cups of water to the pan.

Cover and cook for 45 minutes, stirring occasionally, until the conch is tender and 145 degrees.

Stir in the parsley. Serve.

Seafood

Per Serving (excluding unknown items): 124 Calories; 11g Fat (73.6% calories from fat); 2g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 712mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.