

# Bermuda Conch Chowder

*Bernice Spurling - Island of Bermuda  
Treasure Classics - National LP Gas Association - 1985*

## **Servings: 6**

*1 pound diced conch  
4 ounces salt pork (or  
bacon), diced in 1/4 inch  
squares  
2 medium onions, diced in  
1/4 inch squares  
2 sticks celery, diced  
1 green pepper, diced in 1/4  
inch squares  
2 medium tomatoes, diced  
in 1/4 inch squares  
1 medium potato, diced in  
1/4 inch squares  
4 ounces butter  
3 ounces flour  
1 cup water (from boiling  
the conch)  
1 cup light cream, .  
1/2 teaspoon thyme  
1 teaspoon chopped  
parsley  
pinch sage  
pinch pepper  
salt (to taste)  
FISH STOCK  
2 pounds white fish (cod,  
halibut, turbot or sole),  
include heads and bones  
1 large onion, peeled, cut in  
chunks  
1 large carrot, cut in chunks  
2 stalks celery, cut in  
chunks  
3 3/4 to 7-1/2 cups water*

## **Preparation Time: 1 hour**

### **Cook Time: 3 hours**

If making your own fish stock: Place the white fish, onion, carrot, celery and water into a large pot. Bring slowly to a boil. Lower the heat and skim off the scum. When cooked, put the contents of the pan through a sieve or fine colander lined with muslin wrung out in hot water. Press firmly to extract as much stock as possible.

If using the conch water as your stock: Dice the conch into small bite-size pieces. Place in a two-quart pot and cover with water. Boil on medium heat until tender (probably between one and one and one-half hours). Remove from the heat.

In a saucepan, saute' the salt pork in butter for 2 minutes. Then add the diced onion, celery, green pepper and potatoes. Saute' gently for 5 minutes without allowing to brown. Sprinkle the flour over the saute'ed ingredients. When the flour has absorbed the moisture, add the preheated stock to accomplish your style of chowder, thick or thin (with a minimum of four cups), stirring well to prevent lumps.

When the vegetables are tender, add the cream, thyme, parsley, sage, pepper and salt. Simmer for 5 minutes.

Serve hot with a dash of sherry, pepper sauce and hot rohm pepper sauce (purchased in a gourmet food store).

*You can use the water in  
which the conch was boiled  
as your stock or you can  
make your own fish stock.*

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Per Serving (excluding unknown items): 326 Calories; 24g Fat (63.2% calories from fat); 5g Protein; 26g Carbohydrate; 3g Dietary Fiber; 68mg Cholesterol; 211mg Sodium. Exchanges: 1 Grain(Starch); 2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.