

Key West Conch Chowder

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 6

2 bacon strips, sliced into small pieces
2 onions, chopped
3 stalks celery, chopped
2 cloves garlic, finely chopped
1 pound conch meat, finely chopped
42 ounces canned, unsalted whole tomatoes with their juice, coarsely chopped
2 cups fish stock OR water
1 green pepper, seeded, deribbed and finely chopped
1 sweet red pepper, seeded, deribbed and finely chopped
1 1/2 teaspoons dried thyme leaves
1 1/2 teaspoons dried oregano
1/2 teaspoon salt
1 teaspoon freshly ground black pepper
1 bay leaf
2 large (about 3 cups) boiling potatoes, peeled and cut into 1/2-inch cubes
1/4 cup dry sherry (optional)

Preparation Time: 30 minutes

Cook the bacon pieces in a large, heavy-bottomed pot over medium heat, stirring occasionally, until they are brown - about 5 minutes. Remove the bacon bits with a slotted spoon and set them aside on paper towels to drain. Pour out all but two tablespoons of the bacon fat and return the pot to the heat. Add the onions, celery and garlic. Cook them, stirring frequently, until the onions are translucent - about 10 minutes.

Add the conch, tomatoes and their juice, stock or water, green and red peppers, thyme, oregano, salt, pepper and bay leaf to the pot. Bring the liquid to a boil, then reduce the heat and simmer the chowder, covered, until the conch is tender - about two hours. Stir the mixture from time to time to prevent sticking. If the chowder seems too thick at any point, pour in another cup of stock or water.

Add the potatoes and simmer them until they are tender - about 15 minutes. To serve the chowder, divide it among six bowls and garnish each portion with a few bacon bits. Add the sherry to taste - about one tablespoon per person - at the table.

Start to Finish Time: 2 hours 30 minutes

Per Serving (excluding unknown items): 76 Calories; 1g Fat (14.4% calories from fat); 3g Protein; 15g Carbohydrate; 3g Dietary Fiber; 2mg Cholesterol; 233mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	76
% Calories from Fat:	14.4%
% Calories from Carbohydrates:	72.8%
% Calories from Protein:	12.7%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	2mg
Carbohydrate (g):	15g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	233mg
Potassium (mg):	431mg
Calcium (mg):	32mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	68mg
Vitamin A (i.u.):	1309IU
Vitamin A (r.e.):	131RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	28mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	76	Calories from Fat: 11
-----------------	----	-----------------------

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	2%
Cholesterol	2mg	1%
Sodium	233mg	10%
Total Carbohydrates	15g	5%
Dietary Fiber	3g	11%
Protein	3g	

Vitamin A	26%
Vitamin C	114%
Calcium	3%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.