



Home Grown Recipes



SOUP & CHOWDER "CONCH CHOWDER"

-INGREDIENTS-

3 OZ ONION	PINCH THYME
3 OZ CELERY	2 OZ OIL
3 OZ CARROT	2 OZ PORK FAT
3 OZ GREEN PEPPER	2 OZ TOMATO PASTE
6 OZ POTATO	1 TOMATO
8 OZ CONCH	1 QUART WATER
ONE BAY LEAF	
SALT, PEPPER AND HOT SAUCE TO TASTE	

-DIRECTIONS-

DICE PORK, VEGETABLES AND CONCH INTO ½" PIECES.
COOK THE PORK IN OIL UNTIL LIGHT BROWN IN COLOR.
ADD THE VEGETABLES, HERBS AND COOK FOR 3-4 MINUTES.
ADD THE CONCH, TOMATO PASTE AND DICED TOMATO. COOK FOR 10 MINUTES.
ADD WATER AND SIMMER FOR 1 ½ HOURS.
SKIM OCCASIONALLY, SEASON TO TASTE.

NOTE: CLAMS, SCALLOPS, CRAB OR SHRIMP MAY BE SUBSTITUTED FOR THE CONCH.

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