

Sandy's Conch / Scungilli Salad Recipe

Cool and refreshing. Serve for lunch or in place of any cold soup like gazpacho or as a before dinner salad.

Makes 8-10 servings

1 lb Conch Meat
Chop 1 Large Onion
Chop 1 Large Green Pepper
Chop 2, 8 inch Celery stalks
Peeled and Chop Half Cucumber
Chop 2 Large Tomatoes
2 Ounces Lime Juice
2 Ounces Wine Vinegar
1 Ounce Olive Oil (optional)
One Tablespoon Worcestershire Sauce
Half Teaspoon salt
Quarter Teaspoon pepper
Spice up with of Hot Pepper Sauce to your liking.

A little bit more or less of any ingredient is OK - Amounts are approximate. Chop into 1/2 - 3/4 inch pieces, Combine Conch and Onion with all condiments listed. Stir well. If you have time let sit for 3-4 hours before adding the remaining Vegetables and stir again. Keep refrigerated. Conch Salad always tastes better the second day and keeps for 4 to 5.

Note: It is sometimes recommended that conch be pounded prior to preparation. Large pieces for cooking cracked conch, yes, but since is being cut to 1/4 inch pieces this writer finds it completely unnecessary. Conch is shipped to the US fish markets frozen, and in most cases, the freezing / thawing process usually takes the place of the pounding of the Conch.

If you live in the northeast or near a large metropolitan area where conch is not available **use its northern cousin the Whelk, commonly called scungilli** and found in fish markets especially where there is an Italian clientele. Don't let its darker color deter you as it will turn white in the marinade and it will taste no different. I can attest to that.

-Sandy

From AbacoEscape.com (Sandy's Guide to the Abacos, Bahamas)