

CARIBBEAN CONCH CHOWDER

F EASY

Last Modified: 06/20/2010

PREP: 30 Min
COOK: 1 Hr 15 Min
STOVETOP

SOUP-SEAFOOD

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Conch Meat (Cleaned, Tenderized & Diced)	
		Conch Meat is HARD to find outside of the Caribbean	
OR SUBSTITUTE ONE OF THE NEXT 5 ITEMS			
12	Fresh	Quahog Clams	
SUBSTITUTE (IF NECESSARY)			
12	Fresh	Large Chowder Clams	
SUBSTITUTE (IF NECESSARY)			
24	Fresh	Little Neck Clams	3 Inch
SUBSTITUTE (IF NECESSARY)			
24	Fresh	Cherrystone Clams	3 Inch
SUBSTITUTE (IF NECESSARY)			
2	10 Oz	Cans Whole Baby Clams (Bar Harbour)	Fine Chop
2	Tbsp	Olive Oil	
1	Large	White Onion	Fine Dice
2	Stalks	Celery	Fine Dice
1/2	Pound	Baby Carrots (Organic)	Fine Dice
1	Large	Sweet Red Bell Pepper	Fine Dice
1	Whole	Scotch Bonnet Pepper (Seeded)	Fine Dice
		(Red, Yellow Or Orange)	
4	Cloves	Garlic (Smashed)	Fine Dice
3	Large	Bay Leaves	Whole
6	Sprigs	Fresh Thyme Leaves	Fine Chop
1	Tsp	Ground Allspice	
1	8 Oz	Bottle Clam Juice (Snow's)	
2	14 1/2 Oz	Cans Petite Diced Tomatoes (Hunts)	Undrained
1	14 1/2 Oz	Can Chicken Stock (Swanson)	
1	Tbsp	Distilled White Vinegar (Heinz)	
1/4	Cup	Fresh Italian Flat Leaf Parsley Leaves	Fine Chop
1	Bunch	Green Onions (Greens Only)	1/2" Slices
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1 +/-	Pinches	Sea Salt	To Taste

PREPARATION

FACTOID

Made from the tough Meat of a Queen Conch (Large Sea Snail). This mildly spicy wonderful dish is available throughout the Tropics and even places in Florida. I have enjoyed this dish on every Island in the Caribbean that I've ever visited. There are likely as many "versions" of this soup as there are Grandmothers in the Islands. A delicious heat (NOT at all overpowering) from a fresh Scotch Bonnet Pepper. I know you will love this as I do. Make a large batch, it freezes and re-heats well.

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NOTE	All of the ingredients are finely diced. This Soup contains no large chunks of anything.
TOOLS	1) Large Stock Pot
PREP	DISH 3) Thinly slice the White Onion, dice finely and set them aside. 1) Slice the Carrots into 1/8" square matchsticks. 2) Dice the Carrot matchsticks into 1/8" cubes and add them on top of the Onions. 4) Slice the Celery Stalks into 1/8" wide matchsticks. 5) Dice the Celery matchsticks into 1/8" cubes and add them on top of the Onions. 6) Slice the Red Bell Peppers into 1/8" square matchsticks. 7) Dice the Pepper matchsticks into 1/8" cubes and add them on top of the Onions. 8) Remove the Stem, Seeds and white Veins from the Scotch Bonnet Pepper. 9) Dice the Scotch Bonnet as finely as possible and add it on top of the Onions. 10) Using a Chef's knife, smash the Garlic Cloves & discard the skins. 11) Finely Dice the Garlic Cloves and set them aside. 12) Remove the Leaves from the Thyme, chop finely and add on top of the Garlic. 13) Remove the Leaves from the Parsley, chop finely and set them aside. 14) Chop the Green Onion Greens into 1/2" long pieces and add on top of the Parsley. 15) Dice the Conch Meat finely and set it aside. OR 15) Dice the chosen Clam Meat finely and set it aside.
NOTE	Since Conch's are likely to soon be placed on the endangered species list, or If you're unable to find Conch Meat, substituting Clams here is entirely acceptable. Choose Quahogs first, Large Chowders second and so-on down the above list.
1	SOUP: In a large stock pot over medium high heat, add in the Olive Oil & heat until it shimmers. Add in the Onion, Bell Pepper, Celery, Carrots and Scotch Bonnet. Saute, stirring occasionally until the Carrots are soft, about 10 minutes. Stir in the Garlic, Thyme, Bay Leaves and Allspice. Saute while stirring until the Garlic is fragrant, but NOT browned, about 3 minutes.
2	SOUP: Stir in the Tomatoes & Juice, Chicken Stock and Clam Juice and bring it to a boil, lower the heat to a simmer.
3	CONCH VERSION: Stir in the Conch Meat, and cook for 35 minutes, uncovered.
3	CLAM VERSION: Cook the Vegetables uncovered for 35 minutes
4	SOUP: Stir in the Lemon Juice, Vinegar, Parsley, Green Onions and season to taste with Salt & Pepper. Simmer for 5 minutes more.
5	CLAM VERSION ONLY: Stir in the Clams and cook until heated, about 3 minutes.
OPTION	Add in a small splash of dry White Wine into each bowl just before serving
SERVE	Ladle into soup bowls, CAREFULLY float a room temperature Snow Crab Claw on top and serve while hot with thick slices of Crusty Bread on the side.

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