



Sugar Apple

Posts From The Caribbean

Conch Creole

The best conch I ever ate was at Ali Baba's on Jost Van Dyke, made by Ali's wife, Urinthia. A close second is the conch in lime butter sauce at C&F Restaurant here on Tortola (which has been closed lately because the owner, Clarence, has been ill – get well soon Clarence). This conch creole has a nice clean flavor that lets the fresh conch shine.

1 1/2 pounds of cleaned, pre-cooked conch, cut into strips
1 small green pepper, seeded and diced
1 medium onion, peeled and diced
1 stalk of celery, diced
3 tablespoons of olive oil
1 clove of garlic, peeled and minced
1 can diced tomatoes
1 bay leaf
2 generous soup spoons of Devica's green seasoning (if available, if not add some fresh or dried thyme and a hot pepper or some hot sauce)
salt and freshly ground pepper to taste

Heat the oil in a heavy pot over medium heat until hot. Add the pepper, onion, celery and garlic and cook until softened but not browned. Add the tomatoes, bay leaf, green seasoning (or optional substitutes) and salt and pepper to taste. Bring to a boil and then turn the heat down to low. Simmer for 30 minutes, then add the cooked conch and simmer over low heat for a further 30 minutes. Adjust for seasoning and serve over rice. Hot pepper sauce on the side is a must. *Serves 4.*

<http://www.abigailblake.com/sugarapple>

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