



"Conch Fritters"

1/2 lb. conch meat
1/4 cup chopped green pepper
1/4 cup chopped celery
1/4 cup chopped onion
1 tbsp. tomato paste
1 tbsp. hot sauce
1 tbsp lemon juice

1/4 cup chopped red bell pepper
1 cup all purpose flour
Cayenne pepper to taste
About 1/2 cup water
Oil for deep frying
Cocktail sauce

Rinse conch meat and grind well. Mix with bell pepper, celery and onion, then add tomato paste, lemon juice and cayenne pepper. Stir in flour and enough water to make a stiff batter. Cook tablespoon dollops in hot oil until golden. Serve with your favorite cocktail sauce. Serves 6.

Greg Judge
"Sails Cal"