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| Some of my FAVORITE Bahamian Food Recipes...  |

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| Conch Fritters |  |
| Conch Fritters Bahamas | Ingredients:6 medium raw conchs (cleaned and prepped)1 medium size onion (chopped)1 medium sized tomato (chopped)1 cup cream2 tbsp sweet pepper (chopped)1 cup water1 teaspoon salt3 tbsp celery (chopped)2 tbsp butter2 eggs well beaten2 cups flour4 tsp baking powderHot pepper to taste Directions: Add all ingredients together making a stiff batter. Separate the batter in large spoonfuls and deep fry in an oil heated skillet or deep fryer. |
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| Conch Salad  |  |
| Conch Salad Bahamas | Ingredients:2 large conchs1/2 tsp hot pepper2 tomatoes (diced)1 cucumber (diced)1/4 cup of sour orange (naranja) juice1 bell pepper (diced)1 med. Onion (diced)2 tsp lime juicesalt and pepper to tasteDirections: Wash conch with a mixture of lemon, salt and water. Clean the conch, remove slime, and cut into small cubes. Place in mixing bowl with remaining ingredients.Mix and serve. |
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| Curry Lobster |  |
| Curry Lobster Bahamas**NOTE:** Can be served with white rice or pastaAnd shrimp, scallops or fish can be substituted for lobster. | Ingredients:Chopped Meat from 2-3 lobster (about 3/4 cup each = 3 cups)1 small onion sliced 3 tbs of butter2 tbsp of curry powder1 tbsp floursalt to taste1 cup of coconut milkJuice from 1 lemon1/4 cups of chopped Fresh Parsley Juice from 1 lemonDirections: Add butter to pan and fry the onions slices.Mix flour, curry, and salt together, then add to fried onions.Add milk and let boil for 30 mins on low heat. (Cont. next page)Adding more milk if mixtures gets to dry.Add cut up lobster meat and lemon. Simmer for a half hour.Remove from skillet to serving dish and garnish top with chopped parsley |
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| Debrina’s FAVORITE “Bahama Mama” Cocktail |  |
| Bahama Mama | Ingredients:1/2 ounce dark rum1/2 ounce 151 rum1/2 ounce coconut liqueur1/2 ounce coffee liqueur (opt)4 ounces pineapple juice1/4 ounce lemon juiceDirections: Stir all ingredients with ice. Strain into a chilled tumbler filled with ice. Garnish with a strawberry or cherry.Wishing you ALL …a wonderful TRUE Bahamian FEELING Winter 2011 Season!!! |
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