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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 cream 2 tbsp sweet pepper (chopped) 1 cup water 1 teaspoon salt 3 tbsp celery (chopped) 2 tbsp butter 2 eggs well beaten 2 cups flour 4 tsp baking powder Hot 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. | |  |  | | Conch Salad |  | | Conch Salad Bahamas | Ingredients:  2 large conchs  1/2 tsp hot pepper  2 tomatoes (diced)  1 cucumber (diced)  1/4 cup of sour orange (naranja) juice  1 bell pepper (diced)  1 med. Onion (diced)  2 tsp lime juice  salt and pepper to taste  Directions: 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. | |  |  | | Curry Lobster |  | | Curry Lobster Bahamas  **NOTE:** Can be served with white rice or pasta  And 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 butter 2 tbsp of curry powder 1 tbsp flour salt to taste 1 cup of coconut milk Juice from 1 lemon 1/4 cups of chopped Fresh Parsley  Juice from 1 lemon  Directions: 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 | |  |  | | Debrina’s FAVORITE  “Bahama Mama” Cocktail |  | | Bahama Mama | Ingredients:  1/2 ounce dark rum  1/2 ounce 151 rum  1/2 ounce coconut liqueur  1/2 ounce coffee liqueur (opt)  4 ounces pineapple juice  1/4 ounce lemon juice  Directions: 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!!! | |  |  | |

 