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# Conch Fritters

*Publix.com*

Start to Finish Time: 30 minutes

**1 quart canola oil (for frying)**  
**1 cup (8 ounce) chopped conch meat (white meat only)**  
**1/2 small white onion, finely chopped**  
**1/2 small green bell pepper, finely chopped**  
**2 ribs celery, finely chopped**  
**2 cloves garlic, finely chopped**  
**1 cup flour**  
**1/2 teaspoon Kosher salt**  
**1/4 teaspoon ground red pepper**  
**1/2 teaspoon baking powder**  
**1 large egg**  
**1/2 cup whole milk**

In a large Dutch oven (or heavy stockpot) preheat the oil to 365 degrees.

Cut the conch into one-inch pieces (wash your hands). Place the conch into a food processor bowl. Pulse until finely chopped.

In a large bowl, combine the conch, onion, green pepper, celery and garlic. Mix well.

Drop tablespoon-size scoops of batter into the oil. Fry for 3 to 5 minutes (in batches) until golden brown and 145 degrees. Drain the fritters on paper towels.

Serve with lime wedges and your favorite dipping sauce.

Yield: 20 fritters

## **Breads, Muffins**

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*Per Serving (excluding unknown items): 664 Calories; 11g Fat (14.5% calories from fat); 25g Protein; 115g Carbohydrate; 7g Dietary Fiber; 229mg Cholesterol; 1390mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 1/2 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.*