

Recipes of The Bahamas

Bahama Mama

1 ¼ ounces of Rum
1 ounce of Crème de Cassis
3 ounces of pineapple juice
3 ounces of orange juice
¼ ounce of lemon juice
¼ ounce of Angostura bitters
A dash of Grenadine syrup
A dash of nutmeg

Shake well and serve in a tall glass

Bahama Yellow Bird

1 ½ ounces of Rum
¼ ounce of Apricot Brandy
¾ ounce of Crème de Banana
¼ ounce of orange juice
3 ounces of pineapple juice
A dash of Galliano

Shake with cracked ice and serve with a tall glass

Conch Fritters

4 fresh conchs, finely minced
1 green pepper, chopped
1 red pepper, chopped
2 celery stalks, chopped
1 onion, finely chopped
1 egg, slightly beaten
1 ¾ cups all-purpose flour
3 teaspoon baking powder
½ teaspoon salt
A dash of pepper
A dash of Bahamian hot pepper sauce
Oil for deep-frying

Combine ground conch with chopped vegetables. Add egg, mix flour, baking powder and salt; add to conch mixture. Season to taste. Form into balls 1 to 2 inches in size. Heat oil in a deep skillet to 375° F. To prevent cooling the oil to quickly, drop one fritter at a time into the pan, waiting a few seconds before adding additional fritters. Fry 3-5 minutes until golden brown on all sides, turning the fritters as they rise to the surface. Drain on paper towels and serve with Key Lime mustard sauce or other cocktail sauce.