

Spicy Conch Burger

Chef William Merelle

To prevent the conch cakes from rolling apart while cooking, make sure to refrigerate the cakes for at least 1 hour before frying.

Serves: 4

Ingredients:

1 lb tenderized conch meat, diced fine
3/4 cup panko bread crumbs
1/4 cup fat-free or low fat milk
3 tbsp home made mayonnaise
2 tbsp finely chopped parsley
6 green onions, trimmed and minced
1/2 tsp salt
1/4 tsp black pepper corn
2-3 tsp chili sauce
1 clove of garlic
3 tbsp all purpose flour
2 tbsp grape seed oil
3 cups mixed greens
1 tomato sliced in 4
4 sliced onion rings
1 lemon, cut into wedges
4 hamburger buns, toasted

Directions :

In a large bowl, combine conch meat, panko, milk, mayonnaise, parsley, green onions, salt, pepper, and chili sauce, and mix well.

Moisten your hands with water and form conch mixture into 4 cakes.

Cover with plastic wrap and refrigerate for 1 hour.

Lightly coat each cake on both sides with flour. Heat grape seed oil in a large nonstick or copper skillet over medium-high heat. Cook the conch cakes until crispy and golden brown, about 4 to 5 minutes on each side. Serve conch burger with tartar sauce, mixed greens, sliced tomatoes, sliced onion rings, and lime wedge with fried plantains and coleslaw on the side.

Bon Appetit