Soups / Honduras

Conch soup



Conch soup in coconut milk with cassava and plantain. The Garifuna cooking of the Caribbean coast.

Time 95 min **Servings** 5

What you'll need.

- ☐ 700 g Conch or squid
- ☐ 400 g Cassava
- ☐ 2 piece Carrots
- ☐ 5 clove Garlic
- ☐ 30 g Coriander
- ☐ 2 piece Limes
- ☐ Salt and pepper — to taste
- ☐ 600 ml Coconut milk
- ☐ 2 piece Green plantain
- ☐ 1 piece Onion
- ☐ 1 piece Bell pepper
- ☐ 1 tsp Achiote
- ☐ 40 ml Vegetable oil

Let's make it.

01 Pound the conch with a mallet and cut it into small pieces. Squeeze lime over it.

02 Fry the onion, garlic and pepper in oil with the achiote until soft.

03 Add half the coconut milk let down with water and bring it up.

04 Add the conch and simmer forty minutes, until tender.

05 Add the cassava, plantain and carrot in large pieces and cook twenty minutes.

06 Add the remaining thick coconut milk and warm it five minutes without boiling.

07 Scatter with coriander and serve with lime and fried plantain.

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