



Moqueca (Brazilian Fish Stew)



Ingredients, Fish Stew:

- 2 Tb coconut oil
- Olive oil for drizzling
- ½ yellow onion chopped
- 1 red bell pepper seeds removed and sliced
- 1 yellow bell pepper seeds removed and sliced
- 1 jalapeno chopped and seeds removed if too spicy
- 2 cloves garlic chopped
- 1 tsp paprika
- Pinch of cayenne
- ½ lb cod cut into large 1-2 inch pieces
- ½ lb sea bass cut into large 1-2 inch pieces
- 1 large tomato chopped (or 1 15 ounce can chopped tomatoes)
- 2 cups vegetable or fish stock
- 1 can coconut milk full fat
- 1 lime zested + lime cut into wedges
- Salt and pepper to taste
- Green onions chopped for garnish

Ingredients, Brazilian Rice

- ½ yellow onion chopped finely
- 1 garlic clove chopped finely
- 1 cup jasmine rice
- 2 cups vegetable stock
- Salt and pepper to taste
- Green onions chopped for garnish

Method:

1. In a large pot, add coconut oil and a drizzle of olive oil. On medium heat, sauté chopped onion, bell peppers, and jalapeno until lightly soft, about 5-8 minutes. Then add chopped garlic, paprika, and cayenne and stir to combine, for another 1-2 minutes.
2. Add chopped tomatoes with their juice and stir everything together, cooking for another 1-2 minutes so the tomato juice can evaporate a bit.
3. Pat dry the fish very well with a pepper towel and season with salt and pepper on both sides. Lay the fish down on top of the vegetables and pour the vegetable stock and coconut milk. Add lime zest and season with salt and pepper,

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4. Cover and cook for about 20-30 minutes on medium-low heat or until the fish is fully cooked.
5. While stew is cooking, make the rice: In a small pot, sauté chopped onion and garlic in olive oil until lightly caramelized. Then add jasmine rice and stir to coat so onion and olive oil are evenly distributed through the rice.
6. Add vegetable stock and season with salt and pepper. Bring rice to a boil, then lower heat to a simmer and continue cooking for about 20 minutes until the liquid has evaporated.
7. Fluff rice with a fork and garnish with chopped green onions.
8. To serve, either spoon stew on top of rice or have rice on the side. Garnish with lime wedges, cilantro and chopped green onions.

Notes:

Use any fish you have on hand for this stew: shrimp cod or halibut, for example.