

Brazilian Fish Stew (Moqueca Baiana)

FISH

- 1 lb / 500g firm white fish fillet , no skin, cut into 1"/2.5cm cubes (Note 1)
- 1 tbsp lime juice
- 1/4 tsp salt
- Black pepper
- 1 tbsp olive oil

1. Combine the fish, lime juice, oil, salt and pepper in a bowl. Cover with cling wrap and refrigerate for 20 minutes.
2. Heat the 1 tbsp olive oil in a large skillet over high heat. Add the fish and cook until just cooked through and light golden brown. Remove from the skillet and set aside.

BROTH

- 1 1/2 tbsp olive oil or coconut oil (Note 4)
- 2 garlic cloves , minced
- 1 small onion , finely diced (brown, yellow or white)
- 1 red capsicum / bell pepper (large), halved and sliced
- 1 1/2 tsp sugar (any)
- 1 tbsp cumin powder
- 1 tbsp paprika
- 1 tsp cayenne pepper (optional)
- 1/2 tsp salt
- 14 oz / 400ml coconut milk (full fat best, Note 2)
- 14 oz / 400ml canned crushed tomatoes
- 1 cup fish broth/stock (or chicken or vegetable, Note 3)

1. Reduce the stove to medium high and heat 1 1/2 tbsp olive oil in the same skillet. Add the garlic and onion and cook for 1 1/2 minutes or until the onion is starting to become translucent.
2. Add the bell peppers and cook for 2 minutes.
3. Add the remaining Broth ingredients. Bring to simmer, then turn down to medium. Cook for 15 to 20 minutes or until it thickens. Adjust salt and pepper to taste.
4. Return the fish to the broth to reheat - about 2 minutes.
5. Stir through lime juice.
6. Garnish with cilantro/coriander and serve with rice or Lime Rice. For a low carb option, try Cauliflower Rice!

FINISHES

- 1 - 2 tbsp lime juice , plus more for serving
- 3 tbsp roughly chopped fresh cilantro / coriander , plus more for serving



From:

<https://wiki.packden.us/> - **packden.us**



Permanent link:

https://wiki.packden.us/doku.php?id=recipes:moqueca_baiana

Last update: **2022/09/23 13:29**