## 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

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