



Moqueca (Brazilian Seafood Stew)

Serves: 4 | Cook: 2 hr | Source: #ParlezPantry

Following on with our F1 weekend themed #SundayLunch in #ParlezPantry we're going with a Brazilian Fish Stew. There are several versions but this one stems from the state of Bahia (just to the west of Salvador) and uniquely uses red peppers and coconut milk.

Ingredients

FISH:

- 1 lb / 500 g firm white fish fillet (no skin, cut into 1 1/2 inch cubes, pollock, cod, king prawns and clams, I'm going with haddock (unsmoked))
- 1 tbsp lime juice
- 1/4 tsp salt
- 1 Black pepper
- 2 1/2 tbsp olive oil

BROTH:

- 1 1/2 tbsp olive oil or coconut oil
- 2 garlic cloves (minced)
- 1 large onion (sliced, into circles)
- 1 1/2 packets of assorted snacking peppers (sliced, into circles)
- 1 1/2 tsp sugar (any)
- 1 tbsp cumin powder / crushed seeds
- 1 tbsp smoked paprika
- 1 tsp cayenne pepper (optional)
- 1 1/2 tsp Old Bay seasoning (optional)
- 1/2 tsp salt
- 14 oz / 400 ml coconut milk (full fat best)
- 14 oz / 400 ml tinned chopped tomatoes
- 1 cup fish stock (or chicken or vegetable)



Method

1. Place the fish, lime juice, oil, salt and pepper in a bowl. Cover with cling film and place in the fridge for 20 minutes.
2. Heat 1 tbsp olive oil in a large skillet / Dutch Oven over high heat. Add the fish and cook until just cooked through and lightly golden brown. Remove from the skillet / Dutch Oven and set aside.
3. Reduce the hob to medium high and heat 1 1/2 tbsp olive oil in the same skillet / Dutch Oven. Add the garlic and 3/4 of the onion and cook for 1 1/2 minutes or until the onion is starting to become translucent.
4. Add the 2/3 of the sliced peppers and cook for 2 minutes. Add the remaining Broth ingredients. Bring to simmer, then turn down to medium. Remove from the pan and place in a blender until a smooth texture.
5. Add oil 1tbsp of olive oil to the pan and repeat with the remaining onions and peppers until translucent, and add the blended mixture from above. Cook for 15 to 20 minutes or until it thickens. Adjust salt and pepper to taste.
6. Return the fish to the broth to reheat – about 2 minutes. Stir through lime juice. Garnish with coriander and serve with rice or crusty fresh bread (or both). For a low carb option, you could try Cauliflower Rice!