

Moqueca - Brazilian Fish Stew

Serves four

1 pound fleshy, mild fish like rockfish, Pacific snapper, tilapia, basa or halibut OR 1 pound of peeled and deveined shrimp
2 limes plus more for serving
1 medium onion — minced
4 garlic cloves — minced
1 small jalapeño — finely chopped, optional
1 teaspoon cumin
2 teaspoons paprika
1/2 cup diced bell pepper (any color)
1/2 cup diced carrots
1-1/2 cup chopped fresh tomatoes
1 cup chicken or fish stock
1 tablespoon tomato paste
14 oz can of unsweetened coconut milk
Chopped cilantro or parsley or scallion green for garnish
Salt & Pepper
Oil

Trim the fish of any fat or imperfections and cut into large cubes. Place them in a bowl.

Zest one of the limes and squeeze both of them on to the fish. Add salt to taste. Mix and set aside.

Add some oil to a pot or wok. Heat and add the onion. Cook until onion is translucent, about 7 minutes. Stir occasionally.

Drizzle a little oil on the cooked onion and add the garlic and jalapeño. Stir and cook for another 2 minutes until you can smell the garlic.

Make a well in the middle of your onion and garlic and add a little more oil. Add the cumin and paprika onto the oil. Mix it well and cook for about 1 minute. Mix it in with the onions and garlic.

Add the carrots and bell peppers. Mix. Add the tomatoes. Cook for a few minutes. Add the stock and the tomato paste. Mix well, until all the tomato paste is dissolved. Add the coconut milk and mix well.

Bring the stew to a boil, reduce the heat and simmer until the carrots are softened, about 10 minutes.

Add the fish to the stew, including the lime juice it marinated in. Taste for salt and adjust accordingly. Add black pepper to taste. Mix and return the pan to a simmer again and cook until fish is completely cooked through, about 6 minutes. It might take a little longer depending on the thickness of your fish.

Serve in a bowl and garnish with your garnish of choice. Squeeze some more lime on to the soup and serve with extra wedges of lime on the sides. You can also serve this with white rice on the side. Enjoy!

©TheFrugalChef2020