

Moqueca

Ingredients

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| 1 1/2 lb White Fish | 1 t Salt |
| 3 T Olive Oil | 1 Onion (finely diced) |
| 1 c Carrot (diced) | 1 Red Pepper (diced) |
| 4 clv Garlic (chopped) removed, chopped) | 1 Jalapeno (ribs and seeds) |
| 2 t Paprika | 1 T Tomato Paste |
| 1 c Fish Stock | 1 t Cumin |
| 14 oz Coconut Milk | 1 1/2 c Tomatoes (diced) |
| 2 Limes | 1/2 c Cilantro |

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Instructions

1. Pat dry the fish and place in a bowl. Add 1/2 teaspoon salt, zest from half of 1 lime and 1 tablespoon lime juice. Massage lightly to coat all pieces well. Set aside.
2. In a dutch oven, heat the olive oil over medium high heat. Add onion and 1/2 teaspoon salt, and saut  2-3 minutes.
3. Turn heat down to medium, add carrot, bell pepper, garlic and jalapeno and cook 4-5 more minutes.
4. Add tomato paste, paprika, cumin, and fish stock. Mix and bring to a simmer and add tomatoes. Cover and simmer gently on medium low for 5 minutes or until carrots are tender.
5. Add the coconut milk and taste and add more salt if necessary. Nestle the fish in the stew and simmer gently until it   s cooked through, about 4-6 minutes. Spoon the broth over the fish and cook until desired doneness or longer for thicker pieces. Taste and season with salt and pepper, if needed. Squeeze the juice of half a lime, add more if needed.
6. Sprinkle with cilantro and the rest of the lime. Serve with rice or bread on the

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side.