

HOOKED ON FISH

Fresh. Simple. Sustainable.

Moqueca (Brazilian Fish Stew)

What's Gaby Cooking

For the Fish

- 1 ½ pounds Mahi Mahi cut into large chunks
- 8 ounces shrimp peeled and de-venied
- 1 lime juiced
- 4 cloves garlic minced
- 1 inch ginger minced
- 1 tablespoon palm oil melted

For the Stew

- 2 tablespoons palm oil
- 3 cloves garlic minced
- 2 teaspoons red pepper flakes
- 1 onion finely sliced
- 1 cups bell peppers finely sliced
- 1 cup chopped tomatoes
- 1 cup fish stock vegetable stock works too
- 1 cup coconut milk
- 1 lime
- ¼ cup fresh cilantro
- ¼ cup fresh basil
- Kosher salt and freshly cracked black pepper
- 1-2 cups jasmine rice

For the Fish

Combine the Mahi Mahi, shrimp, lime juice, garlic, ginger and palm oil in a large bowl. Toss everything together to combine and let the fish marinate for 20-30 minutes.

After marinating, drain the fish and shrimp of any excess liquid. Meanwhile, cook the rice according to the package directions. Set aside once done.

For the Stew

In a large heavy dutch oven, melt the palm oil over medium high heat. Add the garlic, red pepper flakes, onions and bell peppers and sauté for 4-5 minutes until fragrant and the

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onions are softened. Add the chopped tomatoes and stir to combine. Season with salt and pepper.

Reduce the heat to medium and nestle the marinated Mahi Mahi and shrimp in the bottom of the dutch oven. Season the fish with salt and pepper and then add the fish stock and coconut milk to the pan. It should just about cover the fish and shrimp.

Bring the stew to a simmer, cover, and cook for about 10 minutes until the shrimp is cooked and the fish easily flakes apart. Taste and season with the juice of 1 lime, more if you'd like, and add the cilantro, basil and more salt if desired.

Serve the stew over the jasmine rice.

NOTES

If you can't Palm Oil, or don't want to order it, you can easily use vegetable oil and add in a teaspoon or two of paprika to give the dish it's red color.