

BATUQUI THE FLAVOR OF BRASIL

MOQUECA BAIANA COMBO

(Translation: Fish and Shrimp)

- 1 lb. Tilapia Fillets (thawed and patted dry)
- 1 lb. Extra Large Shrimp, deveined with shell and tail removed
- 3 tsp. Salt
- Ground Black Pepper, to taste
- ½ tsp. Ground Cumin
- 2 tsp. vegetable Oil
- 1 each Large White or Yellow Onion, chopped
- 1 each Medium Red Bell Pepper, seeded and sliced (reserve a couple of slices)
- 1 each Medium Green Bell Pepper, seeded and sliced (reserve a couple of slices)
- 1 each Medium Yellow Bell Pepper, seeded and sliced (reserve a couple of slices)
- 4 each Garlic Cloves, minced
- 2 each Large Tomatoes, sliced (reserve a couple of slices)
- 1 C. Coconut Cream (or thick Coconut Milk)
- ¼ C. Vegetable or Fish Broth
- 1 tsp. Red Palm Oil
- 1 tsp. Malagueta Pepper (Thai Chili Pepper or few drops of Hot Sauce may be substituted)
- 1 ½ each Lime, juiced
- 2 Tbsp. Cilantro or Parsley, chopped

Season fish fillets and shrimp with 2 tsp. salt, pepper to taste and cumin.
Heat a large pot, cast iron skillet or non-stick pan over medium heat.
Add 1 tsp. of oil.
Cook chopped onion and bell peppers for approximately three minutes.
Cook garlic and chopped tomatoes for approximately two minutes.
Transfer vegetables to blender.
Add coconut milk, stock and 1 tsp. of salt.
Set aside!

Using the same pan, add 1 tsp. of oil (if needed).
Cook fish fillets for approximately two-three minutes.
Flip fish. Pour blended mixture over fish fillets.
Stir in palm oil and Malagueta pepper.
Bring to boil.
Reduce heat to medium-low.
Cook for approximately two minutes.
Toss shrimp and reserved slices of bell peppers and tomatoes.
Cook over medium-low heat for four to five minutes.
Remove from heat.
Stir in lime juice and fresh cilantro.
Serve warm with white rice.

