



# Moqueca Baiana de Camarão

(Serves 4)

This Brazilian stew can be made with white fish, shrimp or a mixture of seafood. The key ingredients to achieve the traditional flavor are the coconut milk and dendê oil.

## INGREDIENTS:

- 2-3 Tbsp red palm oil (Dendê Oil)
- 1-2 Tbsp olive oil
- 1 large white or yellow onion, diced
- 3 cloves garlic, diced
- 1 bunch fresh cilantro, stems separated & chopped, (rough chop leaves for garnish)
- 1 small red bell pepper, diced
- 1 small yellow bell pepper, dice
- 2 lbs of raw shrimp, peeled & deveined
- Juice from 1/2 small lime
- 2 cans (29 oz) peeled & diced tomatoes or 4-6 large fresh tomatoes, peeled & diced
- 1 can (13.5 oz) unsweetened coconut milk
- Salt

## COOKING INSTRUCTIONS:

- 1) Lightly season shrimp with salt. Set aside.
- 2) Heat 2 tablespoons of red palm oil + 1 tablespoon olive oil in large pot.
- 3) Add onions and sauté on medium low heat until translucent.
- 4) Add chopped garlic, sauté until aroma is released, approximately 15-20 seconds.
- 5) Add diced bell peppers and chopped cilantro stems. Sauté on medium heat just until tender.
- 6) Add tomatoes & coconut milk. Let simmer, covered, on low heat approximately 10-15 minutes.
- 7) Add seasoned raw shrimp and lime juice (to taste). Allow to cook on low just until shrimp is cooked through (approx. 3-5 minutes).
- 8) Add more salt, if necessary. Garnish with reserved cilantro leaves.

*Serve with Brazilian-style rice, red chili oil and toasted cassava flour.*