

# Sunvil Supper Club

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January 2016 - **Moqueca** - Brazilian Seafood Casserole



## Ingredients

- 2 ½ pounds red snapper, cut into 2-inch pieces (or substitute with grouper, red fish, flounder, striped bass, or any other white fleshed fish)
- 1 cup chopped onion, plus 1 cup julienned onion
- 2 cups roughly chopped tomatoes, plus 2 tomatoes sliced into ¼ inch rounds
- 2 cloves garlic, plus 1 tablespoon minced garlic
- 5 tablespoons chopped fresh cilantro leaves
- 2 teaspoons salt
- 3 tablespoons fresh-squeezed lime juice
- ¼ cup olive oil
- 1 (14.5-ounces) can coconut milk

## Method

Place the fish in a large mixing bowl. In a blender, combine the chopped onion, the chopped tomatoes, 2 cloves of garlic, 1 tablespoon of cilantro, 1 teaspoon of salt, and the lime juice. Blend until smooth, then pour directly over the fish. Cover with plastic wrap and refrigerate for 1 hour.

Heat a large saute pan over medium-high heat. Add the olive oil to the pan, and once hot, add the julienned onions to the pan and saute, stirring often until translucent, about 3 to 4 minutes. Add the minced garlic to the pan and saute for an additional 30 seconds.

Pour the fish and the marinade into the saute pan and add the remaining teaspoon of salt, and the coconut milk and stir to combine. Once the liquid comes to a boil, add the sliced tomatoes and cover. Reduce the heat to medium-low and continue to cook until the flesh starts to flake, about 10 minutes.

Remove the cover from the pan and sprinkle the remaining 4 tablespoons of cilantro over the fish. Serve accompanied by steamed white rice.

Originally from the state of Bahia in the northeast of the country. The dish evolved during the Colonial times when the Portuguese brought coconuts to the country.

They planted the coconut trees along the coast to replace the wood that was taken. The African slaves also introduced palm oil to the culinary mix. It is served year round and Brazilians have been making it for at least 300 years.

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