

MUQUECA DE PEIXE

Mucqueca is a traditional dish in Bahia, a region of Brazil. It can be done with different fish, or with shrimps (Mucqueca de Camarão).

Ingredients

For 6 people

1 kg of pieces of fish without edges: cod

3 or 4 onions + 1 for Farofa

4 medium peppers

4 tomatoes (or a box of tomatoes that will be cut into rings)

A small bouquet of basil, coriander, parsley

2 garlic cloves

Tabasco

olive oil (or, traditionally, dendê: palm oil)

1 or 2 large margarine spoons

800 ml of coconut milk or coconut cream

250 g cassava flour

Preparation

- MUQUECA.
 1. Mince the onions except one, cut the peppers into rings as well as the tomatoes.
 2. In a large dish (wok or casserole), heat a bottom of olive oil, add half of the onions, half of the peppers, half of the tomatoes, crushed garlic and a little tabasco. Salt and pepper and cook for 5 to 10 minutes over fairly strong heat (without the vegetables burn).
 3. Place the pieces of fish over the vegetables.
 4. Sprinkle with cut basil, coriander, and parsley.
 5. Finish with the rest of the vegetables and cover. Cook for 20 minutes over medium heat.
 6. Meanwhile, make the Farofa.
 7. At the end of cooking, the vegetables and the fish had to make juice. Then pour the coconut milk: only the thick part which is in the upper part of the brick. Cook for another 10 minutes, adjust the seasoning (salt, pepper, tabasco)
- Farofa
 1. Chop the very fine onion
 2. In a small pan, brown the onion in the margarine until it is translucent.
 3. Then add 200 g of cassava flour, mix and stir regularly, over low heat, for 5 to 10 minutes
- Pirão
 1. Take 2 ladles of mucuca juice (after adding coconut milk) and heat it in a small saucepan
 2. Add 2 tablespoons of cassava flour, and tabasco (the pirão must be well spicy)
 3. Stout constantly stirring until the mixture thickens. Then stop cooking.

Serve mucuca, farofa, pirão and rice at the same time on the table.