

Muqueca de Peixe

Muqueca is a traditional dish from Bahia, a region of Brazil. It can be made with different fish, or with shrimp (muqueca de camarão).

Ingredients

For 6 people

1 kg of boneless pieces of fish: cod

3 or 4 onions + 1 for the farofa

4 medium peppers

4 tomatoes (or a can of tomatoes cut into slices)

A small bouquet of basil, coriander, parsley

2 cloves of garlic

Tabasco

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

1 or 2 large spoons of margarine

800 mL coconut milk or coconut cream

250 g cassava flour

Preparation

- La Muqueca

1. Slice the onions except one, cut the peppers into slices as well as the tomatoes.
2. In a large dish (wok or casserole dish), heat a little olive oil, add half the onions, half the peppers, half the tomatoes, crushed garlic and a little Tabasco. Season with salt and pepper and cook for 5 to 10 minutes over a fairly high heat (without the vegetables burning).
3. Arrange the pieces of fish on top of 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 fish should have released some juice. Then pour in the coconut milk: only the thick part which is in the upper part of the brick. Leave to cook for another 10 minutes, adjust the seasoning (salt, pepper, tabasco)

- La Farofa

1. Chop the onion very fine
2. In a small skillet, sauté the onion in the margarine until translucent.
3. Then add 200 g of cassava flour, mix and stir regularly, over low heat, for 5 to 10 minutes

- The Pirate

1. Take 2 ladles of Muqueca juice (after adding the coconut milk) and heat it in a small saucepan
2. Add 2 tablespoons of cassava flour and tabasco (the pirão should be very spicy)
3. Stir constantly until the mixture thickens. Then stop cooking.

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