



Chef John's Brazilian Fish Stew



Prep	Cook	Ready In
12 m	20 m	32 m



Jewel-Osco

Jewel - Osco
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Recipe By: Chef John

"My interpretation of Brazilian seafood stew (or moqueca) uses just fish, so I'm calling it the weeknight version. It's ready to serve in less than 30 minutes."

Ingredients

- | | |
|-------------------------------------|---|
| 2 cups water | 1 (14 ounce) can full-fat coconut milk |
| 1 cup uncooked white rice | 1 teaspoon soy sauce |
| 1 tablespoon olive oil | 1 red or yellow bell pepper, halved and thinly sliced |
| 1 yellow onion, thinly sliced | 2 jalapeno peppers, seeded and thinly sliced |
| 1 teaspoon salt, plus more to taste | 1/4 cup chopped green onion |
| 2 tablespoons tomato paste | 1 1/2 pounds sea bass fillets, cut into chunks |
| 4 cloves minced garlic | 1 pinch salt |
| 2 teaspoons paprika | 1/4 cup chopped cilantro leaves |
| 1 teaspoon ground cumin | 2 tablespoons freshly squeezed lime juice |
| cayenne pepper to taste | |

Directions

- 1 Bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 20 to 25 minutes.
- 2 Heat olive oil in a skillet over medium heat. Add onions and 1 teaspoon salt. Cook and stir just until onions start to get soft, 3 or 4 minutes. Add tomato paste, garlic, paprika, cumin, and cayenne pepper. Continue cooking about 3 minutes. Pour in coconut milk and add soy sauce. When mixture starts to bubble, let it simmer about 5 minutes.
- 3 Increase heat to medium-high. Stir in bell peppers, jalapeno peppers, and green onions. Let mixture come back to a simmer. Transfer fish to skillet; stir. Cover and cook over medium-high heat until fish starts to flake, about 5 minutes. Remove from heat. Add salt, cilantro, and lime juice; stir carefully to avoid breaking up the fish. Serve with rice.

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