

Salmon Moqueca

Adapted from Food 52, winner of "Community" Contest
http://www.food52.com/recipes/4574_salmon_moqueca



Servings: 3

Yield: 6 cups

FISH & MARINADE:

1/2 pound salmon fillets, wild

1 tablespoon lime juice

1/4 teaspoon sea salt

1 tablespoon olive oil

STEW:

1 tablespoon olive oil

1 small sweet potato, peeled and diced

1/2 cup onion, peeled and roughly chopped

2 whole zucchini, chopped

1/2 cup canned tomatoes, undrained

1/2 cup green pepper, chopped (I didn't use this, so it's optional)

1/2 cup red bell pepper, chopped

1 large garlic clove, minced

1/2 cup poblano chile, chopped, seeds removed

1/2 cup fish stock, or water

1/4 cup cilantro, chopped

12 ounces light coconut milk

2 tablespoons minced green onion (bottom parts only) - for garnish

1/8 cup cilantro, chopped - for garnish

Sriracha sauce to taste

NOTES: If you don't have a pasilla/poblano chile, you may use a jalapeno (half) or a small amount of serrano.

1. Place fish in a shallow non-reactive (non-metal) bowl. Add lime juice, salt and olive oil and set aside, in refrigerator for 30 minutes to an hour (no longer or it will start to cook the fish).

2. Heat olive oil in a large skillet over medium heat. Add diced sweet potato and cook for 10-15 minutes, adding a little water if needed so it doesn't burn, until softened. Add zucchini, tomatoes, garlic, onion, green and red pepper and continue to cook until tender, about 5-7 minutes, again adding water to the pan, if needed. Add water or fish stock and stir in coconut milk. Bring to a boil, reduce heat, and simmer 2 to 3 minutes or until the sweet potato and vegetables are just cooked through.

3. Add fish and marinade and stir very gently. Put lid on pan and simmer over very low heat for 5-10 minutes, or until fish flakes easily with a fork. Just before serving, stir in green onion and cilantro and garnish with more cilantro on top. Serve alone or over rice and pass Sriracha sauce for adding at the table.

Brazilian fish stew

Per Serving (excluding unknown items): 369 Calories; 19g Fat (45.2% calories from fat); 21g Protein; 31g Carbohydrate; 6g Dietary Fiber; 42mg Cholesterol; 356mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 2 Vegetable; 1/2 Fruit; 3 Fat; 0 Other Carbohydrates.