Main dishes / Brazil

Moqueca de Camarão

A Bahian seafood stew of shrimp in a coconut milk and palm oil (dendê) base with tomatoes, peppers, and cilantro — warm, tropical, and impossible to eat quietly.

Time 35 min **Servings** 4

What you'll need.

- ☐ 100 parts Large shrimp (peeled and deveined, tails on)
- ☐ 8 parts Fresh lime juice
- ☐ 5 parts Garlic cloves (minced)
- ☐ 25 parts Yellow onion (thinly sliced into rings)
- ☐ 30 parts Ripe tomatoes (sliced into rounds)
- ☐ 25 parts Green and red bell peppers (sliced into rings)
- ☐ 60 parts Full-fat coconut milk
- ☐ 10 parts Dendê (red palm oil, unrefined)
- ☐ 6 parts Fresh cilantro (leaves and tender stems)
- ☐ 2 parts Fine salt

Let's make it.

01 Toss the shrimp with the lime juice, minced garlic, and a generous pinch of salt. Cover and refrigerate for 15–20 minutes. Do not marinate longer than 30 minutes — the lime acid will begin to cook the shrimp and toughen them.

02 In a wide, heavy clay pot (or a wide skillet), layer the ingredients in order without stirring: first a thin drizzle of dendê oil, then rings of onion, then tomato slices, then bell pepper rings. Pour the coconut milk evenly over everything, then drizzle the remaining dendê over the top. The color of the dendê will turn the stew a vivid orange-gold. Season with salt. Do not stir — the layering is deliberate.

03 Place the pot over medium heat, cover, and bring to a gentle simmer. Cook for 8–10 minutes, partially covered, until the vegetables are just tender and the broth has turned uniformly orange from the dendê and coconut milk blending together. Shake the pot occasionally rather than stirring to keep the layers somewhat intact.

04 Add the marinated shrimp in a single layer over the simmered vegetable base. Cover and cook for 3–4 minutes on medium heat — no more. The shrimp are done the moment they are pink and just opaque throughout. Scatter half the cilantro into the pot. Taste the broth and adjust salt and lime. Finish with remaining cilantro. Serve directly from the pot with white rice and farofa (toasted cassava flour) alongside.

Recipe & provenance ForkRecipe Kitchen / ForkRecipe / FoodML and contributors / CC BY-SA 4.0.
Original recipe and attribution CC BY-SA 4.0
Servings are an estimate; check quantities in the source recipe.
recipes.dvs-services.be / shrimp-moqueca