

TASTE THE WORLD ~ RECIPE

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FISH IN CABOCLO SAUCE

Fish ~ Ingredients

- 2.5 kg of fish
- Juice of 4–6 lemons
- Salt
- Garlic
- Plain flour or yeast fresh breadcrumbs
- Olive oil or vegetable oil for frying

Method

Cut fish into fillets, put in the sauce with lemon, salt and garlic and marinade for 30 minutes.

Coat the fish in the flour or breadcrumbs (breadcrumbs should be the yeast-free variety) and fry in oil.

Set aside while you make the sauce.

Caboclo Sauce ~ Ingredients

- 4 carrots, peeled
- 4 potatoes, peeled
- 4 onions, peeled and chopped
- 15 tomatoes
- 1 bunch coriander leaves
- 4 cloves garlic
- 2 bay leaves
- Salt

Method

Grate the carrot and potato. In a blender, process the onion, tomato, coriander leaves, garlic and bay leaf.

Add grated cheese, coconut milk and olive oil.

Mix everything and then boil it until the broth thickens. After the broth thickens, dip the fish in the sauce and add some garnish (e.g. tomatoes, peppers).

PARAUÁRA PUDDING

Ingredients

- 500g of pupunha (palm fruit) or tinned or fresh corn
- ½ kg of jerimum or butternut pumpkin
- 2 cans of condensed milk
- 6 eggs
- 1 cup of tapioca flour
- ½ cup molasses

Method

Cook pupunha, if using fresh corn, blanch briefly. If using canned corn just drain off the liquid. Cook jerimum or pumpkin with the skin, then peel.

In a blender, blend the pupunha, pumpkin, condensed milk, eggs and tapioca flour.

Grease the tin with molasses – to make this, put sugar in the pudding tin and put on the stove top until the sugar melts and forms the molasses.

Pour in the beaten ingredients and cook until set in a Bain-marie in the oven or on the stove top.