

PEIXE AO DELICIA: BRAZILIAN FISH DISH

Facebook Special Guest Recipe by Shelli Rottshafer

INGREDIENTS

- 2 good sized white fish fillets, talapia or Chilean Sea Bass
- 1 tbsp. Olive oil
- 1 small to medium white or yellow onion
- 2 garlic cloves
- 1 ripe banana
- 1 can coconut milk
- Table cream (Mexican Variety) or creme fresh
- Mozzarella or bland white cheese
- Basmati Rice
- salt & pepper to taste

- FISH PREP: Dice the onion and 2 garlic cloves, sauté. Slightly brown fish, don't thoroughly cook.
- LAYER: In a bread pan put the left over oil, garlic, onion mixture as a base so the fish doesn't stick. Put one of the fillets on the bottom. Slice bananas, put one layer on top of the fish shred a thin layer of the cheese on top. Repeat for second layer (fish, bananas, cheese and top with creme fresh and can of coconut milk. (layered like lasagna). Place in 375 oven until top cheese layer is slightly golden. Serves 4-6.

Serve with Brazilian Rice and Brazilian Cole-slaw.



BRAZILIAN RICE & COLE SLAW (serve with Brazilian fish dish)

INGREDIENTS: Rice

- 2 c. basmati rice
- 1 tbsp. Olive oil
- 1/2 medium white or yellow onion
- 2 garlic cloves

INGREDIENTS: Cole Slaw

- Half white/green cabbage
- 1/2 medium white or yellow onion
- 1 tbsp. olive oil
- 2 tbsp. apple vinegar
- 1 garlic clove
- salt & pepper to taste



• RICE PREP: Dice and sauté onion and garlic in olive oil. Mix in basmati rice and slightly toast. Add 4 cups of water, bring to a boil, turn down heat and simmer for approx 15 minutes. Serve the Brazilian Rice as a bed to the layered fish dish to cut the sweet of the banana and coconut. • COLE SLAW PREP: Shave cabbage and onion, dice garlic, section tomato and place into bowl and stir. Add olive oil, vinegar, salt and pepper to taste. Serve in a ramican. Serve with a caipirinha.

Serve both with Brazilian Fish Dish.