

## Brazilian Fish Stew

### Ingredients

1 ½ Tbsp annatto seeds  
½ tsp fennel seeds  
¼ canola oil  
3 garlic cloves minced  
3 Tbsp lime juice  
1 tsp salt  
2 ¼ lbs white fish  
2 Tbsp olive oil  
1 large onion diced  
1 bell pepper (yellow/ orange or red)  
4 tomatoes diced  
8-10 drops of hot sauce  
2 Tbsp chopped scallions  
2 Tbsp chopped cilantro  
1 14 oz can coconut milk  
Salt and black pepper to taste

### Directions:

Make annatto oil: in small pan, combine annatto seeds, fennel and canola oil. Cook over medium heat for 10min, until the oil turns orange. Remove from heat and strain out seeds (and discard) and set the oil aside to cool. (can be done far in advance)

Combine minced garlic, lime juice and salt in large pot. Cut the fish into large chunks and add. Rub fish with the mixture. Set aside to marinate while you prepare the rest of the ingredients.

In large pan, heat the olive oil over medium heat. Sauté onions and peppers for 2-3 minutes, until the onions are translucent. Add the tomatoes and hot sauce and cook for 3-4 min, until the tomatoes are soft and beginning to give up their juice. Place the fish on top of the mixture. Sprinkle the scallions and cilantro, then pour the annatto oil and coconut milk.

Reduce heat to low. Cover the pan and cook, and stir gently to make sure fish does not stick. Taste and adjust seasonings with more salt, pepper, lime juice or hot sauce.

Serve with rice or Bannock and hot pepper sauce.

\*\*\*plan meal early in your trip to use fresh ingredients. If later in trip, you can substitute with dried items and use coconut milk powder.