



Brazilian Shrimp Stew

1 ¼ pounds large shrimp, tail off
¼ tsp. black pepper
1 ½ tsp. black pepper
4 garlic cloves, minced
¼ cup fresh lemon juice
1 can (14 oz) diced tomatoes
3 Tbsp. red palm oil
1 medium onion, chopped
½ tsp. cayenne
¼ cup coarsely chopped fresh cilantro
1 cup coconut milk
Cooked rice

Combine shrimp, black pepper, ½ teaspoon salt, garlic, and lemon juice and cover and chill for 20 minutes. Purée tomatoes with juice in a blender until smooth. Put oil in a skillet and over moderate heat cook onion and bell pepper until tender. Add cayenne, 1 tablespoon cilantro, and remaining teaspoon of salt, and cook for 1 minute, constantly stirring. Add tomato puree and simmer until mixture thickens, stirring as needed, about 15 minutes. Stir in coconut milk and bring to a boil, add shrimp mixture and cook for 5 minutes. Remove from heat. Stir in remaining cilantro and season with salt and pepper to taste. Serve with rice. Makes 6 servings.
Compliments of Dr. Bruce Fife, N.D.

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Life is short. Drink it in.



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