
RECIPE BY BALA DESEJO

BOBÓ DE CAMARÃO (SHRIMP STEW)

SHRIMP STOCK

Ingredients: Shells & Heads from 1 kg Shrimp (About 300 g) • ½ Onion • 1 Garlic Clove • 1 Litre Water • 1 Bay Leaf • 2 tsp Coriander Seeds • 2 tbsp Palm/Dende Oil

Instructions / Method:

1. Rinse shrimp shells and heads well under running water using a sieve. Peel the garlic clove. Peel and thinly slice the onion into half-moons. Break the coriander seeds in a mortar and pestle.
 2. Heat a medium pan over medium heat. Once hot, add the palm oil, followed by the shrimp shells and heads. Sauté for 10 minutes until they turn orange and develop a golden crust at the bottom of the pan. This step is crucial for flavor.
 3. Add garlic, onion, bay leaf, and coriander seeds. Stir for 2 minutes until the onion softens. Gradually add water, scraping the bottom of the pan to dissolve any browned bits, and increase the heat. Once it boils, lower the heat and let it simmer for 40 minutes until reduced by half.
 4. Strain the stock into a bowl, pressing the solids with the back of a spoon to extract all the liquid, yielding about 2 ½ cups. Set aside.
-

FOR THE RICE

Ingredients: 2 Cups Rice • 4 Cups Water • 2 tbsp Olive Oil (or Regular Oil) • 1 onion • 1 Bay Leaf • 1 tsp salt

Instructions / Method:

1. Peel and chop the onion. Boil just over 4 cups of water in a kettle.
 2. Heat a medium pan over low heat. Add olive oil and sauté the onion, stirring for 2 minutes until soft. Season with a pinch of salt and add the bay leaf.
 3. Add the rice, stirring to coat the grains in oil for about 1 minute.
 4. Add 4 cups boiling water to the pan, season with salt, and mix. Increase the heat to medium and stop stirring.
 5. Once boiling, cover the pan and reduce the heat to low. Cook until the water is absorbed (about 8 minutes).
 6. Turn off the heat and let the rice sit covered for 5 minutes to finish cooking in its steam.
-

→ **CONTINUED** →

FOR THE BOBÓ

Ingredients: 1 kg Fresh Shrimp • 700 g Peeled Cassava • 500 ml Coconut Milk • ½ Cup Palm/Dende Oil • 2 tbsp Olive Oil • 1 Onion • 3 Garlic Cloves • 2 Peeled & Seeded Tomatoes • 1 Bunch of Coriander • 1 Bunch of Parsley & Green Onions • ½ Red Bell Pepper • 1 Seedless Chili Pepper (Finger Pepper) • Black Pepper • Coriander Seeds • Juice of 1 Lime • Salt & Pepper To Taste • Clay Pot or Thick Pan • 500ml Shrimp Stock

Instructions / Method:

1. Peel and cut the cassava into pieces. Cook in a pressure cooker with a pinch of salt until soft (about 20 minutes). Drain and blend with 300 ml coconut milk and 1 cup of shrimp stock until smooth.
 2. Season the shrimp with salt, black pepper, and lime juice. Marinate for 15 minutes.
 3. Chop the onion, garlic, bell pepper, tomatoes, and chili. Sauté them in a heated pan with a little palm oil and salt over low heat until golden and very soft, forming a paste.
 4. Add the shrimp to the pan, stirring constantly. This process is quick to avoid overcooking the shrimp. Once golden, add the lime marinade from the shrimp.
 5. Add the parsley, green onions, and cilantro.
 6. Pour 200 ml coconut milk into the pan and mix until combined.
 7. Add the cassava puree to the pan and cook over low heat, stirring constantly.
 8. Check the seasoning, adjusting salt and pepper if needed.
 9. Turn off the heat and finish with a drizzle of palm oil and fresh cilantro or parsley. Serve immediately.
-

FOR THE FAROFA

Ingredients: 2 cups cassava flour • ½ onion, chopped • ¼ cup palm oil • Sea salt

Instructions / Method:

1. Sauté the onion in palm oil until softened. Add the cassava flour.
 2. Season with salt and stir constantly over low heat until the flour is golden, about 20 minutes.
-