

RECIPE: Moqueca Mista

ASIAN FOOD

Coconut milk, 4 fl oz.

BAKING

Confectioners' sugar, 4.29 oz.

CEREALS & BEANS

Rice, 6.64 oz.

FISH & SHELLFISH

Squid, 0.25 cup

Shrimp (extra-large, 16-20 to a lb.), 5

SPICES & SEASONINGS

Salt

VEGETABLES

Garlic, 1.51 oz.

Okra, 0.89 oz.

Onion, 0.71 oz.

Green onion, 0.43 oz.

Tomato, 0.8 oz.

Fresh cilantro, 0.07 oz.

MISCELLANEOUS

Lobster stock, 0.25 cup

Lime juice, 1 tbsp.

Dende oil, 2 tbsp.

Cashews, 10