



Seafood Fritatta

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Ingredients

A savory dish traditionally baked in an earthenware platter. The top layer of a Frigideira is always a layer of beaten eggs. In southern Brazil these dishes are called fritada.

- 3/4 cup Coconut milk (see recipe)
- 1 pound Seafood - crabmeat, shrimp, fish or a combination
- 2 tablespoon Lime juice
- 1 teaspoon Salt
- 1 large Onion, chopped
- 2 Tomatoes, seeded and chopped
- 2 sprigs Fresh coriander, minced
- 1 clove Garlic, minced
- 2 tablespoons Olive oil
- Salt and pepper to taste
- 4 eggs, well beaten

Instructions

1. Prepare the coconut milk. Season seafood with lime juice and salt. Marinate briefly before gently sauteing until cooked. Chop about half the seafood in a food processor. Reserve the remaining.
2. Heat oil in a saute pan. Add onion, tomato, coriander, garlic, and chopped seafood. Saute until the onions are translucent. Add coconut milk and adjust

seasonings. Cover, continue cooking on low heat for 10 minutes.

3. Beat the eggs. Combine about 2/3 of the egg with the cooked mixture and reserved seafood. Pour into an oven proof baking dish (glass pie pans work well if a Frigideira casserole is not available). Top with the remaining beaten egg.

4. Place into a 375 degree oven and bake about 15 minutes, until set.

Serve hot accompanied with farofa.