



Beto Pimentel

Paraiso Tropical restaurant

Paraiso Tropical - Tropical Paradise - is the name of Beto Pimentel's restaurant in the baroque city of **Salvador**. Before training as a chef, Beto studied agriculture, skills which he uses every day, growing his own fruit and vegetables by day and using them in his cookery. A passionate advocate of the slow food movement, Beto's innovative work has been recognised with many awards over the years.

VEGETARIAN MOQUECA

(Serves 2)



Preparation time: 15 minutes
Cooking time: 15 minutes

300ml of coconut milk
30ml (2tbsp) chopped tomato
30ml (2tbsp) chopped onion

30ml (2tbsp) chopped spring onion
30ml (2tbsp) chopped red pepper
30ml (2tbsp) freshly chopped parsley
½ clove of crushed garlic
5ml (1tsp) grated ginger
Pinch of grated nutmeg
Juice 1 lime
2 lime leaves, chopped
1 stalk lemongrass, finely chopped
30ml (2tbsp) freshly chopped coriander stalk and leaves
50g sweet corn kernels
50g cooked fresh peas
50g cooked cauliflower florets
50g cooked fine green beans
50g cooked sweet potatoes chunks
50g cooked cassava or parsnip chunks
1 x 400g can flageolet beans (feijão verde), drained and rinsed
50g cooked, sliced carrots
4 cooked, sliced okras
15ml (1tbsp) extra-virgin olive oil
15ml (1tbsp) palm oil

Ideally in a clay pot, or heavy based pan, mix the coconut milk, tomato, onion, pepper, spring onion, parsley, garlic, ginger, nutmeg, lime juice, lime leaves and lemon grass. Gently bring to the boil, then reduce the heat and simmer for 2-3 minutes.

Increase the heat and then add the vegetables, greens and pulses into the pot. Cook for 10 minutes. Season to taste with salt and freshly ground black pepper.

Remove from the heat and stir in the olive oil and palm oil. Serve immediately.