

Superior Ceviche



Gluten-free

Try this Latin American dish with a Lake Superior twist — local fish!



Ingredients:

2 lbs. of firm, FRESH white fish

½ cup lime juice

½ cup lemon juice

3 cloves garlic, finely chopped

½ cup red onion, finely chopped

2 medium tomatoes, finely chopped

1 jalapeño pepper, seeded and finely chopped

2 teaspoons salt

dash of hot pepper sauce, or small pinch of cayenne pepper

dash of ground oregano

1 bunch of cilantro, chopped

1. Cut fish into ½ inch pieces and debone.
2. Place fish, garlic, lemon and lime juices in a non-reactive casserole dish (Pyrex or ceramic).
3. Stir mixture and let sit covered in refrigerator for 20-30 minutes.
4. During this time the acidity of the lime and lemon juices chemically cooks the fish! The fish will change color from pinkish gray and translucent, to whiter and opaque. Believe it or not, you can actually overcook your fish with lime juice! Leaving it too long will make it tough and dry and it will break down and fall apart.
5. Remove from fridge, stir in the rest of the ingredients, and serve with cilantro and slices of avocado on heated tortillas or tortilla chips.

As a safety precaution, only use fish that has been previously frozen, as freezing reduces the risk of exposure to parasites in seafood.

For more information, visit: www.seriousseats.com and search “ceviche and the science of marinades.”

* The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food borne illness.