

Ceviche

Cuisine: Mexican

Category: Fish

Occasion: Lunch, Dinner

Servings:

Ingredients:

1kg/2 lb. fresh fish (see directions)

2 large onion

3 medium size, fully ripe tomatoes

5 limes

5 serrano chilies (optional)

coriander (cilantro)

salt and pepper

Instructions:

Ceviche is fish pickled in lime juice. There are many ways of making it; some let the fish marinate in the lime juice before adding the other ingredients, some marinate the lot together. Marinating times vary from half an hour to eight hours or more, depending on whom you believe. Some add olive oil and bell peppers! Oregano adds another dimension, and some people heretically omit the serrano chilies. The traditional fish is mackerel, though other fatty fishes have history on their side. Mackerel is, however, messy and time consuming to prepare, as well as tasting too strongly fishy for some people. It also makes for a course, mushy ceviche, rather than an attractive looking one. You can do just as well with fillets of any fish you like. Fresh yellowtail and tuna are both delicious prepared this way, and sole, sea bass and red snapper are other common choices (my mother-in-law uses halibut or bass).

Method:

Cut fish into approx. 10-15mm cubes. Slice the onions into rings; chop the tomatoes, chilies and coriander as finely as possible. Squeeze the limes. Mix together, season with salt and pepper to taste, and let stand for at least half an hour at room temperature, turning frequently to ensure that the fish is evenly treated by the lime juice, which "cooks" or pickles it. Refrigerate until ready to serve. It will keep overnight with no problem, though 24 hours is probably the limit. Pour off any excess lime juice before serving with tortillas, tostadas, on salty biscuits, in tacos or with avocados. Enjoy.

Submitted by David Resnikoff, Mexico. IPA Bulletin, Volume 15, No. 3, September 1998.