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White Fish Ceviche with Avocado, Mango & Tomato

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“Around the Mediterranean, you’ll see ceviche served everywhere, signifying that the fish has been “cooked” with citrus instead of heat. This is different from “à la tartar,” which means that the fish is served raw. Either way, though, you’ll want to use very fresh fish in this recipe, and if contemplating eating this à la tartar, be sure to check with your medical provider that consuming raw seafood is a safe option for you.”

PREP TIME: 20– 25 Minutes | Marinating Time (For Ceviche): 2 Hours | Serves 2

INGREDIENTS

8 ounces sea bass fillet (or snapper or other white fish), diced into ½ inch pieces
4 to 5 lemons, juiced (about ¾ cup juice)
¼ teaspoon sea salt
¼ teaspoon ground black pepper
Pinch of cayenne
½ Hass avocado, diced into ½ inch pieces
1 fresh medium tomato, diced into ½ inch pieces
½ small mango, diced into ½ inch pieces
¼ small onion, minced
2 teaspoons fish eggs (caviar or fish roe) (optional)
2 tablespoons finely chopped fresh cilantro



PREPARATION

In a medium bowl, combine the fish with all but 2 teaspoons of the lemon juice, adding enough juice to totally cover the fish. Stir lightly to ensure all parts of the fish are in contact with the lemon juice. Cover and refrigerate for about 2 hours. Make a cut into the fish to ascertain it is completely opaque.

Drain the fish well in a colander. Return to a bowl, discarding the lemon juice marinade. Mix the fish with the salt, pepper, and cayenne to taste, and then add the avocado, tomato, mango, onion, cilantro, and remaining 2 teaspoons lemon juice. If desired, stir in half the fish roe and save the other half for a garnish, along with a few sprigs of fresh cilantro.

NOTE: Many grocery stores now carry sushi- grade white fish or ahi tuna. Either of these options would be good in this recipe, but skip the mango if you decide to use ahi.