

Simple Peruvian Ceviche

By Susan #2 on February 15, 2005

★★★★★ 28 Reviews



Prep Time: 30 mins **Total Time:** 30 mins **Servings:** 6-8

About This Recipe

"The best and easiest Ceviche recipe I've ever tasted (and I've tried them all over South America). It's quick, easy and disappears quickly. The habanero peppers make it spicy without giving it the distinctive flavor of jalapenos and it's great without hot peppers too. You can adjust any of the seasonings to suit your taste. I am not a cilantro fan, but this is the only recipe in which I will tolerate cilantro."



Photo by MaryLou in Caracas, Venezuela

Ingredients

- 2 lbs tilapia fillets or 2 lbs other firm white fish fillets, cubed
- 8 -10 garlic cloves, chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons fresh cilantro, chopped
- 1 habanero pepper, seeded and chopped (or real Peruvian Aji Amarillo, if you can find it)
- 8 -12 limes, freshly squeezed and strained to remove pulp, enough to cover fish
- 1 red onion, thinly sliced and rinsed

Directions

1. Combine all ingredients except red onion and mix well.
2. Place red onion on top and let it marinate in the refrigerator for at least 2-3 hours before serving.
3. Before serving, mix well and serve with lettuce, corn, avocado or other cold salad vegetables on the side.
4. It is important to use a juicer that presses the juice out of the limes, not one that will tear the membrane of the lime sections since this will make the lime juice bitter.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (203 g)			
Servings Per Recipe: 6			
Amount Per Serving	% Daily Value		
Calories 188.8			
Calories from Fat 25	13%		
		Total Fat 2.8g	4%
		Saturated Fat 0.9g	4%
		Cholesterol 75.6mg	25%
		Sugars 2.7 g	
		Sodium 470.2mg	19%
		Total Carbohydrate 13.2g	4%
		Dietary Fiber 3.0g	12%
		Sugars 2.7 g	10%
		Protein 31.6g	63%

© 2013 Scripps Networks, LLC. All Rights Reserved. <http://www.food.com/111154>

