



TILAPIA CEVICHE WITH TOSTONES

SERVINGS: 4 - 8

ACTIVE TIME: 25 mins

TOTAL TIME: 45 mins

Are the dark, cold days of winter getting you down? Give this Tilapia Ceviche with Tostones recipe a try! As soon as you take a bite of this vibrant dish, you and your tastebuds will be immediately transported to an island in the Caribbean. This is a fresh and light appetizer that is simple to make and will be sure to wow your guests — all at a surprisingly low cost. Bring a little bit of summer to your next dinner party!

Ingredients

For the Tostones

- > 4 green plantains
- > Oil for frying, such as peanut or canola

For the Tilapia Ceviche

- > 1/2 cup lime juice, from 4 to 6 limes
- > 1 pound tilapia, or other white fish like sole or grouper
- > 1/2 teaspoon ground cumin
- > 1/2 teaspoon coriander
- > 1/3 cup red onion, diced
- > 1/3 cup red bell pepper, diced
- > 1/3 cup cucumber, peeled and diced
- > 1 fresh jalapeño, minced
- > 1 clove garlic, minced
- > Cilantro leaves, to taste (1/4 cup recommended)
- > 1 avocado, diced
- > 1 tablespoon champagne vinegar

Directions

1. To make the Tilapia Ceviche with Tostones, we will begin by making the Tostones. Peel the plantains and cut them into 1/4 inch pieces on an extreme diagonal to make them as long as possible. Pour an inch of oil into a medium skillet (10 inch diameter) and heat over medium-high heat until an instant-read thermometer registers 350 degrees.
2. In batches, fry the tostones for 5 - 7 minutes, or until golden brown and crispy. Line a plate with a couple layers of paper towels and transfer the cooked plantains to the plate as they finish to drain. Be sure to liberally salt the plantains as they come out of the oil and while they are still hot. Set aside to cool on the counter while you prepare the Tilapia Ceviche.
3. Cut the limes in half and squeeze the juice into a measuring cup until you reach 1/2 cup. Using a hand-held citrus juicer will make quick work of this task. The general rule of thumb for ceviches is to have 1/2 cup of citrus juice per pound of fish, so make sure to adjust your levels accordingly if you don't have exactly one pound of fish (which you likely won't). The citrus juice is what "cooks" the fish what making ceviches.

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Shopping List

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|--|--|--|
| <input type="checkbox"/> 4 green plantains | <input type="checkbox"/> coriander | <input type="checkbox"/> garlic |
| <input type="checkbox"/> oil for frying (peanut, canola) | <input type="checkbox"/> red onion | <input type="checkbox"/> cilantro |
| <input type="checkbox"/> 4 to 6 limes | <input type="checkbox"/> red bell pepper | <input type="checkbox"/> avocado |
| <input type="checkbox"/> 1 pound white fish | <input type="checkbox"/> cucumber | <input type="checkbox"/> champagne vinegar |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> jalapeño | |

4. Cut the tilapia into long $\frac{1}{4}$ inch strips and then make perpendicular cuts to produce $\frac{1}{4}$ -inch cubes of fish. Transfer the fish to a small bowl and combine with the cumin and coriander. Pour the lime juice over the tilapia and ensure that all of the pieces are fully submerged, keeping in mind that you may need to use a different bowl. Cover the bowl with plastic wrap and move to the refrigerator. Set a timer for 20 minutes.
5. While the tilapia is marinating in the fridge, rinse and dry the peppers, cucumber and cilantro. Set a medium glass mixing bowl next to the cutting board and toss the vegetables into it as you finish prepping them. In however order you choose, cut the bell pepper, red onion, and cucumber (peeled and seeded first) into a small dice (-to $\frac{1}{4}$ -inch cubes). Mince the jalapeño and clove of garlic.
6. When the timer is under five minutes, tear off enough leaves from a bunch of cilantro to fill a $\frac{1}{4}$ cup and cut the avocado into $\frac{1}{4}$ -inch cubes. If you do this step any earlier, the cilantro will dry out and the avocado will turn brown before you serve them. Transfer the cilantro and avocado to the mixing bowl with the other vegetables.
7. When the 20-minute timer has gone off, strain the lime juice from the tilapia and transfer the fish to the same mixing bowl as before. Season with salt and pepper and 1 tablespoon of champagne vinegar (you can use white wine or red wine vinegar as a substitute). Lightly toss to combine all ingredients and transfer to a serving dish. Serve immediately with the tostones. Encourage your guests to scoop a mound of the ceviche with a tostone and eat them together.



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