Ceviche with Kiwi

Description

Ceviche (Seviche) is a wonderful preparation of fresh fish marinated in citrus juices, made popular in South America and the Caribbean. The citrus fruit acidity in the marinade actually has the effect of cooking the fish.

Suitable fish to use in a Ceviche include many deep-sea saltwater fish such as Cod, Flounder, Halibut, John Dory, Perch, Tilapia, Tilefish, Grouper, Mahi Mahi, Orange Roughy and Sea Bass. The most important aspect is to make sure the fish is absolutely fresh.

Summary

Yield: 8
Prep Time: 30 minutes
Category: Seafood
Cuisine: South American

Ingredients

- 1 lb deep-sea saltwater fish (tilefish, orange roughy - see description), boneless, skinless filets
- 2 oranges, medium size.
- 3/4 cup lemon juice.
- 3 kiwi fruit, medium size.
- 1 red onion.
- 2 tbsp olive oil.
- 1 tbsp capers, drained.
- 1 jalapeno chile, minced.
- 2 cups watercress sprigs
- sea salt to taste

Instructions

Citrus Marinade
Cut oranges in half and squeeze to produce 3/4 cup of juice. Cut outer peel from half of one orange into 1 inch by 1/4 inch strips. Combine orange juice, cut orange peel and lemon juice in a deep bowl and set asside.

Prepare Fish
Rinse fish and pat dry. Cut into 1 inch by 1/4 inch pieces. Place in bowl of citrus marinade, mix well in juices. Cover and refrigerate. Stir every 3 to 4 hours until fish is opaque (cut into a piece of fish to test). Marinade for a minimum of 10 hours, as much as 24 hours recommended.

Arrange Fish
Pare skin from Kiwi fruit, cut into 1/4 inch pieces. Thinly slice red onion and separate into rings. Place fruit and onion in a bowl. With a slotted spoon, lift fish and orange peel from the juices and add to Kiwi fruit mixture. Reserve 1/4 cup of the marinade juices for the Jalapeno Vinaigrette.

Jalapeno Vinaigrette
Mix 1/4 cup of the reserved marinade juices, 2 tbsp of olive oil, 1 tbsp of drained capers and 2 tsp minced jalapeno chiles. Add vinaigrette to Kiwi and fish mixture, toss gently.

To Serve
Arrange watercress on 8 small salad plates and add fish mixture with vinaigrette dressing. Season to taste with sea salt. Makes 8 appetizer size servings.