

Sunvil Supper Club

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July 2014 - Ceviche



Ingredients

- 400g Cod or other white fish, diced
- 1 large red onion, very thinly sliced
- Juice of 8 limes
- 1 garlic clove, finely chopped
- 1cm piece ginger, finely chopped
- 2 boiled potatoes
- 1 boiled sweet potato
- 1 boiled peruvian corn
- 2 spoonsfull of Aji Amarillo (Peruvian chili)
- 3 coriander stems, leaves attached
- Sea salt & white pepper

Method:

Boil the potatoes and sweet potato and cook until just fork-tender, about 30 minutes. Transfer to a plate; let cool.

Boil the Peruvian corn and let it cool on a plate.

Wash the sliced red onion then leave to soak in iced water for 15 minutes. Drain well, spread on kitchen paper to remove excess water then place in the fridge until needed.

Roll each lime to loosen the juice, then squeeze. Be firm, but gentle – you need to avoid tearing the membranes in the limes, as this can make the juice bitter. Add the garlic and ginger. Roughly chop one of the coriander stems and add to the lime juice. Place this preparation in the fridge for approximately 20 minutes.

Cut your fish into small cubes. Place it in a large bowl. Sprinkle salt and a bit of ground white pepper. Sieve the lime juice and pour this over, add the chili and let the fish marinate for approx 5 minutes.

Serve fish immediately with lime juice, garnish with corn, potatoes and sweet potatoes and sprinkle finely chopped coriander to decorate.

This is Peru's most famous dish. The dish is typically made from fresh raw fish marinated in lime juice and spiced with Aji Amarillo or chili peppers. 2,000 years ago, ancient Mochica culture had a dish made with fresh fish marinated with fermented banana passion fruit; during the Inca era, the fish was marinated with 'chicha' (corn beer). Later the Spaniards brought 2 Mediterranean ingredients: lemon & onions. The Japanese influence is also seen in the fact that fish is marinated for very little time unlike the old days.

Find out more about holidays to Peru - www.sunvil.co.uk/traveller/south-america/peru