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Cooking with the Club

with Chef Robert Larios



SHRIMP AND SCALLOP CEVICHE

Ceviche: To some it is the best dish ever conceived. To others, they wouldn't touch it with a ten-foot pole. Who ever heard of cooking seafood with citric juices from limes or lemons, anyway? The ingredients are not cooked with heat, so it is definitely raw.

The origin of the dish is not known for certain, but there are historical records that indicate that it was invented in the Peruvian and Ecuadorian region by mixing *chicha* (the juice of maize). This area was previously part of the Incan Empire, which had vast access to fish and shellfish. When the Spaniards arrived, the use of limes, onions as well as other foods were incorporated. While this is a delicious dish and the recipe I have below is a very full in flavor that uses very fresh shrimp and scallops instead of fresh fish, I will caution that young children and seniors should use discretion when eating. Nonetheless, this is a great appetizer for your upcoming Valentine's Day dinner. Enjoy!

Chef Larios

Shrimp and Scallop Ceviche

INGREDIENTS:

- 1 jalapeño
- Half cup finely chopped cilantro
- 3 Roma tomatoes
- 1 medium sized cucumber
- Half cup finely chopped white onion
- 1 medium Haas avocado, diced in small cube
- Lime juice, freshly squeezed, enough to cover the surface of the bowl with the ingredients (approximately 10 limes)
- Salt and white pepper to taste
- Half pound bay scallops (70/120)*, raw and fresh, cut in half
- Half pound medium shrimp (41/50)*, raw and fresh, cut in thirds
- Bag of tortilla chips
- Mexican hot sauce

* If you've never ordered fresh seafood, here's what those numbers mean in the ingredients list above. Walk up to the person behind the counter and say, "I'd like a half-pound of the 70/120 scallops, and a half pound of the 41/50 shrimp." That should do it.

Cooking TIDBIT

Use tortilla chips that don't have extra flavors other than salt. You may also use tostadas, which can be found in most super-markets. If you have the time, you can even make your tortilla chips by cutting them and letting them cook in the deep fryer.

[A Cook's Dictionary]



Ceviche:

[she-VEE-chee; she-VEE-cheh; she-VEEH] – An appetizer popular in Latin America consisting of raw fish marinated in citrus (usually lime) juice. The action of the acid in the lime's juice "cooks" the fish, thereby firming the flesh and turning it opaque. Onions, tomatoes and green peppers are often added to the marinade. Only fresh fish should be used for this dish. Pompano, red snapper and sole are the fish most often selected for ceviche (which is also spelled seviche or cebiche).

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Food Fact

"An empty plate is always the cook's best compliment."

– Julia Child

DIRECTIONS:

Serves 2 – 4



1 Prepare your ingredients. Wash and dry the jalapeños, cucumber, tomatoes, cilantro, limes, shrimp and scallops.

2 Begin prepping the shrimp and scallops in a separate cutting board from the other ingredients. Put aside the avocado until step 3, when you will remove the avocado flesh and cube it with a knife.



3 Add all diced ingredients into a large bowl. This includes the shrimp and scallops as well. Then add salt and pepper. Lastly, add the juice of the limes. Mix gently with a wooden spoon. Make sure the lime juice covers the ingredients. If it does not, add more juice. Cover the bowl and place in the refrigerator for one to two hours.



4 Remove bowl from refrigerator, mix in cubed avocado, add on tortilla chips. Add a few drops of hot sauce as well. Plate and enjoy!