

## **White Fish Ceviche with Avocado, Mango, and Tomato**

*Around the Mediterranean, you'll see ceviche served everywhere, signifying that the fish has been "cooked" with citrus instead of heat. This is different from "a la tartar," which means the fish is raw. Either way, you'll want to use very fresh fish in this recipe, and if contemplating eating this a la tartar, be sure to check with your medical provider that consuming raw seafood is safe for you.*

*Many grocery stores now carry sushi grade white fish or ahi tuna. Either of these options would be good in this recipe, but skip the mango if you use Ahi.*

**Prep Time:** 20-25 Minutes

**Marinating Time (for ceviche):** 2 hours

**Serves:** Two

### **Ingredients:**

8 ounces sea bass fillet (or snapper or other white fish), diced into small ½-inch pieces

4-5 lemons juiced (about ¾ cup lemon juice)

½ Haas avocado, diced into ½-inch pieces

1 medium tomato, diced into ½-inch pieces

½ small mango, diced into ½-inch pieces

¼ small onion, minced

2 tablespoons fresh cilantro, finely chopped

¼ teaspoon sea salt

¼ teaspoon ground black pepper

1/16-1/8 teaspoon (to taste) ground cayenne pepper

Optionally, add 2 teaspoons of fish eggs (caviar or fish roe)

**Set aside 2 teaspoons of lemon juice**

### **Directions:**

In a medium bowl, add diced fish and lemon juice. Add enough juice to totally cover the fish. Stir lightly to ensure all parts of fish are in contact with lemon juice.

Once the fish is completely opaque when sliced, it is done, about 2 hours. Drain well in a colander. Return to a bowl, discarding the lemon juice marinade.

Mix fish with salt, black pepper, and cayenne pepper, and then add avocado, tomato, mango, onion, cilantro, and 2 teaspoons of remaining lemon juice. If you have fish roe, stir in half and save the other half for a garnish, along with a few sprigs of fresh cilantro.

Enjoy,

Steven Masley, MD