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The Freshness of Summer Ceviche-Style

By Susie Iventosch



Salmon Ceviche with Avocado and Papaya
Photo Susie Iventosch

still quite firm, so that the pieces remain intact and retain their shape once combined with the fruit and vinegar. You could probably substitute your favorite tropical fruit for the papaya, if you're not a big papaya fan!

INGREDIENTS

1/2 pound to 3/4 pound wild fresh salmon fillet, cut into small cubes
 2 large shallots, finely diced
 1/4 cup minced fresh cilantro
 Zest from 1 lime
 Juice from 2 limes (about 1/4-1/3 cup)
 Dash of sea salt
 1 medium papaya, peeled and seeded, cut into small cubes
 1 extra large, or 2 medium avocados, cut into small cubes (avocado should be ripe, but still very firm)
 1/2 jalapeno, finely diced
 2 tablespoons rice vinegar

DIRECTIONS

Cut salmon away from the skin, and into small cubes, discarding any bones or bloodline you might encounter.

Over medium-high heat, cook shallots in 1-2 tablespoons olive oil until translucent, or even slightly browned. Cool.

Gently toss salmon, shallots, cilantro, lime zest, sea salt and lime juice in a bowl. Cover and refrigerate for 30 to 45 minutes.

In a separate bowl, combine avocado, papaya, jalapeno and rice vinegar. Cover and refrigerate for

This dish is very colorful and fun to serve on a hot summer's evening. It makes a beautiful first course, and can be served with rice crackers, pita chips, or just with a cocktail fork! The lime juice acts as an agent to cook or cure the fish.

The original inspiration for this recipe was on the menu of a restaurant in Austin, Texas, where my son and I dined last summer. Their version was made with some kind of melon broth or soup served over and all around the mound of ceviche, which sounded awfully strange to me. And, being that I didn't really like ceviche to begin with, I was all set to pass on this one, but the waitress informed us there was only one serving left, and we had better have it. We were so glad we did. It was probably one of the best dishes my son and I have ever had in our lives!

One of the most important things about this recipe is to find the perfect ripe avocado - ripe, but

still quite firm, so that the pieces remain intact and retain their shape once combined with the fruit and vinegar. You could probably substitute your favorite tropical fruit for the papaya, if you're not a big papaya fan!

30 minutes to 45 minutes.

To serve, layer in a martini glass, or clear glass bowl, beginning with salmon and ending with fruit-avocado mixture, repeating 2-3 layers of each. Serve with small forks, or sesame crackers.

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