

Citrus Shrimp & Mango Ceviche



This quick version of the South American dish where seafood cooks in acid, adds bright mango and citrus resulting in an appetizer that's a bowl full of sunshine!

YIELD 10 SERVINGS	PREP TIME 45 MIN	TOTAL TIME 60 MIN
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INGREDIENTS

1 lb	Shrimp, peeled and deveined
1 each	Orange, juiced
2 each	Lemons, juiced
3 each	Limes, juiced
1 each	Mango, ripe, small dice
1 medium	Globe Tomato, small dice
1 medium	Jalapeno Pepper, seeded, small dice
¼ cup	Cilantro, minced
2 Tbsp	Mint, minced
¾ tsp	Kosher Salt

CHEF'S NOTES

Traditionally, ceviche needs to marinate for at least 12 hours to allow for the citrus to cook the shrimp. In this version, we quickly poach the shrimp to allow this recipe to be finished in about an hour. Frozen shrimp work well here, just defrost them before using. We like the 16-20 or 20-24 (per pound) size.

Try this recipe with your favorite herbs or vegetables: red onion or celery would be great for an added crunch. Adding the citrus zest will result in bolder flavor!

This recipe will keep for up to one day in the refrigerator.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare ingredients as described above.
2. In a medium sauce pot, bring water to a boil. Set up an ice water bath. Once the water is boiling, drop the peeled shrimp into the pot. Poach the shrimp until they curl and turn opaque, about 2-3 minutes.
3. Using tongs or a strainer, remove the shrimp and place them directly into the ice bath. The ice bath will shock the shrimp and stop the cooking process. Let them cool in the water bath for a few minutes until they are cool enough to handle then drain and pat dry with paper towels.
4. Meanwhile in a small bowl, combine the juice of the orange, lemons, and limes. Set aside.
5. Cut the cooled shrimp into a small dice and add to a medium bowl. Cutting the shrimp in half lengthwise can help the dicing process. Add the citrus juice to the diced shrimp. Mix the shrimp well, making sure they are all submerged in the juice, adding more citrus juice as needed. Place the mixture in the refrigerator until it is time to assemble the ceviche, for a minimum of 30 minutes.
6. While the shrimp marinates, cut all the vegetables and herbs. In a large bowl, combine the mango, tomato, jalapeno, cilantro, mint, and salt. Mix the vegetables well.
7. To assemble the ceviche, add all the shrimp and about half of the citrus juice to the bowl of vegetables and mix the ceviche well. If the ceviche appears dry, add some of the remaining citrus juice. Serve immediately with homemade tortilla chips for dipping!

Nutrition Facts

10 servings per container

Serving size 1/2 cup (132g)

Amount Per Serving

Calories 70

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 200mg 9%

Total Carbohydrate 9g 3%

Dietary Fiber <1g 4%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 10g 20%

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 0.5mg 2%

Potassium 270mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: SHRIMP



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

