

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
2 each	Oranges, juiced
2 each	Lemons, juiced
2 each	Limes, juiced
1 each	Mango, ripe, small dice
1 medium	Globe Tomato, small dice
1 medium	Jalapeno Pepper, small dice
¼ cup	Cilantro, minced
2 Tbsp	Mint, minced
½ 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 partially cook the shrimp to jump start the process and allow this recipe to be finished in an under an hour. Frozen shrimp work well here, just defrost them before using. We like the 16-20 or 20-24 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.
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. Boil the shrimp just until they start to turn white and curl, about 30 seconds. Take care not to overcook the shrimp in this step or they will become tough and rubbery in the final dish.
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.
4. Meanwhile in a large bowl, combine the juice of the oranges, lemons, and limes. Set aside.
5. Cut the cooled shrimp into a small dice. Cutting the shrimp in half lengthwise can help the dicing process. Add the diced shrimp into the citrus juice. 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, and mint. Add the salt, mix the vegetables well and set aside until it is time to assemble the ceviche.

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 (131 g)
Amount per serving	
Calories	80
% Daily Value *	
Total Fat 0.5g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 55mg	19%
Sodium 150mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber less than 1g	3%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 8g	17%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 200mg	3%
*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.	

