

# Dr. Nedd's Ceviche Recipe

Preparation time: 45+ minutes to prepare, 6+ hours to let sit in refrigerator.

Serves: easily 3-5

- 1 lb of raw fresh snapper, grouper, or other mild white fish fillets, cut into ½ inch x ½ inch pieces, completely deboned
- Optional: add 1 lb of raw fresh large sea scallops and/or conch also cut into ½ inch x ½ inch pieces
- ½ cup of fresh squeezed lime juice (approx. 6-8)
- 2 cups of fresh squeezed lemon juice (approx. 8-10) or Italian Volcano 100% Organic Lemon Juice
- ½ purple onion, cubed
- 2 tomatoes blanched in boiling water for 1 minute then peeled, seeded, and cubed
- 2 serrano or jalapeno chili pepper, seeded and finely diced
- 1 large Florida or 2 Hass avocado, cubed
- 1 large cucumber cubed
- 1 can sliced hearts of palm, cubed
- 1 can finely chopped black olives
- 2 teaspoons of salt
- Dash of Tabasco or a few grains of cayenne pepper
- 2 batches of cilantro leaves, no stems
- 1 large bag of tortilla scoop chips (ex. Tostitos Scoops!) or 1 bag of organic/non-GMO tortilla chips
  - \*Vidalia Chop Wizard™ – use ½ inch x ½ inch holes blade for cubing, and chopping blade for fine dicing

**1** In two large 3 qt. (9" x 13") non-reactive casserole dishes, either Pyrex or Corningware or ceramic, place the fish and/or other seafood (cut into ½ inch pieces) equally distributed. Completely immerse with lime and lemon juice. Cover and seal tightly with lid or plastic wrap. Let sit in refrigerator overnight (or at least 4 hours during the day), giving time for the flavors to blend.

**2** In the morning (or at least 4 hours later) put tomato in boiling water for a minute to easily remove the skin, then remove all seeds and cube up the fleshy remains. In addition, remove stem and all seeds from pepper and finely dice it up. Also, cube the hearts of palm, avocado, cucumber and onion. Open can of chopped black olives and add all ingredients either:

A. (Preferred way) one at a time layered on the fish adding salt and Tabasco or cayenne after the final layer or

B. mixed in a bowl (if done this way also add some squeezed lemon and lime plus salt and a little Tabasco sauce or cayenne) and spread over the fish.

**3** Now cover liberally with cilantro (leaves only). Squeeze more lemon and lime over ingredients. Let it soak in refrigerator for a couple more hours to chill and then serve with tortilla chips or by itself.