

Tropical White Fish & Mango Ceviche

Prep: 20m

Cook: 0m

Σ Total: 20m

4 servings



MISE EN PLACE / INGREDIENTS

[10]

- ☐ 1.5 lbs Fresh white fish fillet (sea bass or red snapper)
- ☐ 0.75 cup Freshly squeezed lime juice
- ☐ 1 cup Diced ripe mango
- ☐ 2 tbs Passion fruit pulp (Goya)
- ☐ 0.5 whole Red onion, thinly shaved
- ☐ 0.5 whole Aji limo or habanero chili, seeded and finely minced
- ☐ 0.25 cup Fresh cilantro, chopped
- ☐ 1.5 tsp Fine sea salt
- ☐ 2 cups Ice cubes (for soaking onion and chilling bowl)
- ☐ 2 cups Crispy green plantain chips (mariquitas), for serving

US SUPERMARKET BRAND GUIDE

White Fish: Red Snapper or Sea Bass Fillet

Firm texture holds shape in citrus. • Seafood counter.

COOKING SEQUENCE & CHECKPOINTS

- 1

Dice Fish & Soak Onion

5 min

Cut fish into 1/2-inch uniform cubes in a bowl set over ice ($\leq 40^{\circ}\text{F}$ / 4°C). Soak shaved red onion in ice water for 5 minutes, then drain. (For a cooked adaptation, poach fish cubes for 90 seconds to 145°F / 63°C and chill in an ice bath.)

✓ Checkpoint: Cold firm fish cubes and crisp drained red onion.
- 2

Leche de Tigre

3 min

Whisk freshly squeezed lime juice, passion fruit pulp, minced aji limo (or habanero), and fine sea salt until dissolved.

✓ Checkpoint: Vibrant yellow citrus broth.
- 3

Cure

8 min

Toss cold fish cubes in the passion fruit leche de tigre for 8 minutes over ice.

✓ Checkpoint: Opaque pearl-white exterior with a tender center.
- 4

Finish

4 min

Fold in diced ripe mango, drained red onions, and chopped cilantro. Serve immediately with crispy plantain chips (mariquitas).

✓ Checkpoint: Fresh tropical ceviche.

FOOD SAFETY & INTERNAL TEMPERATURE: 145°F (63°C) FOR POACHED FISH ADAPTATION / $\leq 40^{\circ}\text{F}$ (4°C) STRICT COLD CHAIN USING PARASITE-DESTRUCTION FROZEN FISH

FDA Food Safety Advisory: Citrus and passionfruit acid denature fish proteins to create an opaque exterior, but acid curing does NOT destroy parasites or bacterial pathogens the way cooking to 145°F (63°C) does. Use sushi-grade marine fish previously frozen for parasite destruction (FDA Food Code: -4°F / -20°C for 7 days), or for a fully cooked pathogen-safe adaptation, poach the fish cubes in salted water for 90 seconds to 145°F (63°C) and chill in an ice bath before tossing with the passionfruit leche de tigre.

MASTER DONENESS CHECKPOINT:

Opalescent white fish cubes with juicy tender core.

WHY IT WORKS:

8-Minute Cure: Short curing coagulates outer proteins while keeping center silky.

TROUBLESHOOTING:

Overpowering onion: Soak in ice water 5 minutes.