

How to prepare a peruvian ceviche essay example

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Introduction

With its origins in Peru, a Ceviche is a fresh raw dish that consists of fish marinated in a variety of citrus juices such as lime, orange or lemon and then spiced with chili peppers and other flavoring ingredients. One theory stipulates that the dish originated with the indigenous locals of Northern Peru. The Ceviche has in recent years spread to many parts of the Americas and it has become a common and popular dish. Essentially, a Peruvian Ceviche is a marinated seafood salad. In addition to the chili peppers, other seasonings such as coriander, chopped onions and salt may be added. To complement its flavor, the Ceviche is usually accompanied by some side dishes such as plantain, corn, lettuce or avocado.

The process of preparing a Peruvian Ceviche is very simple indeed. It requires the use of simple ingredients that are easily available from local farmers' markets, grocery and convenient stores and fish mongers. These ingredients include:

- A cup of fresh lime, orange or lemon juice (or a mixture of the three)
- Two garlic cloves
- A table spoon of fresh cilantro
- 1 chopped red onion
- 1 pound of a saltwater fish (white), for example a snapper, halibut, sole, albacore
- 1 tablespoon of fresh ginger
- 4 tablespoons of ground pepper
- Salt to taste

The preparation time of the Peruvian Ceviche is roughly 3 hours and 15

minutes. First the fish is sliced or cut into small pieces. The fish can be diced or it can be left in small pieces of one inch square. However, it is important to note that if the pieces are large, it will take a relatively longer time to marinate.

After it has been cut, the fish is then soaked in brine (salt water), for 10-15 minutes. It is then removed from the salt water, rinsed thoroughly and then placed in a mixing bowl. The citrus juice, chili peppers, ginger, garlic, the cilantro and salt are then added to the contents of the mixing bowl and the new contents are mixed thoroughly. This mixture is then chilled in a refrigerating system for a period of between 2- 3 hours to allow it to marinate. If the fish pieces are large, this time can go beyond 2 hours. This is usually the marinating time period for traditional Peruvian Ceviche dishes but in modern preparations, the marinating period has been reduced to up to 30 minutes. This process generally allows the flavor of the dish to start melding as one prepares the side dishes for instance. The citrus juices are responsible for the addition of flavor. The juices also cause the proteins present in the seafood or the fish to become denatured, therefore appearing as cooked when in fact they are not. The only difference is that unlike cooking which kills parasitic worms and other bacteria, the acid marinades do not have this effect on the parasitic worms and bacteria.

After the dish has marinated, is ready for serving. It can be served over a lettuce bed with garnishes such, corn, avocado or the cilantro amongst others. Peruvian Ceviche has a sharp and acidic taste and it calls out for a beer and a tortilla chips accompaniment. Alternatively, it can be accompanied by either white or sweet potato.