

Shrimp Ceviche

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Serves: 4-6 people

Yield: 5 cups

Time: 30 minutes

Ingredients

3/4 pound of raw medium shrimp, deveined, with tails removed
1 small red onion, thinly sliced (half moon shaped)
1 cup of frozen or fresh corn kernels
Juice from 2 green limes
1 red bell pepper, thinly sliced
1 tablespoon of olive oil
1/2 cup of tomato sauce (see page 62)
Juice from half an orange
2 teaspoons of honey
1 tablespoon of white vinegar
1/4 cup of packed cilantro leaves, rinsed and chopped
Sea salt to taste
Pepper to taste

Directions

- ✦ Place the onion slices in a bowl of cold salted water and soak for 20 minutes. Drain onions and rinse with cold water.
- ✦ Bring a small pot of water to boil with a pinch of salt. Cook the corn until just tender, about two minutes. Drain and rinse with cold water.
- ✦ Bring a medium pot of water to a boil with a pinch of salt and add the juice of one lime to the pot.
- ✦ Boil shrimp for 2 minutes, until pink and firm. Drain and rinse with cold water. Place in a medium mixing bowl.
- ✦ Add onions, corn and red peppers to bowl with the shrimp.
- ✦ In a small mixing bowl, whisk together olive oil, tomato sauce, lime juice, orange juice, honey and vinegar. Toss with shrimp mixture. Season with salt and pepper to taste.
- ✦ Keep chilled until ready to serve.
- ✦ Toss with cilantro before serving.
- ✦ Spoon portions into a martini glass for an elegant presentation.

Did You Know?

Although one 3 ounce serving of shrimp contains about 1/3 of our cholesterol needs for the day, shrimp are low in saturated fat and a good source of nutrients like protein and vitamin B12.

