

SO MUCH TO SEA...

www.somuchtosea.co.uk

Shetland scallop ceviche with lime and coriander

Recipe by Marian Armitage

It is delicious as a starter with some slices of ripe avocado and some sourdough toast.

Ceviche (pronounced seh-vee chay) is basically very fresh fish – we used scallops – cured using lime juice, salt, chilli and red onion. When that is all mixed together a big handful of rough-chopped fresh coriander leaves is sprinkled on top. It can be eaten anything from 10 minutes after mixing together – to the next day if kept refrigerated. It is particularly delicious because of its sharp fresh taste. The acid in the lime juice changes the fish from being translucent to opaque. It is possible to use fresh lemon juice and some orange juice or a combination, however, I think lime is best.

When preparing the scallops for the 'So much to Sea' tastings, I removed the corals but then used them at home when I cooked a batch of mussels.

The dish originated in central and South America and it features highly in menus from Peru and Mexico and now also in Cullivoe and Symbister!

It is delicious as a starter with some slices of ripe avocado and some sourdough toast.

Ingredients:

150g freshest scallops – corals removed and cut up
finely

½ red onion – very finely chopped

½ red chilli – very finely chopped

½ teaspoon salt

2 limes – juice and grated rind

Small bunch fresh coriander

Method:

Prepare all the ingredients and mix together very well.

It can be placed into a tight lidded plastic box and given a good shake to distribute all the flavours.

When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland
Scottish Salmon Producers' Organisation Shetland
Shetland Fish Producers' Organisation
Shetland Shellfish Management Organisation
Shetland Aquaculture Trust