Lemonfish Ceviche

From the Gulf Coast Research Laboratory

Ceviche is a traditional fresh fish dish in the coastal regions of Central and South America and it’s becoming increasingly popular in the U.S. The heart of ceviche is fresh raw fish marinated in citrus juice. It’s a healthy, simple, and delicious way to prepare your fresh catch. Many species of local fish can be used for ceviche, but lemonfish or cobia is particularly tasty. Try flounder, pompano, and speckled trout, too.

Source
This recipe comes from Anita Arguelles, GCRL marketing specialist, fly fisher, and food enthusiast.

Serves two as a generous appetizer

Tips from the Cook
This is a great recipe to try at the end of your fishing adventure, with a little advance preparation. Before you leave home, pack a large glass jar (Think mayonnaise jar.) with the salt, pepper, lime juice, and lemon juice and pop it into your ice chest. Pack a cutting board and knife. When you return to the dock and while you’re cleaning your catch, cut ½ pound of the lemonfish into small cubes. This is a great job to give somebody who is just standing by talking. Add the cubed fish to the jar and shake to mix. Put the jar with the fish back in the ice chest.

When you get home, you quickly finish the dish by just adding the rest of the ingredients. When your boat is unloaded, the work done, and everyone has showered, and dinner started, take a break and raise a cocktail to toast another great fishing adventure. Your ceviche will be ready to enjoy.

Ingredients
- ½ pound very fresh cobia filets
- ½ teaspoon Kosher salt
- ¼ teaspoon ground black pepper
- ½ cup fresh lime juice
- ¼ cup fresh lemon juice
- ½ cup chopped seeded tomatoes
- ¼ cup chopped red onion
- 2 tablespoons chopped jalapeno
- 1 tablespoon olive oil
- 2 tablespoons chopped fresh cilantro
- Tortilla chips for serving

Instructions
Wash the filets and cut them up into ¼” cubes. Add the fish cubes to the container with the salt, pepper, lime juice, and lemon juice. The smaller the pieces, the faster the fish “cooks in the lime/lemon mixture. ¼” pieces should cook in the lemon/lime juice in one to two hours. The goal is for the fish to turn opaque and firm.
Strain the contents of the jar, discarding marinade. Place ceviche in bowl; add tomatoes, red onion, jalapeños, and olive oil. Toss to blend. Serve with chips.

This is one of a series of recipes that highlight the wealth of delicious local seafood ingredients available on the Gulf Coast of Mississippi. Do you have a family favorite? Get in touch; perhaps we can add it to the collection.

Look for more Mississippi seafood recipes on the web at www.usm.edu/gcrl/public/recipes

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