



Belizean Ceviche

Makes ~8-10 cups

Ingredients:

- 1 pound of seafood-this can be medium peeled shrimp, snapper, grouper, cod, lobster, conch...anything white.
- 8 medium sized limes, juiced
- 1 large carrot
- 1 red onion (or white sweet onion)
- 2 stalks of celery
- 1 red or yellow bell pepper, seeded
- 1 large tomato, seeded
- 1 cucumber, peeled and seeded (in the U.S. I use English cucumbers, which do not need peeling)
- 1 bunch cilantro, washed and finely chopped (about 1/3 cup packed once chopped)
- salt and pepper to taste (it takes lots of both)
- 1/2 habanero pepper, seeded and minced very fine or a hefty amount (~ 1 Tbsp) of habanero hot sauce such as Marie Sharps. Wear gloves if you are handling fresh habanero peppers!

Instructions:

Use a large ceramic or glass bowl to hold the chopped ingredients. First, dice whatever seafood you use into 1/2 inch pieces. Place in bottom of bowl and juice enough limes so the juice barely covers the seafood.

Meanwhile dice carrots, onion, celery, pepper, cucumber and tomato into small, uniform pieces, about 1/4 inch. Mince cilantro and add all of this to the bowl of seafood. Mix well, add hot sauce or habanero and salt/pepper.

Place a dish on top to cover the ceviche and leave it in the refrigerator. Stir well every hour. Less dense fish (i.e. white fish) takes less time to be ready and denser seafood (i.e. conch, lobster and shrimp) takes longer. I really prefer using a fairly dense fish that can hold up to the lime juice - I find the more delicate white fishes get "mushier." Taste after 2 hours and inspect to see if the fish is no longer opaque. The mixture will lose some volume as it juices. Add more salt, ground black pepper or habanero sauce at the end to taste.