RECIPE

Lime-cured sea bass with avocado over sweet potato

A dinner of raw sea bass cured in lime with tomato, onion, jalapeño, cilantro and avocado, spooned over baked sweet potato, about 444 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

1 h 35 min

Ingredients

- [ ] 1 ½ lb sea bass fillet, skinless, sold for eating raw, cut in ½-inch cubes
- [ ] 1 cup fresh lime juice (from about 5½ limes)
- [ ] 3 medium tomatoes, diced
- [ ] 1 small onion, red or white, sliced thin
- [ ] 1 jalapeño, seeded and minced
- [ ] ½ cup chopped fresh cilantro
- [ ] 1 cup cubed ripe avocado
- [ ] 1 tbsp olive oil
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 1 ½ cups baked sweet potato flesh, cut in ¾-inch cubes (about 3 medium sweet potatoes baked whole, skins not eaten)

Method

1. Bake 3 medium sweet potatoes whole on a sheet at 400 °F, pricked with a fork, 45 to 60 minutes. They are done when a knife slides in with no resistance; go by the knife, not the clock. Let them cool, peel them and cut the flesh in ¾-inch cubes until you have 1½ cups (300 g). Refrigerate within 2 hours, or within 1 hour if the kitchen is above 90 °F.

2. Keep the fish in the fridge at 40 °F or below until the moment you cut it. Cut it on a board that only raw fish touches (FDA), in ½-inch cubes, then wash the board, the knife and your hands in hot soapy water before you touch anything else.

3 Stir the salt into the lime juice in a glass bowl until it dissolves. Add the fish, cover and refrigerate 20 minutes, stirring once. The outside turns opaque and the middle stays a little pearly. The lime changes the colour and the firmness of the fish; it is not heat, and it does not make a fish safe the way cooking does (U.S. Food and Drug Administration).

4 While the fish cures, slice the onion, mince the jalapeño, dice the tomatoes, chop the cilantro and cube the avocado. Keep them cold.

5 Stir the onion, jalapeño, tomatoes, cilantro, pepper and olive oil into the fish and its juice. Fold in the avocado last so it stays in cubes.

6 Divide the sweet potato among 4 plates (about ⅜ cup, 75 g each) and spoon a quarter of the ceviche, juice and all, over each. The sweet potato drinks up the lime juice. Serve cold; the sweet potato can be cold or warmed to 165 °F first.

7 Raw fish is a raw-seafood dish: it may raise the risk of foodborne illness (U.S. Food and Drug Administration), so it is not for anyone pregnant, very young, elderly or with a weakened immune system (our kitchen practice). Do not leave it out more than 2 hours, or 1 hour above 90 °F (CDC). Eat it the day you make it and do not keep leftovers.