



HOMESTEAD MEXICAN FOOD



What Exactly Is Shrimp Ceviche Made Of?

by cutiekaura@gmail.com / January 22, 2023



When the temperature outside rises, whip up a batch of shrimp ceviche. This shrimp dish is perfect for a summertime picnic or barbecue since it features fresh ingredients like avocado, cilantro, red onions, and citrus juice.

Shrimp Ceviche – What is it?

Red snapper is the traditional fish used in ceviche, and the acidity of the lime or lemon juice “cooks” the fish.

Here, shrimp is fried briefly before being marinated in lemon juice and served as ceviche.

The shrimp in this ceviche even won over my dad, who isn't a huge fan of shrimp in general. (You know it's good when they go back for seconds.)

Why Is It Necessary to Precook the Shrimp?

Although the proteins are “cooked” (denatured) in the acidic marinade, the bacteria may still be present. Because of the risk of food poisoning, pregnant women and others with impaired immune systems are advised to avoid ceviche, which is traditionally made with raw seafood.

Raw fish (think sushi or sashimi) rarely goes bad in my experience, but shellfish like shrimp and scallops tend to spoil quickly. Unless the seafood is really fresh, I suggest giving it a quick, light cook first.

Shrimp: Frozen vs. Fresh

You can use frozen shrimp in this dish, but you'll need to thaw it first. In fact, most “fresh” shrimp you buy at the market is actually defrosted frozen shrimp. To accomplish this, remove the shrimp from the freezer and place them in a basin or colander in the sink. Allow cold water to flow over the shrimp for 15 to 20 minutes.

In ceviche, is it possible to eat raw shrimp?

The use of raw shrimp in ceviche is not only permissible but also perfectly safe. Because the shrimp are cooked by the lime's acidity, you are not truly consuming raw shrimp at any point in time. You can even watch the shrimp change right before your eyes as they go from being raw and transparent to being cooked to perfection and opaque in the bowl.

How long will Shrimp Ceviche last?

You should always eat ceviche within two days. But it will taste better the faster you eat it. For the freshest taste, the best ceviche is eaten within an hour or two of being made.

As the shrimp sits, the lime will keep cooking it, making the shrimp chewier and less tender. If you add avocado, it may start to brown or get a little soft. So, for the best ceviche, just make it right before you eat it.

Suggestions for serving Shrimp Ceviche

Ceviche can be eaten as a light meal or dinner or as an appetizer. Typically, it is served with tortilla chips or saltine crackers. Plantain chips and yucca chips are very delicious and may be found throughout Latin America.

When presenting this dish as an appetizer during the summer, I like to pair it with grilled chipotle-orange salmon, grilled pork and pineapple tacos, or grilled honey chipotle chicken kebabs. A simple and delicious grilled steak completes the classic surf-and-turf supper.

Ideas for Preparing Ahead of Time

Shrimp for this ceviche can be cooked the night before and stored in the refrigerator in an airtight container, saving you time on the day you plan to serve it.

The first three parts of the ceviche can be done up to four hours ahead of time, and then the cilantro, cucumber, and avocado can be added in step 4 right before serving. Shrimp get rubbery if marinated in the lemony marinade for too long.

Ingredients

- kosher salt, 1 tablespoon
- 1 pound of peeled and deveined medium or small shrimp
- around 3/4 cup lime juice (juice from 4-6 limes)
- juice from three-quarters of a lemon (juice from 2-3 lemons)
- a cup of chopped red onion
- 1 minced serrano pepper, stemmed and seeded

- One Cup of Cilantro, Chopped
- Cucumber, one, peeled and sliced into pieces no bigger than 1/2 an inch.
- 1/2-inch cube of 1 avocado
- Serve with tortilla chips.

Recipe For Shrimp Ceviche:

1. Put the shrimp in a pot of boiling water:

Bring 2 quarts of water to a boil and add 1 tablespoon of salt to the water in a big pot. The shrimp, depending on their size, should be added and cooked for no more than two minutes. Overcooking shrimp causes it to become tough and rubbery.

Remove the shrimp with a slotted spoon and put them in a bowl of iced water to stop the cooking.

2. Chopped shrimp, combined with lemon and lime juice:

It's time to get the shrimp drained. Shrimp should be cut in half lengthwise or into 1-inch chunks.

Put the shrimp into a glass or ceramic bowl. Squeeze in some fresh lemon and lime juice and combine. Wrap and chill in the fridge for 30 minutes.

3. Add the onion and pepper and combine:

Incorporate the chopped red onion and serrano chile into the mixture. Keep the food in the refrigerator for a further half hour.

4. Mix in the remaining ingredients:

Just before serving, mix in the avocado, cucumber, and cilantro. Serve the salsa and chips cold with the tortillas.

Home	Homesteadmexicanfood
----------------------	---

What Exactly Is Shrimp Ceviche Made Of?	Click Here
---	----------------------------

[Click Here For More Articles](#)

Leave a Reply

Logged in as cutiekaura@gmail.com. [Edit your profile.](#) [Log out?](#) Required fields are marked *

Comment *

Post Comment

Search

Search

Recent Posts

[What Exactly Is Shrimp Ceviche Made Of?](#)

[The Easiest Way To Make Tres Leches Cake?](#)

[Chiles En Nogada, A Traditional Mexican Meal](#)

[The Recipe for Chicken Tamales with Chile Verde](#)

[Pozole is a traditional Mexican dish](#)

Recent Comments

No comments to show.

Neve | Powered by WordPress