

# Olive's Kitchen

## White Fish Ceviche - From Magill Estate

This method for making ceviche was kindly provided to us by Carlos Astudillo, sous chef at Magill Estate Kitchen, in the Adelaide foothills. For this dish to be successful, there are four key requirements. First, the seafood must be sashimi quality, meaning it is so fresh you would happily eat it raw. Second, the ingredients for the marinade, which the restaurant calls the dressing, are quite precise. Third, the mussel juice takes the dish to another level. Fourth, the marinating (or dressing) time must be short – aim for no longer than five minutes – but you could even consider dressing the seafood and serving it immediately.

The dressing (marinade) can be prepared beforehand as can the seafood. The mussels need to be steamed open without using additional liquid as you want the mussel juice to be undiluted. As the marinating time is short, the dish can be finished off quickly for serving at the last minute. Chilli is an important part of the dressing, however, take it easy initially to ensure the dressing is not too spicy – taste and adjust for more chilli if required.

### For four people:

#### Dressing\*

- 150 g or 150 ml lime juice
- 260 g or 260 ml lemon juice
- 25 g or 25 ml Champagne vinegar
- 15 g or 15 ml olive oil
- 7 g salt (about 1/8 tsp)
- 1 red chilli, deseeded and diced
- 2 French shallots, sliced, about 25 g

#### Seafood\*\* (500 g to 600 g excluding shells)

- 8 to 10 mussels, washed, debearded (yield should be 100 g or more)
- 8 to 10 medium sized scallops, cleaned, roe on or off (about 120 g)
- 8 to 10 medium sized prawn cutlets, deveined, tails left on (about 120 g)
- 200 g fish fillets (white fish or salmon)

#### Garnish

- coriander leaves, 'picked'

*(\*This amount of dressing is enough for up to 800 g seafood. There will be plenty of juice leftover at the end but it is better to let the fish swim rather than just get moist.*

*\*\*Use any soft textured seafood as desired, however, the mussels are important.)*



### Method:

Quite a lot of lime and lemon juice is required – a citrus juicer (hand or electric) of some sort helps. Combine all the ingredients to make the dressing. Adjust for taste, in particular, aiming for a hint of chilli but not so much to be overpowering. (continued over)



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Take care with the mussels and retaining the juice. Steam open the mussels without adding extra liquid. Do this gently in a microwave or in a dry saucepan until most or all of them are open – retain any juice at that point in a separate bowl. Prise open the mussels, including the unopened ones, adding the juice to any retained earlier. Save the mussels in a separate bowl. Discard the shells. (Alternatively, steam the mussels over a little water, then remove the mussels leaving the diluted liquid behind, not to be used in the dressing.) Later, drain any extra juice from the mussels to the juice bowl before they are added to the other seafood. At that stage check that the mussel juice is free from grit or shell, straining through a fine sieve if necessary.

Prepare the seafood. Depending on their size, cut the scallops (and roe) and prawns into two to four pieces. Cut the fish fillets into cubes of about 1 cm. Cut the drained mussels into two or more morsels, similar size to the other seafood. Combine all the seafood and set aside. (See photo 1.)

As the marinating time is so short, have your serving dishes ready. Have the dressing ready and the retained mussel juice.

(Some of the seafood might 'cook' faster than the rest and be a little on the chewy side. You could experiment with a piece of each type of seafood soaked in some of the juice. Aim for a less 'cooked' result.)

When ready to serve, place all the seafood in the dressing mixture, stir and after a few minutes test for 'done-ness'. When ready, spoon the seafood into separate dishes along with about half of the juice. Add a tablespoon or so of the retained mussel juice to each dish and stir briefly.

Garnish with coriander leaves. Serve immediately with a spoon for the juice or provide slices of baguette.

(Retain any leftover dressing and mussel juice and freeze separately. Use for another serving of ceviche at a later stage.)

## **Serve:**

Serves four as an entrée in clear glass dishes or on a plate or in a shallow bowl.

## **Equipment:**

Citrus juicer. Serving dishes.

## **Difficulty and Time:**

Moderately difficult (3/5). 30 minutes preparation. 5 minutes dressing or 'cooking'. Watch that the seafood is not marinated for too long.

## **Notes and variations:**

- Experiment with different types of fish and seafood, white or otherwise.
- If you can't find Champagne vinegar, substitute with a lighter style white vinegar such as apple cider vinegar.
- If you freeze some dressing and retained mussel juice for a second ceviche, omit the mussel meat from the seafood if you wish.