

RECIPE | Albacore Tuna Kinilaw (Ceviche)

Makes 5-6 servings

Our recipe for this month is chilled, sustainable, healthy, loaded with spring vegetables, and includes a little bit of my Filipino heritage.

¼ cup cane vinegar or distilled
¼ cup lime juice
1 tbsp. grated palm sugar, can be purchased at your local grocery store or Asian market
1 tbsp. grated ginger
2 shallots, thinly sliced
1 lb. albacore tuna loin, diced medium
3 each Thai chilies or jalapeno, finely sliced
½ cup edamame beans, thawed from frozen
½ cup cut green beans, cooked
¼ cup quartered baby tomatoes
¼ cup sliced Persian cucumbers
2 red radish, finely
Salt and pepper to taste
½ cup chopped cilantro
1/2 cup extra virgin olive oil

Garnish

1 avocado, diced medium
2 scallions, finely julienned



Combine the all ingredients except for the olive oil, avocado and scallions in a mixing bowl. Cover the bowl tightly and refrigerate for 30 minutes to allow the acid to cure the tuna. Add the olive oil to the tuna mixture, toss lightly. Top with diced avocado and finely julienned scallions. Served chilled.

This dish is perfect on its own but also great served with tortilla chips or over steamed jasmine rice.

TIPS FROM THE CHEF

Buying seafood:

Only buy from a fishmonger that you trust. Choose a place that goes through their inventory quickly and has regular deliveries. The staff must be knowledgeable of the seafood they are selling and be able to tell you its origin and how it was raised.

Wild-caught means they came from seas, rivers, and other natural bodies of water

Some wild-caught fish are tuna, albacore, salmon, bass, sardines

Farmed means they were commercially raised in tanks or enclosure

Some of the responsibly farmed seafood: trout, tilapia, oysters, arctic char

Always choose sustainable fish. The Monterey Bay Aquarium Seafood Watch guide is a good source. Visit <http://www.seafoodwatch.org>

IS IT FRESH?

Smell must be of clean water and not pungent

Flesh must be vibrant in color and firm and resilient when pressed with your finger

IS FROZEN FISH OKAY FOR CEVICHE OR POKE?

Yes. Sushi grade fish is best for ceviche or poke. Sushi grade means that it is the highest quality they are offering. Frozen fish is fine for ceviche as long as it is from a reputable fishmonger, and freezing is required for parasitic fish like salmon before serving it raw. When buying frozen fish, make sure that the packaging is not tampered in any way and that there are no ice inside the package and no discoloration on the fish.

Thank you and happy cooking and eating.

Chef Mayet

