

FROM THE KITCHEN OF – OUR VERY OWN – ROB FRY

Fiddlehead National Sales Manager and resident "foodie"!

SEA BASS & MANGO CEVICHE

Pairs well with Sauvignon blanc...

especially Fiddlehead 2009 "Happy Canyon" Sauvignon blanc

INGREDIENTS (Serves 4-6)

- 1 lb sea bass fillet
- (Optional – shrimp raw, deveined and peeled)
- 5-6 fresh limes
- 1 lemon
- (Optional – the juice of ½ orange)
- (Optional – 1 oz tequila to enhance that Latin flair!)
- 1 mango, peeled, seeded and diced
- 1 red bell pepper, seeded and chopped
- 1 red onion, finely chopped
- ¾ cup fresh cilantro
- 2 jalapeño peppers, seeded and finely minced
- Salt, to taste

PREPARATION

1. Dice the fish to approximately ½ inch square pieces.
2. Marinate the fish with the lime and lemon juice (add optional orange juice and/or tequila, if desired) in the refrigerator for 2-4 hours, stirring occasionally.
3. If including the shrimp, add toward the end of the marinating process as it cooks much faster in the juice.
4. Pour off much of the citrus marinade, leaving just enough to keep the fish moist. Stir in remaining ingredients, except salt.
5. Return to the refrigerator for an hour or more before serving to allow the flavors to marry.
6. Salt lightly as it will tend to expand in flavor as it breaks down in the dish. Re-taste before serving and adjust if necessary.
7. Serve on a lettuce leaf or in a fine cocktail glass. Garnish with a sprig of cilantro and wedge of lime.

Many recipes call for halibut, but I prefer a firm, open water fish. Sea bass is ideal. Red snapper is a viable, reasonably priced substitute. Whenever possible, use fresh fish as the texture changes when frozen.

This refreshing seafood salad is inspired by those regularly served on the beaches of Mexico. The enzymes in the citrus will fully cook the fish, and the mango and sweet peppers along with the citrus are perfect complements to Sauvignon blanc. It makes a refreshing appetizer, or serve it as a side salad on a warm summer day. It's truly spectacular!

Bon Appétit! Rob Fry

