



# Fish and Shellfish Ceviche

**PAPER & FOOD SERVICE, INC.**

**Ingredients** **Yield: 16 Servings**

- 6 ea. Medium sweet potatoes
- 4 ea. Ears of Corn
- 16 oz. Shrimp, 21/25 ct., peeled and deveined
- 16 oz. Scallops, 10/20 ct., cut into thirds
- 4 # Flounder fillet, cut into 1 inch pieces
- 3 c. Limb juice
- 1 ea. Jalapeno pepper, finely chopped
- 4 c. Onion, red, medium dice
- t.t. Salt
- t.t. Black pepper, café
- 4 Tlb. Fresh cilantro, chopped

**Preparation Instructions:**

1. Boil the sweet potatoes with skins on until tender, approximately 30 minutes. Drain and set aside to cool to room temperature. Peel and dice into 1/2 in. pieces.
2. Bring four quarts of water to boil in a large pot. Add the corn and cook for 5 minutes. Transfer corn to an ice bath for 5 minutes, then drain and slice the corn off the cob, leaving some sections of the kernels intact.
3. Bring six quarts of water to boil in a large pot. Add the shrimp and scallops and boil for 60 seconds, or until whitened and curled. Remove from the water and transfer to a large mixing bowl.
4. Add the fish, lime juice, jalapeno, and onions to the bowl. Add salt and pepper to taste. Toss together. Let sit for 30 minutes or until the fish starts to whiten and curl in on itself. Add the sweet potatoes, corn and gently toss to incorporate. Divide mixture among plates and garnish with chopped cilantro.

Ingredients		Maines Product Code #	Amount	Cost
Sweet Potatoes	Fresh	097695	6 ea.	\$2.64
Ears of Corn	Non Pareil	146610	4 ea.	\$1.24
Shrimp, 21/25 ct., peeled and deveined	Hidden Bay	136756	16 oz.	\$5.71
Scallops, 10/20 ct.	Hidden Bay	134620	16 oz.	\$8.78
Flounder fillet	Fresh	095012	4 #	\$22.40
Lime juice	Sun Orchard	143717	3 c.	\$1.92
Jalapeno pepper	Fresh	097148	1 ea.	\$0.09
Onion, red	Fresh	097482	4 c.	\$0.68
Salt	Katy's Kitchen	340620	t.t.	\$0.05
Black pepper, café	Culinary Secrets	345631	t.t.	\$0.03
Fresh cilantro	Fresh	909156	4 Tlb.	\$0.16

Recipe Cost	\$43.70
Portion Cost	\$2.73

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$6.95	\$2.73	\$4.22	39.28%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$7.95	\$2.73	\$5.22	34.34%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$8.95	\$2.73	\$6.22	30.50%