

Ceviche Mexicano

4 Servings

4 4 to 5oz tilapia fish filets
1 Avocado
½ finely chopped Spanish onion
4 to 5 limes – juice only
1 tomato seeded and cubed.
½ bunch of fresh chopped cilantro
1 large shredded carrot.
Salt and pepper to taste
½ spoon of olive oil

Boil the tilapia with salt and pepper, and a the olive oil. Once cooked drain all the water and place on mixing bowl. Add the lime juice and let marinated for a couple of hours in the refrigerator. 15 minutes before serving, add the rest of the ingredients. Add salt and pepper to taste. Serve on a crispy tostada and decorate with avocado slices. Add more lime juice if desired.

Ceviche Caribeno

Same as the ceviche Mexicano, but add cubed mango before serving, and decorate with sliced mango rather than avocado.



Ceviche Panamanian

Same as the ceviche Mexicano, but you add finely chopped celery and chopped habanero peppers. Green bell peppers could be substituted for the habanero peppers since they are too spicy!

Platanos Borrachos

-Drunken plantains-

Serves 4

3 Ripe medium size plantains

1 Can of condensed milk

2 Shots of Kahlua liquor

2 Shots of Rum of choice

Vegetable oil as needed

Make a small cut along the banana, and peel it. Slice the bananas sideways and fry in a large pan for about 4 minutes until brown. Make sure to flip every minute, and that you put enough oil in the pan to cover them. Deep fry if possible. Dry the plantains from the oil and keep warm.

Mix the condensed milk, Kahlua and rum until you get a smooth sauce. Plate the plantains and drizzle the sauce over them. Sprinkle with powder sugar and garnish with a strawberry or mint leave.

Platanos Cubanos

-Cuban Plantains-

Serves 4

3 Ripe medium size plantains

2-3 Garlic cloves

1 Medium size lime

Vegetable oil as needed

Make a small cut along the banana, and peel it. Slice the bananas sideways and fry in a large pan for about 4 minutes until brown. Make sure to flip every minute, and that you put enough oil in the pan to cover them. Deep fry if possible. Dry the plantains from the oil and keep warm.

Drain the oil, leaving enough to cover the bottom of the pan.

Mince the garlic and fry it for a few seconds on the remaining oil until they are slightly brown. Be careful, the garlic can burn really quick. Add the sliced plantains, add the juice of a ½ lime, and stir well. Serve right after.