

Vegetarian Ceviche

Makes about 3 cups.

Ingredients:

- 1 head of cauliflower
- 3-4 limes depending on juiciness
- 2 roma tomatoes
- 2-3 serrano chilies (or jalapenos)
- 1/2 yellow onion
- 1 clove garlic, crushed
- 1 bunch cilantro
- 1/4 teaspoon ground cumin
- salt to taste

Directions:

1. Separate the cauliflower into florets. Try to get them uniform in size.
 2. Blanch the cauliflower in boiling, salted water for about 5 minutes until just tender. Immediately drain and place in an ice-water bath to stop cooking.
 3. Once cauliflower is cool, it's time to chop. Dice fairly small, less than 1/4 inch is good. Also try to keep as uniform as possible.
 4. Place diced cauliflower in a non-reactive bowl (glass, ceramic, stainless). Add enough lime juice to coat all the cauliflower and pool up in the bottom. You want it very wet because you'll be adding more to the juice. Cover and refrigerate for 2 hours.
 5. After about 1 1/2 hours, begin preparing the rest of the ingredients. Collect all the chopped ingredients in a bowl to add at once to the cauliflower. It's best to chop everything about the same size, with the chilies and garlic being smallest. Dice the onion very small (try for about 1/4 inch, or roughly the size of your cauliflower).
 6. Quarter the tomatoes lengthwise and remove the seeds before dicing.
 7. The easiest way for me to mince chilies: First cut off the stems. Cut chili in half lengthwise. Use a spoon to scrape out seeds and ribs. Cut matchstick strips lengthwise, then perpendicular. Wash your hands before touching eyes!
 9. Chop the cilantro. Add the onion, tomatoes, chilies, and cilantro to the cauliflower and stir. Add the crushed garlic and 1/4 teaspoon cumin. Start with 1 teaspoon salt then add more to your taste.
 10. Place back in the refrigerator for at least 1/2 hour for best flavor. This is one of those dishes that is better the longer it sits.
- Serve with chips. Enjoy a healthy, flavorful dip!

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.