



Mango Grapefruit Seafood Ceviche with Fresh Tostadas

SERVING 6

Fresh mango, citrus, avocado and chilis mixed with hearty fresh seafood is the perfect match for a hot day on the patio. Perfect for entertaining friends or a hearty lunch, this mixes together in minutes, and is best enjoyed fresh from the mixing bowl. Fresh fried tostadas are the best vehicle to enjoy the ceviche, each bite tasting as bright and colourful as this dish is. The magic of ceviche, the acid from the grapefruit cooks the fish in just a few minutes, so ensure the pieces of seafood aren't too big, as the acid needs to soak all the way through. Enjoying alongside a tart fresh glass of white wine pulls all the flavors together from fresh, creamy, tart and sweet.

Tasting notes - Trois Noix Chardonnay 2020

The peach, apple and floral notes of the 2020 Chardonnay, along with its crisp and vibrant acidity, create a luscious pairing with this fresh ceviche.

Ingredients

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| 1 lb of fresh white fish filet, deboned | ¼ cup chopped fresh curly leaf parsley |
| 6 oz prawns | 2 Tbsp fresh olive oil, plus more for drizzling |
| 1 small red onion | 1 tsp sea salt |
| 1 mango | ½ tsp fresh cracked black pepper |
| 1 avocado | 10 corn tortillas |
| 2 ruby grapefruit | |
| 2 red chili peppers | |

Directions

Chop the fish into $\frac{1}{2}$ in cubes or roughly chop the prawns. Cover and set aside in the fridge until **a few minutes** before you're ready to serve.

Segment one grapefruit, slicing the segments into quarters, making small grapefruit pieces. Dice the red onion, peel and finely chop the mango and avocado, dice the chili pepper, removing the seeds and membrane, roughly chop the parsley. Add to a mixing bowl and gently mix to combine.

Juice the second grapefruit and add the juice to a small mixing bowl or liquid measure along with the olive oil, sea salt and pepper. Whisk together to combine. Remove the prepared seafood from the fridge. Pour the liquid over the seafood and stir well to combine and coat. Let sit **one minute**, then stir the seafood mixture again and let sit an additional **2 minutes** allowing the acid in the grapefruit juice to 'cook' the seafood. You will notice the prawns turning pink and fish turning from opaque to white as well.

Add the seafood to the larger mixing bowl with the mango mixture and gently mix to combine the seafood into the mixture and coat everything well with the juice. Cover and let sit in the fridge, while you prepare the tostadas.

To prepare the Tostadas, in a small frying pan add the neutral oil and place over medium high heat. Heat the oil for **2 to 3 minutes** until hot, then reduce the heat to medium. Slice the corn tortillas into quarters.

Place four quarters into the pan at a time, they will sizzle and start to curl. Cook for **15 to 20 seconds** until golden and crisp, turn over and cook an additional **15 seconds**, to crisp up both sides. Remove from the pan with tongs and place in a paper towel lined serving basket. Repeat with the remaining corn tortillas.

Remove ceviche from the fridge, spoon into a serving bowl and drizzle with a little additional olive oil, sprinkle with salt and pepper to taste. Serve with the hot and fresh tostadas.

Ceviche does not keep and should be enjoyed the day it's made. The tostadas are also best enjoyed the day they are made and soften when stored.



Our mantra is serious wines that are enjoyable and pleasurable right now – elegant, polished, and approachable but with structure to last.

Troisnoixwine.com



Chardonnay

Vintage: 2020

Appellation: Napa Valley