

Mango Shrimp Ceviche

Caribbean freshness — bright, acidic, clean protein, no heat required. The lime does the cooking.

SERVES

3

ACTIVE TIME

30 minutes

HEAT

None — acid cure, chilled

SKILLS

Peel & devein · Acid cure · Uniform dice

INGREDIENTS

THE CURE

1 lb jumbo shrimp, peeled, deveined, halved lengthwise

½ cup fresh lime juice (4–5 limes)

¼ cup white vinegar

1 tsp sea salt

THE BOWL

1 mango, diced

1 cup cherry tomatoes, diced

1 cucumber, diced

½ red onion, thin-sliced

4 mini sweet peppers, sliced

1 jalapeño, sliced (optional)

1 tsp fresh thyme leaves

TO FINISH

1 avocado, diced

PER SERVING

240

CALORIES

30g

PROTEIN

16g

CARBS

6g

FAT

4g

FIBER

METHOD

1 Start the cure.

Mix the lime juice, vinegar and salt. Add the shrimp and stir until every piece is coated.

2 Refrigerate 30 minutes.

Stir once at the halfway point. It is done when the shrimp turn pink and opaque all the way through — that colour change is the protein denaturing.

3 Dice everything else.

While the shrimp cures: mango, tomatoes, cucumber, sweet peppers and jalapeño. Keep the dice uniform so every spoonful is the same.

4 Drain and toss.

Pour off most of the marinade. Toss the shrimp with the vegetables, mango, thyme and black pepper.

5 Avocado last.

Fold in the diced avocado at the very end, or the acid turns it to paste. Serve chilled.

CHEF'S NOTES

The acid is the stove. Ceviche reflects the food science of Indigenous and African coastal communities across Latin America and the Caribbean. The lime denatures the protein the same way heat does — same safety, same texture, no burner.

Fresh limes only. Bottled juice is weaker and flatter, and this recipe is leaning on the acid to do real work.

Shellfish allergy. Ask the room out loud before anyone handles the shrimp, and have a non-shellfish option ready.

Scaling: ×8 for all four groups (24). Eight pounds of shrimp is the single largest ingredient cost in the year — as a tasting portion, four pounds does the job.