

Vegetable Ceviche

*Glorious Gourmet PCS, Gloria Luzzatto
Adapted from Jose Andres Vegetables Unleashed*

A vegetable ceviche using sweet potatoes, mushrooms, corn, onion, and celery with lime and cilantro flavors. Other vegetables can be used, such as cauliflower, broccoli, green beans.



2 medium sweet potatoes, peeled and cooked in water

DRESSING

1 cooked sweet potato, from above
1 1/4 cups sweet potato liquid used to cook the sweet potatoes

1/2 cup fresh squeezed lime juice

8 sprigs cilantro, chopped

1 1/2 tablespoons minced red onion

1 tablespoon minced celery

1/2 teaspoon kosher salt, more if needed

CEVICHE

1 cooked sweet potato, from above

12 small mushrooms, halved and sliced

1/2 cup frozen corn

3 tablespoons diced celery

1/4 medium red onion, thinly sliced

3 tablespoons chopped cilantro

1/2 teaspoon minced jalapeno, optional

GARNISH

1/4 cup crushed corn nuts

2 tablespoons chopped cilantro

Servings: 4

EQUIPMENT: cutting board, knife, several bowls, medium saucepan, food processor, spatula, spoon

Cook the Sweet Potatoes: Place the sweet potatoes in a saucepan, add water to cover and a pinch of salt. Bring to a boil; reduce the heat and cook until potatoes are just tender when pierced with a knife (about 20 minutes or longer). Remove the potatoes from the water. Save the liquid in the saucepan for the next step

Prepare the dressing: Cut 1 sweet potato into pieces and place in the food processor. Add the reserved cooking liquid, the lime juice and puree until smooth. Add the cilantro, red onion, celery and pulse a few times to blend. Transfer the mixture to a small bowl and season with salt and pepper to your taste. It should taste a little sweet, tangy and salty.

For the Ceviche: Cut the remaining sweet potato into 1/2 inch cubes and place in a large bowl. Add the mushrooms, corn kernels, celery, red onions, cilantro, and jalapeno, if using. Add enough dressing to generously coat the vegetables. Toss gently.

To serve: Place a mound of the ceviche on each plate, garnish with the corn nuts and cilantro.