

SQUID CEVICHE WITH AVOCADO, CHILLI AND LIME

with Frans K. Smit White Blend



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FRANS K. Smit



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Note: Curing baby squid ceviche-style yields a very tender, fresh result. If you prefer your squid slightly firmer or more “cooked” (or if you’re dealing with thicker squid pieces), blanch it for 1 minute in simmering water, then cool in iced water and continue with the recipe as set out below.

INGREDIENTS

Serves 6 as a canapé:

- › 500 g baby squid tubes, rinsed
- › juice of 2 lemons and 2 limes
- › a pinch of salt
- › ½ cucumber, diced
- › 2 medium avocados, diced
- › 1 cup baby rosa tomatoes, sliced/chopped
- › 1 small red onion, finely diced
- › a small bunch spring onions, finely sliced
- › 1 small red chilli, seeds removed and finely sliced
- › a handful fresh coriander leaves, roughly chopped
- › 15–30 ml (1–2 T) extra virgin olive oil
- › salt and pepper, to taste
- › lime wedges, for serving

METHOD




Lay the rinsed squid on a clean tea towel and pat dry.

Slice the tubes thinly and place them in a medium bowl. Add the lemon and lime juice and salt, stir, cover and leave to cure in the fridge for 1 hour (up to 3). The liquid will turn opaque – drain it off before adding the squid to the rest of the ingredients.

Place the prepared cucumber, avo, tomatoes, red onion, spring onion, chilli and coriander in a wide bowl. Add the drained cured squid, pour over the olive oil, season with salt and pepper, then stir well. Keep covered in the fridge until ready to serve, then serve cold with lime wedges on the side.



Frans K. Smit wines can be tasted and purchased at the farm in Stellenbosch, and are widely available in stores and online at shop.spier.co.za

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