



ROCKY'S KITCHEN · PANAMA CANAL CATCH

Panama Snook Ceviche

Lime, cucumber, red onion, avocado & ají chombo

YIELD

Serves 4–6

PREP

25 min

CURE

25–35 min

TOTAL

1 hr

INGREDIENTS

CEVICHE

- 1 1/2 lb skinless snook fillet, pin bones removed
- 1 cup fresh lime juice (8–10 limes)
- 1 tsp kosher salt, plus more to taste
- 1/2 small red onion, paper-thin slices
- 1 small cucumber, seeded and diced
- 1/2 red bell pepper, small dice
- Up to 1 tsp minced ají chombo (wear gloves)
- 1/2 cup chopped cilantro or 1/4 cup culantro
- 1 ripe avocado, diced
- 1 tbsp extra-virgin olive oil
- 4 cups tostones, tortilla chips, or patacones, for serving

METHOD

1

USE PROPERLY FROZEN FISH

Use fish documented as frozen for parasite destruction under FDA Food Code §3-402.11: –4°F or below for 7 days, or an approved –31°F commercial schedule. A typical home freezer may not qualify. Otherwise use the cooked option below.

2

THAW AND CUT COLD

Thaw under refrigeration and keep fish at 40°F or colder. Cut into even 1/2-inch cubes with a clean knife and chilled board.

3

CURE

Combine fish, lime juice, and salt in a nonreactive bowl. Refrigerate 25–35 minutes, stirring once, until the outside is opaque and the center is just firm.

4

FINISH

Drain off most of the lime juice. Fold in onion, cucumber, bell pepper, ají chombo, herbs, avocado, and oil. Taste for salt; serve immediately with the tostones, chips, or patacones.

ROCKY'S NOTES

- Freezing controls parasites but does not kill all harmful germs; lime changes texture and is not a safety treatment. Cooking to 145°F is safest.
- Cooked option: gently poach the fish to 145°F, chill quickly, then toss with lime and vegetables for 15 minutes.
- Do not serve raw ceviche to pregnant people, children under 5, adults 65+, or people with weakened immune systems. Discard after 2 hours unrefrigerated, or 1 hour above 90°F.