

EAT

How to Make Peru's Best Ceviche at Home



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You don't have to look hard to find ceviche in Peru ... it's everywhere!

While the dish can be found in many South American countries, many consider it Peru's national dish. In fact, it's so beloved that it even has its own holiday (June 28, if you'd like to celebrate)!

So when I visited Lima, I was on a mission to find the best ceviche in city. Admittedly, I was unable to sample every restaurant's interpretation, but luckily, my guide from [Journeyou](#), Ricardo, introduced me to the ceviche at [El Señorío de Sulco](#).

Made from fresh fish, herbs and lime, this ceviche was so tasty that I quickly cleared my plate. I didn't leave with a doggy bag (trust me, you don't want old ceviche), but I did leave with the recipe.

Make this ceviche to cool yourself down on a hot summer day, or to spice up your next dinner party with some South American flair.

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Traditional Peruvian ceviche is commonly served with corn and sweet potato. (Photo: igor terekhov / Alamy Stock Photo)

Ingredients:

¼ pound fresh white fish — halibut, swordfish and tilapia will do

Juice of four limes

1 teaspoon garlic paste

¼ red onion

½ limo chilli

Salt (to taste)

Splash of milk

1 sprig cilantro/coriander

Garnish:

Sweet potato and corn

Preparation:

Cut the fish into cubes and place in bowl.

Cut red onion into strips. Place in fresh water to chill.

Add salt, lime juice, chilli, and cilantro to the bowl of fish.

Add in red onions. Stir.

Add a splash of milk to help lessen acidity of limes.

Plate the ceviche.

Pour the juice mixture remaining in bowl onto ceviche. This is called “Tiger’s Milk.”

Serve with sweet potato, corn, and lettuce.

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