
Ceviche

2 cups FRESH white fish (sac a lait, bass, speckled trout, flounder)

2 cups Pico (or fresh chopped tomatoes seeded and diced)

1/2 cup avocado

1/2 cup pineapple (and some of the juice)

1/4 cup purple onion

1/4 cup cilantro

2 tablespoons fresh jalepenos (seeded and chopped)

juice of two lemons

juice of two limes

1 tablespoon salt

Mix everything together and fold in chopeed fish.

Keep ice cold, use only fresh fish, remove bloodline, marinate for at least 30 minutes.