



Hero Sweet Potato Ceviche

BY CHEF ADRIANA URBINA

SERVES 4

INGREDIENTS →

1 Hero Sweet Potato Ceviche

Seasoning Card:

- 1 tsp (2 pods) Wild Celery Seed Powder
- 1 tsp (2 pods) Smoked Pimentón Paprika
- 1 tsp (2 pods) Mushroom Powder
- 1 tsp (2 pods) California Garlic Powder

FRESH

- 2 large sweet potatoes or 3 small ones
- 4 medium-size lemons,
we recommend [Meyer](#) ↗
- 1 medium grapefruit,
we recommend [Oro Blanco](#) ↗
- 1 finely chopped garlic clove
- 1 finely chopped small red onion
- ½ chopped jalapeño pepper
- 1 tsp fresh ginger, peeled and finely grated

PANTRY

- 4 Tbsp honey
- 1 tsp salt
- 2 cups of canola oil for frying
- ¼ cup fish or seafood stock (broth)
- Sea salt, to taste, for tiger's milk

SUBSTITUTIONS →

FISH OR SEAFOOD STOCK

(BROTH): Vegetable broth to make the dish vegetarian

SERVE WITH →

- Optional toppings: Finely sliced red onion, freshly chopped cilantro or mint
- 1 cup of Adriana's Lulo Aioli

RECIPE SEASONING CARDS
BY CHEF ADRIANA URBINA
AVAILABLE AT [EATOCO.COM](https://eatocco.com)

INSTRUCTIONS

1. MAKE THE GLAZE: In a large bowl, combine 4 Tbsp honey, 1 tsp salt, 2 Celery Powder Pods, 2 Smoked Pimentón Paprika pods, 2 Mushroom Powder pods, and 2 California Garlic Powder pods. Whisk the ingredients together and set aside.

2. MAKE THE “CEVICHE”: Wash the sweet potatoes with skin on, and add to a medium pot of boiling water and cook until soft (but not too soft), about 20-25 minutes. Drain the sweet potatoes and allow them to cool just enough to handle. Carefully remove the skin with a peeler or a clean kitchen towel and knife, and set skins aside (you’ll use these later). Cut the peeled potatoes in half lengthwise and add to the bowl with the glaze, gently tossing to fully coat. In a pan over high heat, sear each potato 2 minutes on each side. Remove from heat and once cool enough to touch, cut the potatoes into long strips about 1½ inches long. Then cut the strips perpendicularly, forming ½-inch wide chunks. This is the ceviche base. Set aside in a bowl.

3. MAKE THE CRISPY SKINS: Keep a slotted spoon or spatula handy. Dry the sweet potato skins very well with a kitchen towel or paper towel. In the same pan you used to sear the sweet potatoes, add 2 cups of canola oil and heat on medium for 3-4 minutes. Use a thermometer to check for a temperature of 375°F – alternatively, you can test the heat by adding a small piece of the potato skin to the oil. If it immediately bubbles and fries, it’s hot enough. Once the oil is hot, carefully add all of the skins at once and fry until golden brown, about 1-2 minutes. Remove with a slotted spoon or spatula. Dry the crispy mixture with paper towels and season well with salt. Reserve in a bowl for plating.

4. MAKE THE TIGER’S MILK: Juice the lemons and grapefruit into a blender (do not include the rinds). Add the chopped garlic, onion, jalapeño, ginger, and fish stock or ice cubes. Blend until smooth and strain through a fine-mesh sieve. Season with sea salt to taste and eat immediately, or if preferred refrigerate up to 3-4 days until ready to use.

5. PLATE: Divide the sweet potato “ceviche” between four bowls, and add sliced red onion, cilantro, or mint as optional garnishes. Add a dollop of Lulo Aioli on top of each and divide the tiger’s milk between the four bowls, pouring over the entire plated dish and garnish each with an equal portion of the crispy skin. Serve immediately and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, “FOOD COMA.” OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*