

# Ceviche of the lake



A recipe by Chef Francesco Sangalli at Ristorante La Sorgente in Vico Morcote

## Preparation



Time required approx. 100 minutes



Difficulty Easy - For all



Portion size 2 people

## Features



Dish Fish - Pike perch



Typical product Pike perch - Km 0



Suitable in Summer - Warm evenings

## INGREDIENTS

### **Ceviche of the lake**

- ☐ 100g fresh pike perch (upper part)
- ☐ 60g sugar
- ☐ 80g salt
- ☐ 1 untreated lemon
- ☐ 40g fresh cauliflower
- ☐ 20g fresh leek
- ☐ Sprouts
- ☐ Purslane
- ☐ 30g Buttermilk (or fresh milk)
- ☐ 6g Raspberry vinegar
- ☐ Salt, white pepper to taste
- ☐ Oil to taste

## **Ceviche of the lake**

### **PREPARATION**

1. Marinate pike perch for 30 min with salt, sugar and lemon peel. As soon as it has marinated, rinse it with fresh water and slice it very thinly.
2. Use a mandoline to cut the leek and cauliflower into slices and place them in water and ice for at least 1h.
3. Season the buttermilk with salt, oil, raspberry vinegar and white pepper until it tastes sour.
4. If you want to make your own buttermilk, simply whip some fresh cream until the liquid part separates from the fat in your cream. You will then obtain butter and buttermilk for the recipe.
5. Compose the dish as you like, playing with the textures and taste of the leeks, finishing with salt and grated lemon. The dish when it looks tasty to the eye will be finished with the seasoned buttermilk poured onto the plate.