



Ceviche

½ pound shrimp (peeled and deveined)
 5 frozen scallops (thawed)
 6 ounces flounder loins (thawed)
 5 limes
 3 lemons
 ¼ cup orange juice
 2 ounces white tequila
 ¼ tablespoon garlic (chopped)
 ½ yellow or orange bell pepper (small dice)
 2 roma tomatoes (de-seeded and small diced)
 ¼ cup red onions (small dice)
 ¼ cup fresh cilantro
 ¼ cup fresh parsley
 pinch red pepper flakes
 salt

Sofrito:

½ teaspoon orange pepper
 ¼ cup red onion
 ½ tablespoon garlic
 4 roma tomatoes
 ¼ cup cilantro
 ¼ cup fresh parsley
 olive oil
 salt and pepper to taste

How to Prepare:

Dice seafood into small pieces. Squeeze all juice from lemons and limes into seafood. Add tequila, orange juice, garlic, salt and red pepper flakes. Mix well. Add remaining ingredients and mix thoroughly. Season to taste. Must be made 4 hours before it can be served.

For the Sofrito:

Puree pepper, onion and garlic in processor. Add chopped Roma's, cilantro and parsley puree. Stream in the olive oil and seasonings.

*Chef Tip- Add the cilantro and parsley after the tomatoes are incorporated to keep the Sofrito from becoming discolored.

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DOWNTOWN

NORFOLK RESTAURANT WEEK JANUARY 22-29, 2012

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