



Wine and Food

Don't Miss the Trend:
*Ceviche is the
"In" Entertaining
Appetizer*

By Lori Lamore

Need a new recipe for your cocktail party this fall that will delight your guests' palettes? Tom Delaney, chef and owner of Delaney's Bistro on St. Simons Island, has the appetizer for you: Ceviche of King Salmon and Ahi Tuna with Sweet Potatoes Gaufrette.

Delaney says this recipe is perfect to serve in the fall because the Alaskan King Salmon, which is in season at this time, has a wonderful, rich flavor for Ceviche. "The King Salmon has a mild taste," he says.

If Alaskan King Salmon is unavailable, the next best choice is wild salmon, which also has a mild flavor, as opposed to a strong fish taste.

Ceviche is a traditional, Latin American dish that is cooked with citric acid, not heat. The dish has become

very popular, and is often served in tapas bars. The tuna and salmon, once transformed into ceviche, should be a glistening, pale pink color. The ceviche has a delicate, subtle flavor derived from lime juice and olive oil mingling with cilantro and jalapeño peppers. The cilantro and jalapeño pepper, which have a tendency to dominate, refrain from stealing the appetizer show. All the ingredients combine to hit the right note in the taste bud chorus line.

Delaney's Gaufrette Sweet Potatoes complement the ceviche with a contrast in color and texture. The sweet potatoes are sliced like potato chips and pressed to resemble a waffle pattern. Delaney uses a mandoline to press the waffle pattern into each sweet potato slice. However, "the taste of the sweet potatoes will not change if you opt not to