

CALLING DR. LIMÓN!

Ceviche. Defined as fish cooked solely with lemon. This and more, you'll find at Dr. Limón, a Peruvian restaurant sensation new to our city, now located in the heart of Clematis Street.

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Culture, Travel and Lifestyle
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RESTAURANT REVIEW



When people of Spanish or Latino heritage get a cold or the flu, it is customary to use lemons as a natural healer. No other cures work as well as a tea made of lemon and honey; after all, lemon is known for its many health benefits. Studies show that lemons are rich in vitamin C, citric acid, B-complex vitamins, calcium, copper, iron, magnesium, phosphorus, potassium, and fiber.

But did you know lemons also contain 22 anti-cancer compounds, including a substance called flavonol glycosides, which stops cell division in cancer cells?

Make no mistake, lemons are a natural wonder. They cure people; they also have the power to cure fish and meats, making these savory dishes hard to resist. So, no wonder Dr. Limón, a new restaurant sensation in the West Palm Beach culinary scene, has been getting such rave reviews since opening its doors earlier this year on Clematis Street.

I went into their kitchen to discover the magic behind this citrus blend that has people talking and many others craving for their dishes. Andres Sulibe, owner and general manager, welcomed me and gave me a tour of the restaurant.

“Dr. Limón is a Peruvian fusion,” explained Sulibe. “Carlos Brescia, the master chef and creator of this franchise, is a master of the Peruvian kitchen.” A native of Chiclayo, a northern city of Peru, Brescia came up with the idea of owning his own restaurant and adding something different—a zesty taste of Peruvian cuisine to the Miami culinary scene.

The ceviche, the most popular Peruvian dish, was his first hit. He added many others to his menu and the fusion began to explode throughout South Florida. The West Palm Beach location is the franchise’s sixth and latest addition, and Sulibe couldn’t be prouder. “I grew up in Royal Palm Beach when I came from Colombia when I was young. I moved to Miami in 1998, but my family stayed here. It’s a great accomplishment to come back home to bring a new flavor to this wonderful city,” he said.

The ‘*Leche Tigre*,’ a courtesy of the house, is placed on tables the minute you sit down. This small treat is made of corn, salt, and lemon juice to help open the palate to other flavors found in some dishes.

*Dr. Limón makes fresh, delicious cocktails.
But, beware! They sure are colorful, and so
you’ll be tempted to go for two or more... but
they sure are strong!*

Why Dr. Limón? I asked Sulibe. “For Peruvians and most of Latino Americans, lemons are part of almost every recipe,” he said. Latin American countries believe in the power of the lemon, so most foods are marinated with limón [lemons], as it cures most ailments. The fish used to create the ceviche dish is marinated with limón, as well as most plates you see in the menu, which has interesting names, like *Fiebre Amarilla* [yellow fever], *Fiebre Alta* [high fever], etc.

Their ceviche is marinated with lemon, salt, pepper, garlic, onions, and cilantro with a touch of evaporated milk to expunge some of the lemon’s acidic taste. All the ingredients are fresh, right from a local farmer’s market. On any given day, Dr. Limón uses three cases of lemons.

As we go into the kitchen, we find the sous chef preparing ‘*Peruvian Lomo Saltado*’ [stir-fried steak]. This extremely popular fusion dish is a mix of the traditional Chinese stir-fry with ingredients Peruvians use, such as yellow chili pepper, cilantro, and tomato. First, he cooks the beef, which has been marinated with garlic, salt and pepper, over very high heat. He then sautés the onions and tomatoes, adding dry



red wine [vino tinto] in the end. Finally, he places the beef into the frying pan and mixes all the ingredients together. Then, adds Caldo de Pollo [chicken broth]. The hearty entrée is served on a plate with cilantro on top, accompanied by fluffy white rice and French fries.

The aroma coming out of the kitchen is **delicioso!**

In the short time Dr. Limón has been on Clematis Street, it has already drawn a steady crowd almost every night of the week, and especially on weekends. From young adults, college students to retirees, and all ages in between, people are liking the experience. For Hispanic people who live and work in the area and used to drive an hour to Miami to eat good ceviche, they are happy to call Dr. Limón their favorite Peruvian restaurant in town.

“Here at Dr. Limón, we work hard to serve quality food and quality service, so costumers leave satisfied and happy to have experienced something good and different,” said AB Caldenas, one of the servers.

According to Caldenas, their most popular dish is ‘**El Loco Calato**’ [fried ceviche]. This is a classic scrumptious dish cooked solely with lemon.

The fish is lightly fried just to add a crispy texture on the top, which is graced with garlic aioli, making it a very tasty small plate.

Dr. Limón can accommodate over 150 guests and offers ‘Wine Down’ on Wednesdays, where people get to try different wines at half the price. For those who love wine, this night could become a mid-week treat.

The restaurant has good food, good drinks, and let’s not forget...good desserts!

Latin people cannot go to a restaurant without having something sweet to complete their dining experience. The ‘**Suspiro Limeño**’ [sigh of Lima] is a Peruvian luscious delight that contains **dulce de leche, merengue and cinnamon** on top. Its creamy texture looks overwhelming, but once you take a first bite, it really melts in your mouth. I found this dessert exquisite, just like the rest of Dr. Limón’s food experience.

Peruvian food is acclaimed as South America’s best. It is good to have a Peruvian restaurant in our downtown area, adding a cultural fusion of ingredients and cooking methods recognized as one of the world’s finest cuisines.

If you visit:

Dr Limon Ceviche Bar - West Palm Beach is on 533 Clematis St, West Palm Beach. Their website is doctorlimon.com and phone number (561) 781-5577

