

RICE IN PERUVIAN CUISINE



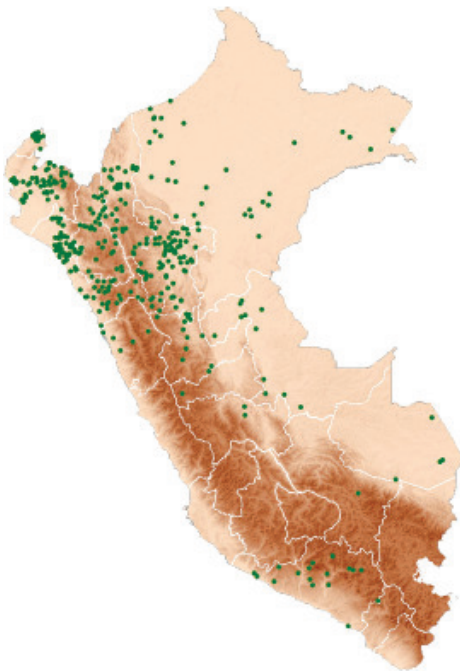
**EMBASSY OF PERU IN
INDIA CONCURRENT TO
BANGLADESH, MALDIVES,
NEPAL AND SRI LANKA**



PERUVIAN RICE



RICE IN PERU



Rice is a staple food in Peru, brought by the Spaniards in XVI century. In some regions it is even more important than the original potato in diet. Both, potato and rice have the most extensive cropping area in the country. Rice is also used for feeding livestock and making alcohol, acetic acid, acetone, oil, pharmaceutical products, fuel and compost. Rice consumption in Peru is the third highest of South America after Guyana and Suriname, with 60 kg per capita per year in 2016. Rice is served in countless different ways yielding distinct enticing flavours.



How Peruvians cook plain rice?

In Peru the style of how rice is cooked is called "arroz granado" (literally meaning "grained rice") because of its unique texture.

Ingredients:

- 1/4 cup oil
- 2 tablespoons chopped garlic
- 2 cups regular white rice
- 2 1/2 cups of water
- Salt or a cube of chicken bouillon (optional)

Preparation:

- Put oil in a medium to large pan and turn to medium-high. Let the oil warm as you prepare.
- When the oil hot enough, add garlic and fry until brown. This just takes a few seconds. If you aren't sure whether or not the oil is hot enough, look for tiny surface ripples or place your hand a few inches above the pan and gauge the radiant heat.
- Rinse rice in a sieve. If you don't have a sieve with small enough holes, rinse it in a cheese cloth or dish towel.
- Add wet rice to the pan and stir. Make sure it mixes well with the garlic.
- Add water to the pan. Salt the water if desired; alternatively, add a cube of chicken bouillon to the water and let it dissolve as the water heats.
- Turn the heat up to bring the water to a boil. It only needs to boil for a few seconds.
- Turn down the heat, cover, and simmer gently for 15-20 minutes without peeking. Note that simmering rice has a tendency to create white foam that bubbles out onto your stovetop; if foam is a problem for you, set the lid askew until the mixture gets drier, then cover completely.
- Turn off the heat, uncover, and fluff the rice with a fork. The grains should be plump and soft, and not pasty.

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ARROZ CON CHOCLO

Rice with Corn kernels

Ingredients:

- 1/4 cup oil
- 2 tablespoons chopped garlic
- 2 cups regular white rice
- 2 1/2 cups of water
- Salt or a cube of chicken bouillon (optional)
- 1 cup of giant corn kernels

Preparation:

- Put oil in a medium to large pan and turn to medium-high. Let the oil warm as you prepare.
- When the oil hot enough, add garlic and fry until brown. This just takes a few seconds. If you aren't sure whether or not the oil is hot enough, look for tiny surface ripples or place your hand a few inches above the pan and gauge the radiant heat.
- Rinse rice in a sieve. If you don't have a sieve with small enough holes, rinse it in a cheese cloth or dish towel.
- Add wet rice to the pan and stir. Make sure it mixes well with the garlic.
- Add water to the pan and the Peruvian Giant corn kernels. Salt the water if desired; alternatively, add a cube of chicken bouillon to the water and let it dissolve as the water heats.
- Turn the heat up to bring the water to a boil. It only needs to boil for a few seconds.
- Turn down the heat, cover, and simmer gently for 15-20 minutes without peeking. Note that simmering rice has a tendency to create white foam that bubbles out onto your stovetop; if foam is a problem for you, set the lid askew until the mixture gets drier, then cover completely.
- Turn off the heat, uncover, and fluff the rice with a fork. The grains should be plump and soft, and not pasty.





CHUPE DE CAMARONES

Peruvian Style Shrimp Chowder

Ingredients:

- 1kg large prawns, whole
- 200ml sunflower oil
- 2 large onions, chopped
- 2 teaspoons achiote paste
- 300ml tomato passata¹
- 6 tablespoons of aji panca paste²
- 12 medium sized potatoes, peeled and cut into quarters
- 2 corn on the cob, chopped into slices around 3-4cm thick
- 120g white rice
- 200g ricotta cheese
- 250ml evaporated milk
- 4 eggs
- 4 cloves of garlic, crushed
- 2 tablespoons huacatay paste³
- Salt and pepper to taste
- Small handful of fresh parsley, chopped

Preparation:

- Start by making the stock. Set aside one whole prawn per person (which will be used to decorate later). Peel the rest of the prawns and remove the heads. Set the bodies aside, as this will be cooked in the soup later.
- In a large saucepan, bring around 2 litres of water to the boil. Add the prawn peel and heads to the water and leave it to boil, covered, for around 40 minutes. Then use a blender to blend the shells and heads with the water to make the stock. Strain the stock to remove any solid parts and set it to one side.
- Take another large saucepan, and add half of the oil over a high heat. When hot, add the achiote paste, and fry, stirring, for a couple of minutes until the achiote has infused the oil.
- Add the onion and garlic, and fry until golden.
- Add the aji panca and stir through for a minute until the onion and garlic are well-coated.





AGUADITO DE PESCADO

Peruvian Fish and Cilantro Soup

Ingredients

- 3 tablespoons vegetable oil
- 1/2 chopped onion
- 3 garlic cloves, chopped
- 1/2 cup yellow hot pepper paste
- 1/2 cup coriander leaves, blended
- 2 tomatoes, peeled, seeded and chopped (or sliced)
- 8 cups fish broth
- 1 beer can
- 5 yellow potatoes, peeled and halved
- 2/3 cup rice, uncooked
- Kernels from 1 cob corn
- 1 red bell pepper, cubed
- Salt and pepper, to taste
- 1/2 cup peas
- 1 lb fish fillets, cut in 1-in cubes

Preparation:

- Over medium-low heat, heat vegetable oil in a stew pot. Add the onion and garlic, stirring for 10 minutes to avoid browning. Include the yellow hot pepper paste, blended coriander and tomato. Cook for 10 additional minutes.
- Add the fish broth and beer, and boil for a few minutes. Once boiling, add the potatoes, rice, corn and bell pepper. Season with salt and pepper to taste. Reduce heat and cook partially covered until the potatoes and rice are tender. A few minutes before the aguadito is ready, incorporate the peas.
- Add the fish to the soup and cook 3 extra minutes, or until fully cooked. Turn off stove and serve immediately.





ARROZ CON POLLO

Peruvian Style Rice With Chicken

Ingredients

- 1/2 lbs. chicken pieces (I only had chicken breast on hand, but dark meat is tastier, i.e. more tender)
- 2 cloves garlic, minced 1 large onion, chopped finely
- 2 medium carrots, peeled and diced into small cubes
- olive oil
- 1 bunch cilantro, stalks trimmed
- 5 aji amarillo⁴, deseeded, deveined and roughly chopped (Use a spoon to clean the chiles—they're hot! This time, I didn't have any, so used mild yellow chiles, plus ca. 1 tsp cayenne)
- 1/2 bottle of beer, preferably dark
- salt and pepper to taste
- 1 1/2 cups rice, well-rinsed
- 3-4 cups water, divided (my guesstimate)
- 1/2 cup frozen or canned peas (In Perú they use fresh)
- 1/2 cup fresh hominy corn (I didn't have this, so left it out. You could put regular yellow or white in, however.)
- juice of 1 lime

Preparation:

- Pat the chicken dry; season with salt and pepper. Then in a large stockpot, brown the pieces in a little olive oil, in batches if necessary. (If you overcrowd the pot, the chicken won't brown properly.) Remove and set aside. Also empty pot of excess grease.
- In your blender, liquidize the cilantro and aji (or in my case, mild yellow peppers), adding 1 cup of water to help in the process. Set aside.
- In the same pot used to fry the chicken, fry the onion, garlic and carrots until just golden. Pour in the cilantro-aji liquid and the beer. Bring to a boil and cook until reduced to half. Reduce the heat to the lowest setting.
- Put the chicken back into the pot, cover and simmer until cooked. Remove and set aside. (I deviated from the traditional method here in that I added a little more water to the pot and allowed the meat to braise for 2 hours. As I only had chicken breast, I wanted to tenderize the meat a bit more.)
- Add the rinsed rice, the remaining 2-3 cups and salt to the water to the pot and increase the heat, bringing the liquid to a boil. The liquid should taste salty. (I also added the cayenne at this point.) Once boiling, reduce the heat once again to the lowest setting and cover. Allow to cook for 20 minutes or until almost cooked. (I did this differently as well by keeping the chicken in the pot and allowing it to cook with the rice.)
- Once the rice is just cooked, stir in the peas and corn. Replace the cover for 1-2 minutes until the vegetables are warmed through.
- Just before serving, season for salt and pepper and then optionally, squeeze into the pot the juice of 1 lime. Or you can just serve lime wedges with the meal, which is how is normally done.



ARROZ CON PATO

Peruvian Style Rice with Duck

Ingredients For Stock

- 4 duck legs and thighs
- 2 beer cans
- 1/2 cup vegetable oil
- 1 cup red onion, chopped
- 4 garlic cloves, chopped
- 1/2 cup aji mirasol paste⁵
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 cup cilantro leaves
- 1 cup spinach leaves
- 8 cups duck stock
- Salt and pepper
- 3 cups long grain white rice
- 1 red bell pepper, diced

Preparation:

- Combine duck legs with a can of beer in a bowl, cover and refrigerate for at least 8 hours. Take the legs out of the marinade before cooking and dry the pieces with paper towels.
- In a saucepan, heat the oil over medium heat, add the duck, and sear until golden. Transfer to a plate, cover the pieces, and keep warm. In the same pan, add the chopped onion and garlic, cooking for 10 minutes over medium heat. Add aji mirasol, turmeric, and cumin, stir and cook for 10 more minutes.
- In the meantime, process cilantro and spinach leaves in a blender, with 1/2 cup water until very smooth. Add to the saucepan, together with the duck stock, the other beer, and the reserved seared duck. Season with salt and pepper, cover tightly, turn the heat to low and cook for 1 1/2 hours or until the duck is loosening from the bone. Taste for seasoning. Transfer to a bowl with some of the liquid.
- Measure the liquid in the pan. You will need 4 1/2 cups of this green and flavorful stock to cook the rice. Add the rice to the saucepan, along with the cooking stock, bell pepper, and green peas. Put the lid on, lower the heat, and cook for 20 minutes. Turn off the heat, and after 5 minutes, stir the rice with a fork.
- Serve the rice with a piece of duck on top, and salsa criolla on the side.





SECO DE POLLO

Cilantro Chicken Stew

Seco is one of the most popular recipes of Peruvian cuisine, and one of the main elements of traditional "comida criolla", which is the name we give to typical food from the coastal region of the country. The roots of this dish in our gastronomy are very old, a product of the Arab influence that the Spanish brought with them during colonial times. Seco was originally prepared in the northern part of the country, but it is now eaten all along the coast. When you try it, you will understand why it has become so popular.

Ingredients

- 3 cups cilantro leaves
- 2 cups spinach
- 1/2 cup vegetable oil
- 1 1/2 pounds boneless chicken, cut in 2x2 inch pieces
- 1 chopped red onion
- 2 chopped garlic cloves
- 1 tablespoon aji amarillo⁴ paste
- 2 potatoes, cut in four parts
- 3/4 cup green peas
- 3/4 cup diced carrots
- Salt and pepper
- Cooked rice

Preparation:

- Put the cilantro and spinach in the blender and process with one cup water. Reserve.
- Heat the oil in a saucepan over high heat and when it is very hot sear the chicken pieces until they are golden brown.
- Add the onions, garlic and aji amarillo paste to the saucepan; stir and let them cook until the onions are soft and translucent.
- Pour the cilantro mixture and turn the heat to medium. Stir constantly until the water evaporates.
- Add one tablespoon of oil, if necessary, to fry the herbs. The cilantro and spinach are going to get a dark green color.
- Pour 6 cups of water and simmer over medium-low heat for 2 hours with the lid on. Check constantly and add water if necessary.
- When the meat is fork tender add the potatoes, green peas, carrots, salt and pepper to taste; cook uncovered for 15 minutes or until the vegetables are tender.
- The stew is ready when the veggies are cooked and the juice is reduced.
- Serve with rice and beans.



MERO EN PISCO Y ARROZ MOJADITO DE CONCHAS NEGRAS

Sea Bass In Pisco And Rice With Mussels

Ingredients

- 800 gr. fillet of sea bass
- 1 tablespoon oil
- 1/2 cup of Pisco⁶
- 1 onion in rings
- Salt and pepper

Ingredients for the rice with mule's foot clams:

- 6 tablespoons oil
- 2 onions, chopped
- 4 garlic cloves, liquefied
- 3/4 cup peas
- 2 cups rice
- 2 cups water

- 1 cup white wine
- 12 mussels or clams with shells removed
- 2 tablespoons chopped coriander
- 1 capsicum, lightly roasted and chopped
- 200 gr. cream cheese in cubes
- Salt

Ingredients for chilli sauce:

- 3 small red (limo) chilli peppers with veins and seeds removed
- 1 tablespoon olive oil
- Black mint leaves
- Rosemary leaves

Preparation:

- Season the sea bass fillets. Heat the oil and seal the fillets over a high heat for one minute. Add the pisco and flambé. Lower the heat and cook for 4 to 5 minutes, remove the sea bass fillets and brown the onion in the same frying pan, then put on one side.
- Heat the oil and fry the onion, garlic and peas for two minutes. Add the rice and water, season with salt and cook for 15 to 20 minutes. Add the wine and mule's foot clams with their juice. Add the coriander, capsicum and cheese, mix and put on one side.
- Blanch the chilli peppers and liquefy them with the olive oil.
- Place 2 tablespoons of the rice with mule's foot clams on a plate; put the onion rings on top and the sea bass on top of that. Decorate with the chilli sauce and springs of black mint and rosemary.



ARROZ CON CAMARONES

Peruvian Style Rice with Shrimp

Ingredients

- 1/3 cup vegetable oil
- 1/2 cup diced onion
- 4 cloves garlic, chopped
- 4 tomatoes, peeled, seeded, and chopped
- 1 teaspoon paprika
- 1 bay leaf
- 1 teaspoon oregano
- 1 cup white wine
- 2 pounds medium shrimp, peeled and deveined
- 2 cups shrimp stock
- 1 red bell pepper, diced
- 3 cups Rice
- 3 tablespoons chopped cilantro
- salt to taste

Preparation:

- Heat the oil in a large saucepan over high heat. Add onion and garlic, stirring for 5 minutes. Add tomatoes, paprika, bay leaf, and dried oregano and continue cooking for 5 minutes. Incorporate the wine and bring to a boil. Discard the bay leaf.
- Add the shrimp to the saucepan, stir, then add the stock and diced pepper. The shrimp should be ready in 3–4 minutes. Do not overcook or they will be rubbery and tough. As soon as the shrimp is cooked, add the rice to the pan and sprinkle with the chopped cilantro. Taste for seasoning and turn off the heat.
- Serve with sprigs of cilantro and lime halves.





ARROZ CON MARISCOS

Peruvian Style Rice with Seafood

Ingredients

- 3 tablespoons vegetable oil
- 1/2 red onion, diced
- 3 garlic cloves, diced
- 2 tablespoons yellow pepper (aji amarillo⁴) paste
- 1 tomato, grated
- 1/2 teaspoon dried oregano
- 1 bay leaf
- 1/4 cup achiote (annatto) oil
- 1/2 cup white wine
- 1 lb seafood mix
- 2 cups cooked rice
- 1 tablespoon chopped cilantro
- Salt and pepper

Preparation:

- In a large frying pan, heat the oil and sauté the onion for three minutes. Incorporate the garlic and cook for a few more minutes.
- Then, add the aji amarillo paste, tomato, oregano, bay leaf and achiote oil. Cook the mixture for five minutes.
- Next, pour in the white wine and let reduce. Afterward, mix in your preferred seafood, rice, cilantro, salt and pepper.
- The final mixture should look evenly combined and still be juicy when served.





RISOTTO DE CALAMARES EN SU TINTA

Squid Ink Risotto

Ingredients

- 400g squid, tentacles reserved, cleaned
- 1.25L (5 cups) fish stock
- 2 tsp squid ink
- 100g unsalted butter
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 3/4 cups (350g) rice
- 1 cup (250ml) dry white wine
- 1 tbs olive oil
- Lemon wedges, to serve

Preparation:

- Cut open each squid hood, then using a sharp knife, score the inside in a diamond pattern and cut into 4cm pieces.
- Place the stock in a saucepan over high heat and bring to the boil. Reduce heat to low and add the squid ink. Keep warm.
- Melt the butter in a large heavy-based frypan over medium-high heat. Cook onion for 4 minutes or until soft, but not coloured. Add the garlic and rice, and cook, stirring to coat the rice, for 1 minute or until fragrant. Add the white wine and cook, stirring, for 2 minutes or until evaporated.
- Add the stock, 1 ladle at a time, stirring and allowing the stock to be absorbed before adding the next, until all the stock is used. Cook, stirring constantly, for 25-30 minutes until the rice is al dente. Season to taste. Cover the pan with a lid and remove from heat.
- Toss the squid with the olive oil and season. Heat a chargrill pan or frypan over high heat. Cook the squid, in batches, for 1-2 minutes until lightly charred and just cooked.
- Divide risotto among bowls and top with the squid. Sprinkle with gremolata and serve with lemon wedges.





ARROZ AMARILLO

Peruvian Lime Yellow Rice

Ingredients

- 3/4 tsp. Organic Ground Turmeric
- 3 Makrut Lime Leaves⁷
- 2 Tbsp. Peruvian Chile Lime Seasoning⁸
- 3 cups water
- 1 tsp. salt, plus more to taste
- 1 1/2 cups long grain white rice
- 1 small white onion, diced
- 3/4 cup small diced red or green bell pepper (or mix of both)
- 1 Tbsp. Caribbean Lime Hot Sauce, optional

Preparation:

- In a medium saucepan, heat spices over low heat until fragrant, stirring, about 30 seconds. Add water, salt and rice and bring to a boil. Cover and reduce heat to a bare simmer. Cook, covered, without stirring until water is absorbed and rice is tender, about 20 min. Remove from heat and let sit, covered, without stirring, for 10 more min. Meanwhile, in a small saute pan, cook onions and bell peppers over medium heat until soft, about 5 to 7 min. Fluff rice with a fork then stir in cooked onions, peppers and hot sauce (if using). Taste and adjust seasoning with additional salt if desired. Serve warm.





PUKA PICANTE CON CHICHARRON AYACUCHANO

Spicy Puka With Ayacucho Style Chicharron

Ingredients

- 1 k. belly pork
- 4 tablespoons oil
- 1 red onion, chopped
- 1 tablespoon liquefied garlic
- 4 tablespoons dried (panca) chilli paste
- 3/4 cup beetroot juice
- 3/4 cup ground roasted peanuts
- 4 cups pork stock
- 1 k. cooked white potatoes
- Salt, pepper and cumin
- Cooked rice

Preparation:

- Cut the meat into pieces and cook in four cups of water and one tablespoon of salt until the liquid is absorbed.
- Fry in its own fat until golden to make the chicharron.
- Prepare a dressing with the oil, onion, garlic, chilli paste, salt, pepper and cumin.
- Add the beetroot juice, peanuts and stock.
- Bring to the boil and add the cubed potatoes and chicharron.
- Serve with rice and onion sauce.





TACU TACU

Peruvian Style Refried Beans and Rice

Tacu Tacu is the Peruvian version of refried beans and rice. There are many variations of this dish, using different types of beans or lentils, and typically it is served with a fried egg on top and a piece of meat.

Ingredients

- 1 cup of beans seasoned with sofrito³, cooked ahead of time
- 1/2 cup steamed white rice, cooked ahead of time
- 2 tablespoon canola oil
- 1 clove garlic
- 1/4 teaspoon aji amarillo⁴ paste
- 1/4 small yellow onion

Preparation:

- Mince the garlic and onion. Mash the beans in a bowl using a fork. Add the rice to the bowl and mix with beans by hand.
- Saute garlic, onion, and aji amarillo with 1 tablespoon canola oil in a pan over medium heat until onion is translucent. Remove from heat and add saute to bowl with rice and beans. Mix in by hand.
- Shape the rice and beans mixture into two pancakes by hand. Each pancake should be about 4-5 inches in diameter.
- Brown the pancakes in a non-stick pan with 1 tablespoon canola oil over high heat. Flip over using a spatula, about 2 minutes each side.
- Serve each pancake with a drizzle of olive oil.





TACU TACU CON MARISCOS

Tacu Tacu with Sea Food

Ingredients for Tacu Tacu

- 4 teaspoons Olive Oil
- 4 teaspoons chopped spring onion
- 4 teaspoons finely chopped onion
- 2 teaspoons chopped aji amarillo⁴ (Peruvian yellow chili)
- 1 teaspoon minced garlic
- 2 cups cooked canary beans
- 1 1/2 cups cooked white rice

For the Seafood Sauce

- 4 teaspoons Olive Oil
- 2 teaspoons unsalted butter
- 4 teaspoons finely chopped onion

- 1 teaspoon minced garlic
- 2 teaspoons white flour
- 1 cup fish stock
- 6 aji amarillo⁴ pureed with 1/4 cup water
- 1 cup grated parmesan cheese
- 8 medium shrimp, cleaned
- 6 mussels (scrubbed and debearded)
- 6 scallops
- 2 medium calamari, cut into rings
- 8 slices cooked octopus
- 1/2 cup milk
- finely chopped parsley, for garnish

Preparation:

- For the Tacu Tacu: In a medium pot, add all the ingredients except the beans and rice and fry for two minutes over low heat. Transfer half the mixture to a bowl and then add half the beans and rice.
- Stir and fry until well mixed and then compact this mixture into an elongated tortilla, shaping your tacu tacu. Cook on both sides until golden brown.
- Remove from the skillet and repeat with remaining ingredients to form a second tacu tacu.
- For the Sauce: In a medium pot, heat together the olive oil and butter. Add the onion and garlic. Add the flour and cook, stirring until well combined.
- Add the stock and the aji amarillo. Bring to a boil and add the parmesan cheese, then the seafood and the milk. Cook for 1 minute.
- Spoon the seafood sauce over the tacu tacu and garnish with parsley.





PEPIAN DE CHOCLO

Peruvian Corn Stew

Ingredients

- 2 Tbsp oil
- 1/2 Cup chopped onion
- 2 Chopped garlic cloves
- 1 Tbsp aji mirasol⁵ paste
- 2 Yellow chili pepper, cut in thin stripes or use in paste
- kernel from 4 corns
- 2 Cups vegetable stock
- 1/2 Cup cilantro leaves
- 4 Small or 1-2 large zucchini, cut in cubes
- Salt and pepper
- Cooked rice

Preparation:

- Blend the corn kernels and cilantro leaves with the vegetable stock until creamy.
- In a pan with oil, over medium heat, saute the onion, garlic, and 2 chili peppers, stirring until golden.
- Add the corn and coriander paste, zucchini, salt and pepper, and cook, stirring, for 10-15 minutes, or until it has the consistency you desire.
- Serve with white rice, and a salad, or with a piece of any kind of meat.





JUANES

Peruvian Amazon Rice and Chicken

It is one of the most traditional and popular dishes from the Peruvian jungle. On June 24th, the Peruvian Amazon jungle celebrates San Juan feast or St. John the Baptist's day, and eat Juane to celebrate this Catholic festival. The Juane consists of a bowl of rice filled with meat, boiled egg, black olives, and spices. All the ingredients are wrapped up in bijao leaves (which look like banana leaves) and are plants from the jungle. It is then boiled as is in clay pots and served in its leaves.

Ingredients

- 1 hen, cut in pieces
- 5 cups water
- Salt and pepper
- 2 cups rice
- 1 cup cassava grated
- 1 cup lard
- 1 cup onion, diced
- 3 garlic cloves, chopped
- 1 tablespoon fresh turmeric (1 teaspoon dried)
- 2 bay leaves
- 1 teaspoon oregano
- 1 teaspoon cumin (powdered)
- 1 teaspoon pepper
- 10 black olives
- 6 eggs
- 4 hard-boiled eggs
- Plantain leaves, or bijao leaves, or banana leaves soaked in boiling water, and dried

Preparation:

- In a heavy saucepan, cook the hen pieces in water with salt and pepper. When tender, take out of the saucepan, and reserve. Strain the stock.
- In the same saucepan over high heat, melt $\frac{1}{2}$ cup of lard, add rice, salt, stir for a few minutes, and add the reserved stock. Lower the heat, and cook the rice, covered, until tender and fluffy. Put the rice in another dish and let cool.
- In the same saucepan over high heat, melt the remaining lard, add onion and garlic, and cook until translucent. Add turmeric, bay leaves, oregano, cumin, pepper, and the reserved hen. It is ready when it has a golden color.
- Take out the meat and combine the spices with the rice. Strain the yucca and add to the rice. Add 6 well-beaten eggs and mix carefully.
- To form the juanes: make a square of two layers of plantain or bijao leaves. In every square put 2 cups rice, a hen piece, 1/2 hard-boiled eggs, and 2 black olives. Cover with 1/2 cup of rice. Close the package and tie with string.
- Put in a saucepan with boiling water and cook for 45 minutes. When ready, take out of the saucepan and let cool.
- Serve lukewarm or cold, with aji charapita and coriander leaves.



ARROZ CHAUFa

Peruvian Style Chinese Fried Rice

Ingredients

- 4 tablespoons vegetable oil (or sesame oil)
- 2 eggs
- 1 bunch of scallions
- 1 tablespoon chopped ginger
- 1 red pepper, diced
- 1 cup cooked chicken or pork, shredded, or 3 hot dogs, sliced thinly
- 4 cups cooked rice
- 3 tablespoons soy sauce

Preparation:

- Whisk the eggs together with a pinch of salt and some ground pepper. Heat 2 tablespoons of oil in a wok or large frying pan.
- Pour the eggs into the hot oil and fry 1 to 2 minutes. Turn egg pancake over and finish cooking. When cooked through, remove eggs to a plate, coarsely chop, and reserve.
- Add the remaining oil to the wok, and add the white parts of the scallion, the ginger, and the red pepper. Sauté for 2 to 3 minutes.
- Add the meat and sauté for a couple of minutes more, until heated through.
- Add the rice, green parts of the scallion, and the soy sauce, and cook, stirring, until well heated.
- Stir in chopped cooked eggs, and serve.





ARROZ TAPADO

Peruvian Meat Filled Rice

Ingredients

- 1/4 cup vegetable oil
- 1 red onion, chopped
- 2 garlic cloves, chopped
- 1 tablespoon tomato paste or aji panca paste²
- 1 lb ground meat
- 1/3 cup raisins
- 1/3 cup black olives, sliced
- 2 hard-boiled eggs, chopped
- 2 tablespoons parsley, chopped
- Salt, pepper
- White rice, cooked with green peas and carrots

Preparation:

- Heat the oil in a pan over high heat, and sauté the onion and garlic. When the onion is soft and translucent, add tomato paste or aji panca, stir for a few minutes and add the ground meat. Cook for 15 minutes over medium-low heat, stirring every now and then. If the mixture looks dry, add some water to make it juicy, about ½ cup.
- Season with salt and pepper and cook for 5 minutes more. When ready, add raisins, black olives, hard-boiled eggs, and parsley. Turn off the heat.
- Have cooked white rice with peas and corn ready and warm. You may add other vegetables if you wish, like green beans, or leave the vegetables out of the recipe.
- In the bottom of an oiled ramekin, make a layer of rice, pressing with a spoon. Over this make a layer of ground meat, and cover with more rice. Put a plate over the ramekin and turn up-side-down. Take out the ramekin and you will have arroz tapado!
- Garnish with parsley leaves and serve with a green salad.





ARROZ CON ACEITUNAS NEGRAS

Rice with Black Olives

Ingredients

- 8 ounces pitted black olives (the large, purple, fleshy ones)
- 3 tablespoons vegetable oil
- 2 garlic cloves, chopped
- 2 cups white rice
- 1/2 cup raisins
- 1 red bell pepper, cut in thin slices
- Black pepper
- 1/2 cup pecans, finely chopped
- 1/2 cup Parmesan cheese (optional)
- Parsley leaves, for garnish

Preparation:

- Puree the olives in a blender or food processor. Reserve.
- Fry the garlic in oil over medium heat, for a minute or two (do not let it brown), and add the olive paste. Add the rice, raisins, red bell pepper, and black pepper, and mix well.
- Pour 3 cups water to the rice, bring to a boil, lower the heat to low (or medium if it's brown rice), and cook, tightly covered, until tender. Stir with a fork, cover again, turn off the heat and let rest for a few minutes.
- Serve the rice sprinkled with pecans, parmesan cheese, and parsley.
- Note: Use brown rice instead, but it will need more water and will take longer to cook.





ARROZ A LA CUBANA

Peruvian Style Cuban Rice

Ingredients

- 2 bananas
- 2 eggs
- 4 tomatoes
- 2 onions
- 1 tablespoon cider vinegar
- 2 portions of cooked white rice
- Salt and pepper

Preparation:

- Start by preheating the oven to 200 degrees C. Then begin cooking up your sauce. Finely chop the onions and add to a hot saucepan and allow to cook a little.
- Finely chop the tomatoes up and add them to the pan with the onions, along with the cider vinegar. Leave on a medium heat and cover.
- Check on your sauce at regular intervals and keep stirring to make sure it's not drying out too much or sticking.
- Meanwhile, start to prepare the plantains. Peel the skin off - this can be pretty tricky, the skins are a lot more tough than bananas! Depending on how ripe the plantains are you might need to cut the skin away with a knife a little to help you get in. Once they're peeled, cut them in half lengthwise.
- Add the plantains to a hot frying pan and cook over a fairly high heat.
- Once the plantains are toasty on both sides and soft all the way through, put them into an oven dish and put into the oven.
- Keep the frying pan where you cooked the plantains hot. Remember to keep checking your sauce. By now the tomatoes and onions should be lovely and soft. If it is, you're ready to fry the eggs. Crack both eggs into the hot pan and allow to settle for about a minute before reducing the heat.



ARROZ ARABE

Peruvian Style Arab Rice

Ingredients

- 1 tablespoon of oil
- 1/2 cup of uncooked angel hair noodles
- 2 cups of long grained white rice
- 4 cups of boiling water or broth
- 1 teaspoon of salt (omit if you use broth)
- 1/2 cup of purple raisins

Preparation:

- Heat 1 tablespoon of oil in a large pot over medium heat. Add the raw noodles and cook them until golden brown, for 1-2 minutes. Add the rice and stir well.
- Add 4 cups of broth or boiling water with 1 tablespoon of salt. Omit salt if using broth. Add the raisins. Stir.
- Cover and let cook at low heat for 20 minutes or until all the water has evaporated.
- Separate the rice with a fork and be sure that it's cooked. Stir and serve hot.





ARROZ CON LECHE

Peruvian Style Sweet Rice Pudding

Ingredients

- 200 g rice (1 cup)
- 650 ml water
- Juice of 1 orange
- 1 cinnamon stick
- 2 cloves
- 1 tin evaporated milk (400 ml)
- 1 tin sweetened condensed milk (400 ml)
- 1 teaspoon vanilla essence
- cinnamon powder

Preparation:

- Pour the water into a heavy saucepan. Add the juice of one orange, the cinnamon stick and the cloves. Bring to a boil. Wash the rice thoroughly and add to the boiling water. Bring to a boil again. Then reduce heat and let simmer without lid until the water is gone and the rice is soft (about 15 – 20 minutes). Remove the cloves and the cinnamon stick.
- Add the evaporated milk. Constantly stirring, bring to a boil, reduce heat and simmer continuing stirring until the mixture thickens (about 10 minutes). Then add the sweetened condensed milk. Without stopping to stir, continue cooking over low heat until your rice pudding gets creamy (about 10 minutes). Stir in the vanilla essence.
- Fill the rice pudding in a bowl or small glasses, sprinkle with cinnamon powder and serve hot or cold.





ARROZ ZAMBITO

Sweet Rice Pudding with Molasses

Ingredients

- 2 cups milk
- 2 cinnamon sticks
- 4 cloves
- 1/2 teaspoon anis seed
- 1/2 cup Arborio rice
- 1/4 teaspoon salt
- 1 can evaporated milk
- 1 cup water
- 1 cup chancaca, coarsely chopped (or dark brown sugar)
- 1/2 cup grated dried coconut
- 1/2 cup raisins
- 1 teaspoon butter
- 1 teaspoon vanilla essence
- 1/2 cup pecans, toasted and chopped

Preparation:

- Put milk, cinnamon, cloves, aniseed, Arborio rice, and salt in a heavy saucepan. Bring to a boil over medium heat, lower the heat, and simmer until the rice is al dente and the milk is almost evaporated, (about 20 minutes).
- Add evaporated milk and water, chancaca, grated coconut, and raisins, and continue cooking over medium low heat until the chancaca melts, the rice is very soft, and the texture of the dessert is creamy, but still somewhat liquid.
- Turn off the heat and discard the cinnamon sticks and the cloves.
- Add butter and vanilla, stirring. Cool to room temperature.
- Serve in nice glasses, and sprinkle with pecans.



GLOSSARY

Love and food have no boundaries and we hope that the perfect Peruvian taste was able to awake your taste buds. However, sometimes it could be hard to find these Peruvian ingredients therefore below we have mentioned the substitutes for those:

¹Tomate Passata=Tomato Purée

²Aji Panca Paste=Red Chili paste

³Huacatay Paste=Leaves of Marigold Plant

⁴Aji Amarillo=Mixture of yellow Bell Pepper With Red Chili

⁵Aji Mirasol Paste=Red Chili Paste Slightly Diluted

⁶Pisco=Peruvian Spirit Made from Grapes. You Could Also Use White Wine or Grappa

⁷Markut Lime Leaves=Lime Leaves

⁸Peruvian Chile Lime Seasoning=Red Chili

⁹Sofrito=Stir Fried Onion Garlic



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