

# PERUVIAN CUISINE



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



**PERUVIAN CUISINE**



## PERUVIAN CUISINE

### THE BOOM OF PERUVIAN CUISINE AND ITS FOREIGN INFLUENCE

Peru has always had good regional meals highly praised by its local people, however it has been up to now largely unknown internationally. In the past fifteen years however, this situation has changed radically. Some analysts have called this cycle the 'Peruvian gastronomic revolution' while some journalists have called it the boom of the Peruvian cuisine.' Until the early '90s Peruvian culinary literature was scarce in Peru and there were few cooking schools, but today Peruvian cuisine is trendy. On TV and radio media, various gourmet Peruvian cuisine programmes are regularly broadcast and in the press many articles and reports are published. Each year numerous Peruvian cookbooks are published and countless food festivals are held throughout the country. Cooking schools have proliferated in Lima and the main inner cities. Le Cordon Blue, the most highly recognized school in the world on professional gastronomy training and the culinary arts, has also its offices in Lima, serving the best choice of studies for the entire South American region. All this indeed confirms the completion of a 'culinary revolution' in Peru.

As a result, Peruvian cuisine has begun to reach international projection, becoming recognized as the best of the American continent and to have its own space within the world's most recognized gastronomies, positioning Peru as "a tourist culinary destination". This is reflected and backed by several facts.

1. In recent years, renowned international chefs highlight the importance of Peruvian cuisine as one of the most important in the world for its variety, ingredients and a touch of sophisticated quality that each chef gives when preparing a dish of Peruvian cuisine.
2. Many web portals and international specialized and tourism sector magazines, bestow separate spaces and articles to Peruvian cuisine highlighting its quality and variety. The "Economist" magazine described Peruvian cuisine as one of the twelve most important in the article "Peru: Just add Spice" published on January 29, 2004.
3. Generated recognition by its participation in international food festivals such as 'Madrid Fusion'.

4. In its international reach, due to the settlement of Peruvians living abroad, of many Peruvian restaurants, as well as the opening, in the form of franchises, branches of prestigious and high-level Peruvian restaurants; among others, in Quito, Caracas, Bogota, Mexico, Panama, Madrid, San Francisco and in Florida.

5. In the growing number of foreign students studying in the many culinary schools in Peru and who are interested in learning about Peruvian cuisine.

6. In that any person visiting Peru for tourism, is immediately captured by the rich local cuisine, becoming a speaker in their native country for Peruvian cuisine.

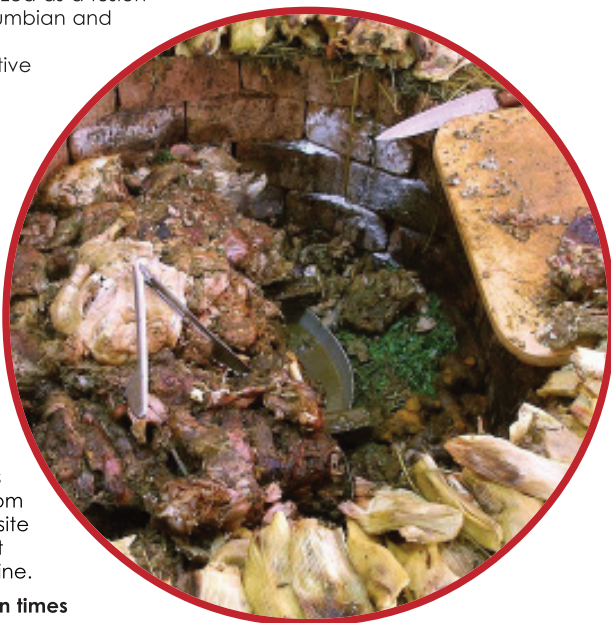
One of the most interesting effects about the boom in Peruvian cuisine is its impact on development and national identity issues: Gastronomy has become a factor of re-affirmation of our national identity: as well as a re-evaluation of local and popular foods and a rescue of agricultural and hydro-biological products. Beyond regional and social distinctions, pride in Peruvian food has increased, becoming a topic of growing interest for many and all.

Gastronomy is becoming in Peru a positive engine for employment and income, and not only in the business of catering facilities. It has opened fields for the development of our agriculture, livestock and fisheries by creating demand for our products in Peru and abroad, becoming a recognized source of attraction for tourism to our country.

### **Foreign influence on Peruvian cuisine**

Peruvian cuisine can be summarized as a fusion of flavours, starting from pre-Columbian and Inca-Quechua times, which has also received substantive contributions through-out the centuries, from Spanish-Moorish, African, Chinese, Italian and Japanese cuisines, giving it a touch of distinction and prominence within the world's most renowned cuisines, such as the French, Italian, Mediterranean, Chinese, Japanese and Thai.

However, it should be noted that the originality of Peruvian food does not rest solely on the adaptation of exogenous cultures and on the culinary customs and infusions mentioned above, but continues to incorporate new influences from other countries, producing exquisite and impeccable new dishes that continue enriching Peruvian cuisine.



### **Peruvian cuisine in Pre-Columbian times**

Before the Europeans arrived, Peru was home to a wide variety of cultures that domesticated and farmed native plant species such as maize, tubers (with two thousand varieties of potatoes) many varieties of yams, cassava, oca, maca; grasses (quinoa, amaranth and cañihua) fruits like custard apple, lucuma, pacay, tomato, pumpkin, avocado, passion fruit, elderberry, leguminous such as beans, lima beans, peanuts and a myriad of herbs.

Each of these cultures, all conquered by the Inca Empire, had particular gastronomic characteristics, although there were some commonalities. The main seasonings were herbs, cochayuyo (a type of river algae), salt, and above all, hot pepper, called uchu. It was common to prepare dehydrated foods, to prevent decomposition, highlighting the 'jerky', salt meat, and "caui", which is sun-dried oca.

Ancient Peruvians also consumed vast quantities of different type of seafood, and supplemented their diet with meats; ducks, guinea pig (*Cavia porcelus*) and local Andean camels (Alpaca and Llama mainly). In societies of the northern coast, the meat of certain lizards and deer was also prepared and consumed. In the Eastern rainforest societies, they were fed on the many species provided by the Amazonian flora and fauna.

Since the earliest of times, the ancient Peruvians prepared suck (soups), cooked (carapulcra, for example, is considered the most ancient type of Peruvian stew), made stews with raw sea species marinated with hot pepper, passion fruit and herbs, from where ceviche originates, which in prehistoric times had a different Quechua name. They had ways of processing and preparing food: they salted fish, roasted corn (getting the mountain roasted corn, which is so far, the simplest and most popular Peruvian "snack") or peeled their grains and dried them (getting mote or boiled corn). They also prepared jerky - dried, salty and frayed Andean camel meat, and different types of chuño - tubers dried and frozen in the open). They cooked in clay pots, and sometimes organized large banquets of meat and vegetable meals from natural earth ovens (pachamanca and huatias). They also drank different types of corn beer (chicha) and of cassava (manioc beer or masato).

### Spanish and African influences

Spanish cuisine arrived in Peru Jewish and Arabic influence, influence. With the arrival of new culinary traditions and stews and soups, were the use of dairy products soups), meat, pork, chicken new crops arrived, which new cuisine, such as onion, combined with hot pepper ingredients of many Peruvian "pisco" originates) and wines beginning of this period.



with its own mixture of Roman, the latter in turn with Persian the Spanish in Peru in 1532 customs, especially with incorporated. Frying, and (added to some "chupes" or egg and new poultry, and would be essential for the lime and garlic which would become the main dishes. The vine (from which also were introduced at the

The dedication of several Monasteries and nunneries to the kitchen in an environment where there were many sugar plantations (a species also brought by the Spanish) and vast varieties of native fruit, caused a tradition of sweets confectionery, where the alfajor (type of cake) stands out, the 'manna' prepared in different varieties, shapes and colours to suit the occasion, as well as dozens of other desserts of the time. African slaves also made their own contributions to the Creole cuisine, introducing the (now) traditional Peruvian 'tamale' and a number of dishes, besides the use of the soft tissues of the meat discarded by the elites, which was generously seasoned to reduce the strong flavour of the meat and cooked on the grill. From this came many of the most representative dishes of the current local food, such as: the "kebabs", "sangrecita" (blood with spices), "cau-cau" (tripe and potatoes), "belly", the "sweetbreads", "chanfainita" (lung), "meat leg with peanuts", "choncholi" (tripes) and "tacutacu" (fried beans and rice).

As for desserts, they gave us the tasty "bean brew" of Chinchu, a sweet made of canary or black beans, which after being cooked is strained through a sieve, and is seasoned with cinnamon, cloves, sugar, milk and sprinkled with some sesame seeds when served.

### Chinese influence

Chinese immigration to Peru, which began in the mid-nineteenth century, and primarily came from the area of Canton, found considerable differences with Peruvian food. The need to eat their own foods created a need to introduce in Peru the cultivation of Chinese vegetables and increase crops of rice needed for the preparation of their food. Their cooking ability favoured the apparition of small Chinese restaurants known in Peru as chifas. The importation of certain spices and Asian food products helped to close the circle needed for the development of the Chinese cuisine in Peru. Thus, was formed in our country a distribution network of Asian products that benefited not only Chinese immigrants, but the entire Peruvian society with the introduction of new elements that became part of the Peruvian Creole cuisine. Therefore, our Republican beginnings witnessed the birth of a world of flavours, different from the one inherited by Spain. Peruvian consumers began benefiting from a wide range of vegetables and Chinese (Oriental) products, which are used to this day in dishes outside their origin.

Over time, the co-existence of the two different gastronomic realities; the Chinese and local was smooth and peaceful one, and a fusion took shape. The original Chinese cuisine went from "steamed" to "fried", with a strong influence in many cases of Creole cuisine. Local and Creole foods benefited from the Chinese technique of 'sauté at high heat, and from the sweet and sour meat flavours, in addition to the use of new herbs and soy sauce. The creation of one of the signature dishes of Peruvian cuisine: the "lomo saltado" (sautéed meat) fits this Chinese influence and eventual contribution of the Chinese immigration to the undoubted rice. While already sixteenth century, it is only after that rice became popular and quintessential Peruvian to the detriment of bread. The Chinese method of preparation in became the favourite form of rice in Peru is grained rice, not overcooked, and made with long grain rice, and distanced itself from the use of garlic and salt.



On the other hand, Chinese dishes such as fried rice, Wonton soup, sauté noodles and the 'airport' have become national dishes in their own right and are savoured and acclaimed by the Peruvian palate.

In recent years, interesting new introductions to traditional Chinese dishes have been made, especially with products from the Andean region of Peru such as the guinea pig, which has come to modify dishes like Chijaukay, renamed as Chijaucuy. In this regard, the ancient chifas in the Lima area of Capon are those leading the way.

### The Japanese influence

Japanese migration in the late nineteenth century significantly impacted the Peruvian seafood cuisine. As a coastal tradition and culture, the main diet there was marinated fish and with it marine products began to be re-assessed and re-appreciated, since at the time meat and poultry were more favoured on the table.

Different cuts and very neat Japanese techniques in the presentation of the dishes and in the preparation of the seafood, joined Peruvian sauces and ways of preparation and thus a new culinary dimension was born in Peru. For example, the "mixture" of the Japanese sashimi and the Peruvian ceviche, which is called the "tiradito". was born.

When the Japanese arrived in Peru they had to adapt their cuisine to the local ingredients available. They looked for alternative ingredients for those products they could not find, such as a Japanese potato which was replaced by a Peruvian one and Japanese hot mustard replaced by turnips. They also started including the use of hot pepper and pisco. From this contact between the two culinary cultures, the "Nikkei" cuisine was born, a fusion cuisine in which its ingredients, oriental and Peruvian flavours are mixed, and in which techniques and cooking methods typical of Japan are used. What is certain is that today the Nikkei cuisine has its own identity, different from the Japanese cuisine, Nikkei cuisine has become a real "boom" in the varied and delicious Peruvian cuisine.

Historians argue that there are many influences on the Japanese sashimi in "ceviche", "seviche", or even "sebiche", which was declared as Peru's Cultural Heritage and has evolved over the centuries into the dish we know today.

New fusions of traditional Peruvian cuisine and Japanese still have been developed with greater success. A very successful one is Nobuyuki Matsuhisa, the co-founder and master sushi



chef of high-end Peruvian-Japanese-Fusion restaurant chain Nobu, built an empire of 29 restaurants across five continents.

### **The Italian influence**

Italian cuisine, which is well known throughout the world and infinitely varied, has exercised an important influence on Peruvian cuisine as well, fusing with it and popularizing the consumption of pasta and spinach pie. Between 1840 and 1880, following the rise of Italian immigration to Peru -particularly from Liguria- they opened food service businesses, eateries, chinganas (stores where cheap liquors are sold and consumed), grocery stores, bakeries and some bars which spread their culinary customs. Later, they began to cultivate vegetable gardens with various species. This resulted in the emergence and spread of new fresh vegetables such as kale, spinach, cauliflower, broccoli, eggplant, beetroot and basil, amongst others. In more recent influence, i.e. in the last 50 years, the Milanese panettone and Neapolitan pizza have become popular.

Similar to what had and has been happening with Chinese food, is the case of the Italian cuisine based in Peru, which in turn has been influenced by traditional Peruvian Creole food, so much so that new dishes been developed that are no longer considered Italian, but Peruvian, since some ingredients have been removed and supplanted by and with others.

For example, spaghetti in basil sauce is the typical dish of Liguria, in northern Italy. In Peru, they are simply called green noodles. The Ligurians prepare them with basil, vegetables and a nut that is the fruit of an Italian pine species. The Peruvian added spinach and removed the nut. The Italian dish uses Sardinian and parmesan cheese: the Peruvian Creole made use of fresh cream cheese. On the other hand, in Italy it is usual to eat it in small quantities and as an appetizer; but in Peru it is the main course. Finally, an Italian would never dare to eat it with a piece of meat or a fried egg. The green noodle with breaded meat or chicken steak is one of the icons of the so-called Italian Peruvian fusion cuisine.

The same goes with spaghetti Bolognese, in Italy they eat it only with tomato sauce, while in Peru, they baptize red spaghetti with meat sauce and they add a piece of chicken. Or, the minestrone (which transformed from an elegant and thin soup and became a strong dish with noodles, corn, lima beans, squash, cassava, and whatever there is in the pantry).

Today we also enjoy tenacious mergers of ravioli with roast meat chicken chilli and even mixtures in which you add sautéed meat, with well-known Chinese influence, making it into a tri-continental fusion stew.





## SWEET DISHES AND DESSERTS

All Peruvian desserts spring from colonial times when a household was judged by the quality of the desserts served. They are not complicated but are often time-consuming and need to be prepared with love and respect for tradition. Those with a sweet tooth will not be disappointed with the desserts and sweets of Peru and here are many popular and delicious choices from which to select. Like most South Americas, Peruvians love their desserts. Here are some to try the next time you're visiting the home of the Inca: suspiro limeño, arroz con leche; picarones and turrón de doña pepa.

### **S**uspiro Limeño

Made of milk, this classic criollo dessert is said to have been named by the famous Peruvian poet and author José Gálvez whose wife doña Amparo Ayarez was famous for her cooking. When asked what in-spired the name, he reportedly replied 'because it is soft and sweet like the sigh of a woman'. In this case, it would be a woman from Lima, a Limeña.



## BEVERAGES

**C**hicha Morada: is a beverage (soft drink) prepared from a base of boiled purple corn to which are added chunks of pineapple, sugar and ice as it cools.

**P**isco: it is a strong alcoholic drink (40-45% alcohol), made from distilled grapes in traditional distilleries in south of Lima and Ica. The word 'pisco' derives from the word pisqu, meaning "little bird" in Quechua, the language of the ancient Inca. Pisco Sour is our national drink. It is a cocktail made from pisco combined with lemon juice, egg white, ice and sugar. A good pisco sour is a first-rate way to kick off a Peruvian meal. Drinking a "sipping" pisco is also a wonderful way to end one.

**W**ines: The wine industry is a long-established one, and some high-quality vineyards and wineries do exist. The wines come from three producers, the best-known of which is probably Tacama, some of whose vineyards were established in the 16th century and which can count the eminent Emile Peynaud of Bordeaux amongst their past consultants. Viña Ocucaje was founded in 1898, whilst Tabernero, founded in 1857, also has a reputation for good quality.





# INDEX

1. Peruvian Style Fish Cooked With Lemon Juice- <b>Ceviche</b>	8
2. Mule's Foot Clam Ceviche- <b>Ceviche De Conchas Negras</b>	9
3. Peruvian Style Filled Potato Dish- <b>Causa</b>	10
4. Peruvian Style Mussels- <b>Choros A La Chalaca</b>	11
5. Potato With Huancaína Cream Sauce- <b>Papa A La Huancaína</b>	12
6. Peruvian Style Stuffed Potato- <b>Papa Rellena</b>	13
7. Peruvian Style Stuffed Red Peppers- <b>Rocoto Rolleno</b>	14
8. Peruvian Style Shrimp Chowder- <b>Chupe De Camarones</b>	15
9. Peruvian Style Seafood Soup- <b>Parihuela</b>	16
10. Peruvian Style Chicken Stir Fry- <b>Pollo Saltado</b>	17
11. Peruvian Style Chicken With Spicy Sauce- <b>Aji De Gallina</b>	18
12. Peruvian Style Lunch Stew- <b>Seco De Cabrito</b>	19
13. Peruvian Amazon Rice And Chicken- <b>Juanes</b>	20
14. Peruvian Style Seafood Rice- <b>Arroz Con Mariscos</b>	21
15. Pork And Freeze-Dried Potato Stew- <b>Carapulcra</b>	22
16. Peruvian Caramel / Meringue- <b>Suspiro Limeño</b>	23
17. Peruvian Style Cookies Filled With Condensed Milk- <b>Alfajores</b>	24
18. Peruvian Style Purple Corn Pudding- <b>Mazamorra Morada</b>	25
19. Pisco Sour	26



# CEVICHE

## *Peruvian Style Fish Cooked With Lemon Juice*

### **Ingredients:**

- 2 lb. white fish
- 1 cup of lime juice
- 1 clove of crushed garlic
- 2 red peppers, diced
- 2 finely diced jalapeno peppers (to your preference) salt and pepper to taste
- 1 large onion, finely chopped
- Bunch of finely chopped cilantro
- 2 lettuce leaves per plate
- 12 to 16 corns on the cobs cut into 2-inch pieces, cooked as usual
- 3 or 4 sweet potatoes, boiled and peeled
- 6 to 8 lemons cut in half and placed in center of table

### **Preparation:**

- Wash and de-bone fish and cut into 1/2 inch chunks.
- Season with lemon juice, garlic, salt and pepper. Let it marinate for 1/2 hour.
- Add onion, jalapeno and red pepper and cilantro. Marinate for 1 more hour.
- Serve on a bed of lettuce and add two pieces of corn on the cob and a portion of the sweet potatoes.





# CEVICHE DE CONCHAS NEGRAS

## *Mule's Foot Clam Ceviche*

### **Ingredients:**

- 40 mule's foot clams
- 1/2 teaspoon liquefied garlic
- 1 onion, chopped
- 1 rocoto pepper with the veins and seeds removed, chopped
- 20 lemons
- 2 tablespoons chopped coriander
- 1 cooked corn cob
- 1/2 cup roasted highland maize (cancha)
- Salt and white pepper

### **Preparation:**

- Open the clams while they are still alive and remove them from their shells.
- Put them in a bowl with their juices and season with white pepper, salt and garlic.
- Add the washed and drained onion and the rocoto.
- Add the lemon juice and coriander, taste and add salt if necessary.
- Serve with the corn grains and cancha.





# CAUSA

## Peruvian Style Filled Potato Dish

### Ingredients:

- 2 lb. (1 kg) yellow potatoes
- 1/2 cup vegetable oil
- 2 small fillets sea bass
- 2 red onions, finely chopped
- 1/4 cup vinegar
- Aji amarillo paste
- Juice of 1 key lime
- Juice of 1 orange Salt

### For the fillings:

- 1 avocado
- 1 cup mayonnaise
- 2 cups cooked corn kernels mixed with mayonnaise
- Juice of 1 key lime

### To serve:

- 1 dz. cooked crayfish tails
- Lettuce leaves

### Preparation:

- Rinse thoroughly the potatoes and place them in a large pot with plenty of salted water. Bring to a boil and cook until tender, about 15-20 minutes.
- Meanwhile, place onion to marinate in a small bowl, with the vinegar and 1 tsp. salt until it turns a rosy pink color. Strain the potatoes well and when they are cool enough to handle, peel and mash by pressing them through a fine mesh sieve with the back of a spoon. Alternatively, you can use a ricer. Add vegetable oil, key lime juice, aji amarillo paste and salt and mix thoroughly until all ingredients are well incorporated.
- Poach sea bass fillets and put aside to cool. Slice the avocado and sprinkle with a little key lime juice and salt. Drain the onion well and combine with the orange juice and Aji amarillo paste as per your taste. Set aside. Lightly oil and line a 10 in.-(25 cm) rectangular loaf pan or mold with plastic wrap. Line the base of the mold with a layer of the potato mixture, pressing down lightly and levelling with the back of a spoon. Spread a thin layer of mayonnaise on top. Spoon in the corn kernel mixture and add another layer of potato.
- Spread another thin layer of mayonnaise on top of the potato layer. Layer the avocado slices on top and cover with another even layer of potato. Cover with the poached fish, spread with a fine layer of mayonnaise and finally top with another layer of potato. Chill in the refrigerator for at least one hour until ready to serve.
- To dish up, invert onto a bed of lettuce leaves, unmold and top with the onion mixture. Garnish with cooked crayfish tails.



# CHOROS A LA CHALACA

## Peruvian Style Mussels

### Ingredients:

- 1 dz. Mussels
- 1 red onion, chopped as finely as possible
- 1/4 cup seeded and finely diced rocoto
- 1 tbsp freshly chopped parsley
- 1/2 cup peeled, seeded and finely diced tomato
- 1/2 cup fresh corn kernels, cooked
- 1 tbsp aji amarillo paste
- 1 tbsp vegetable oil
- Juice of 5 key limes

### Preparation:

- Discard any mussels that are not tightly closed. Remove beards (fibrous fringe) with a small sharp knife and rinse mussels thoroughly under cold running water, scrubbing with a brush to remove any grit or mud. Drain.
- Steam mussels gently, removing from steamer as they open to prevent overcooking, discarding any that do not open. Allow to cool.
- Place mussels on the half shell on a serving platter.
- In a small bowl combine the onion, rocoto, tomato, parsley, corn kernels, key lime Juice, aji Amarillo paste and salt and pepper.
- Add the oil and mix all ingredients thoroughly. Leave for five minutes to let the flavours develop.
- Check and adjust seasonings if necessary and then sprinkle 1 tablespoonful on top of each mussel.
- Add a few more drops of key lime juice to taste and serve immediately.





# PAPA A LA HUANCAINA

Potato with Huancaína Cream Sauce

## Ingredients:

- 1/2 cup aji amarillo paste.
- 2 tablespoons vegetable oil
- 1 cup evaporated milk
- 4 soda crackers
- 8 oz. queso fresco (fresh white cheese)
- Salt
- Iceberg lettuce leaves
- 6 yellow potatoes, boiled and peeled
- Black olives
- 3 hard-boiled eggs, peeled and cut in slices
- Parsley sprigs

## Preparation:

- Put the aji amarillo paste in the blender, add oil and milk and process with the crackers, queso fresco, and salt, until smooth.
- In four plates put four lettuce leaves, some thick potato slices, and cover with a few tablespoons of the sauce.
- Garnish with black olives, hard boiled eggs and parsley.





# PAPA RELLENA

## Peruvian Style Stuffed Potato

### Ingredients:

- 2 lb (1 kg) white potatoes
- 1 3/4 lb (750g) meat, half mutton, half pork, cut into fine dice or minced
- 3 medium onions, chopped fine
- 1/2 lb (250g) tomatoes, peeled, seeded and diced fine
- 1 tsp paprika
- 3 1/2 oz (100g) pitted black olives
- 3 hard-boiled eggs, chopped
- 1 egg, beaten
- Flour for coating
- Vegetable oil for frying
- Salt and pepper

### Preparation:

- Place the potatoes in a large pot with plenty of salted water and boil until tender for about 20 minutes.

### To prepare the filling:

- Heat enough oil to cover the base of a large skillet and brown the meat, seasoning with salt and pepper to taste. Remove the meat from the skillet with a slotted spoon and put aside.
- In the same skillet, sauté the finely chopped onion and tomato and the paprika. Cook on low heat for a couple of minutes and add the cooked meat to the skillet. Simmer all the ingredients together for 5 minutes. Remove from the heat and mix the hard-boiled egg and the olives in it.
- Strain the potatoes well and when they are cool, peel them and finely mash them by pressing them through a sieve with the back of a spoon. Alternatively, you can use a ricer. Adjust seasoning, adding more salt if necessary, and allow to cool for 10 minutes.
- Work the mashed potato with your hands until it resembles a soft, smooth dough.
- Place about 1/2 cup of the potato mixture in the palm of your hand and carefully form a thin disc-shaped layer. In the center, place about 1 tbsp of the filling. If you like, you can make larger ones after a bit of practice.
- Carefully bring sides of the potato layer together to cover filling and form large croquettes. Dip each croquette in beaten egg and then coat with sifted flour. Heat 1/4 cup of vegetable oil in a skillet and pan fry the croquettes until golden. Serve immediately with salsa criolla.



# ROCOTO RELLENO

## *Peruvian Style Stuffed Red Peppers*

### **Ingredients:**

- 1/2 cup raisins
- 1 onion, chopped
- 1 clove garlic, minced
- 2 chili peppers (anaheim or similar)
- 3 tbsp. olive oil
- 1 tsp. cumin
- 1 tbsp. paprika
- 1 lb. ground meat
- 3/4 cup meat broth
- 1 cup queso fresco (crumbly cheese curds)

### **Preparation:**

- Preheat oven to 350 degrees F.
- Place the raisins in a small bowl and cover with boiling water. Let them plump in the water for 10 minutes.
- Remove seeds and veins from chili peppers. Sauté the chopped onions, garlic, and peppers in the olive oil until soft and fragrant.
- Add cumin and paprika and cook for another 2 minutes, while stirring. Add the ground meat and cook until browned.
- Drain the raisins and add them to the ground meat. Add the meat broth and simmer for 10 to 15 minutes more, or until most of the liquid is gone.
- Stir the mixture of the hard-boiled egg and the black olives. Season it with salt and pepper to taste.
- Remove meat mixture from heat and let it cool for 5 minutes. Stir in 1/2 cup crumbled queso fresco.
- While the meat is cooking, bring a large pot of salted water to a rolling boil. Slice the tops off of the peppers and reserve. Clean the peppers from inside, removing the seeds and veins.
- Cook the peppers in the boiling water until bright red and just tender for about 8 - 10 minutes. Drain peppers and blot dry with paper towels.
- Fill each pepper with some of seasoned ground meat mixture. Top with remaining queso fresco.
- Place the peppers on a baking sheet, along with the tops (but not covering the filling). Bake for 10 to 15 minutes, or until the cheese is melted and the filling is heated through.
- Serve warm.





# 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 passata
- 6 tablespoons of aji panca paste
- 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 paste
- 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.





# PARIHUELA

## Peruvian Style Seafood Soup

### Ingredients:

- 1/4 cup vegetable oil
- 1 large red onion, finely chopped
- 3 cloves garlic, crushed
- 2 plum tomatoes, peeled, seeded and finely chopped
- 2 tbsp aji amarillo paste
- 2 tbsp aji panca paste
- 1 tsp dried oregano
- 1 bay leaf
- 1/2 cup dry white wine
- 6 cups fish stock
- 6 small slices of sea bass or any other firm white fleshed fish
- 1 lb (1/2 kg) peeled and cleaned crayfish tails
- 1 dozen scallops
- 1 dozen mussels, cooked
- 1 cup cleaned squid, cut in rings
- 1/4 cup Pisco
- Juice of 1 key lime
- Salt and pepper

### Preparation:

- In a large pan, heat the oil over medium heat and fry the garlic for just a few seconds. Be careful not to let it brown. Add the onion and continue cooking for 4 to 5 minutes or until the onion is completely translucent and just starting to turn golden.
- Add the tomato and pastes of aji amarillo and aji panca, along with bay leaf, oregano, salt and pepper and cook for another 2-3 minutes, while stirring.
- Add the wine. Bring the mixture to a boil, lower the heat and simmer until nearly all the liquid has evaporated.
- Then add the stock, bring back to a boil and add first the fish, then the crayfish tails and squid rings and finally the scallops and cooked mussels.
- Adjust the seasonings, adding more salt if necessary. Add a few drops of lime juice and Pisco and serve piping hot.





# POLLO SALTADO

## *Peruvian Style Chicken Stir Fry*

### **Ingredients:**

- 600 gr. chicken breast tenderloin
- 1 red onion cut into wedges
- 2 tomatoes cut into wedges
- 1 small spoon of ground black pepper
- 5 stems of chopped onion (chives)
- 1 yellow pepper cut into strips without veins
- Vegetable oil
- 800 gr. cooked white rice
- 400 gr. of potatoes fried in sticks, preferably yellow potatoes
- 200 ml. of broth
- 300 ml. of chair (soy sauce)
- A little chopped cilantro leaves
- 50 ml. of vinegar
- 1 tablespoon ground garlic paste
- 1/4 tablespoon dried ground oregano
- 1/4 tablespoon cumin
- Salt to taste

### **Preparation:**

- Cut the meat into more or less thick pieces (3cm x 1 cm) and season with garlic, cumin, oregano and a spoonful of vinegar. Let stand for 10 minutes to catch the taste. Heat the pan over high heat with a little oil.
- When you see that a little bit of smoke starts to come out, then add the meat and fry it for a few seconds, the time will depend on how hot the pan is. Then store in a bowl and cover to preserve the heat.
- Now in the same pan add the chopped onion, the tomato, the yellow pepper and a little oil. Fry everything for a few seconds and add some meat broth, soy sauce (saddle) and vinegar. Add the meat that you reserved, mix everything with pan movements (without utensil to not mistreat the tomato) and after about 30 seconds or so add the Chinese onion and finally a little chopped coriander (cilantro).
- The Pollo Saltado has to be juicy, so if necessary correct by adding a little stock broth.
- Serve on a plate almost the whole of the loin and leave a little to mix with the French fries. Add the chips to the rest of the spine in the skillet, mix and serve again.
- In Peru we love rice, so this dish is also accompanied by white rice.



# AJI DE GALLINA

## Peruvian Style Chicken With Spicy Sauce

### Ingredients:

- 1 chicken (about 2 kg.) equivalent to 3 complete breasts
- 1 medium chopped white onion
- 1 clove garlic, crushed
- 7 tbsp aji mirasol paste
- 1/2 loaf of sliced bread without the crust
- 1 dozen black olives
- 2 cups chicken stock
- 1 1/2 cups evaporated milk
- 100 gr. chopped walnuts
- 125 gr. grated parmesan cheese
- 1/2 cup vegetable oil
- 6-8 yellow potatoes (depending on the size)
- 1/4 cup olive oil
- 6 hard-boiled eggs, sliced
- Salt and pepper to taste

### Preparation:

- In a pan of chicken stock parboil the breasts and leave them there to cool. Remove and shred the chicken into bite-size pieces.
- Crumble the bread, soak it in milk and put all this mixture in the blender.
- In a large heavy-based pan, heat oil and sauté onion until gold, then add garlic and the aji mirasol paste and fry them well.
- Add the soaked bread mixture, adjust seasoning. Cook for a further 10 minutes then begin to add ladles of the hot chicken stock, stirring constantly. Add stock each time the sauce thickens. While still stirring constantly, add the olive oil.
- Finally, add the shredded chicken, Parmesan cheese and nuts. If too thick add a little more stock while stirring gently in order not to mash the chicken. Simmer until the oil comes to the surface.
- Serve hot accompanied by rice and yellow potatoes. Garnish with black olives and hard-boiled egg slices.





# SECO DE CABRITO

## Peruvian Style Lunch Stew

### Ingredients:

- 1 lb. goat chops
- 2 lb. goat leg
- 1 tbspc, ground anatto
- 1 bunch fresh cilantro
- 1/3 bunch fresh Italian parsley
- 1 tbspc. aji amarillo (yellow chili pepper) paste
- 1 tsp. cumin
- 1 1/2 cup chopped onion
- 6 garlic cloves
- 1/2 cup chopped tomato salt, pepper, oil
- 1 bottle pilsner type beer
- 1 lb. boiled yucca
- 1 tsp. aji panca (red chili pepper) paste

### Preparation:

- Cut the goat meat in about 4-oz. pieces. For the marinade, mix 2 cloves of minced garlic, 1 tsp. anatto, 1/2 tsp. aji amarillo paste, 1 tsp. aji panca paste, 1 1/2 tsp. salt, 1/2 tsp. ground pepper and 1/2 cup of beer. Mix together and add to the meat and combine very well. Let stand for 4 hours.
- In a blender, mix cilantro, parsley, coarsely chopped onion, cumin, aji amarillo, appx. 1/4 cup broth or water. Blend until smooth. In a large pot, put 3 tbspc oil and heat. When hot, add the goat meat pieces without the marinade juices, brown them evenly and set them aside. In the drippings (make sure there are no more than 2 to 3 tbspc. of them), fry the cilantro and blend for about 1 minute.
- Add the meat, stir and cook for about 4 minutes in medium-high heat. Add the juices of the marinade and 1 cup of broth (meat or chicken) or water and stir. When it comes to a boil, reduce heat to medium and simmer until meat is very tender.
- Add more broth as needed. Check seasoning and then add the rest (8 oz.) of the beer. Let it come to a boil and boil for 2 more minutes. Reduce heat to low and add the yucca (or potatoes) so they absorb the flavour. Serve with rice.





# 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 yucca, 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, 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 ½ 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 CON MARISCOS

## Peruvian Style Seafood Rice

### Ingredients:

- 2 3/4 cups (600 g) raw mixed seafood (if using octopus, it must be cooked previously)
- 2 cups rice
- 3 tbsps vegetable oil
- 1 medium red onion, chopped
- 3 cloves garlic, minced
- 1 tomato, peeled and chopped
- 1 1/2 tbsps paprika / 1/2 tsp dried oregano
- 2 bay Leaves
- 1/4 cup achiote oil
- 1/4 cup white wine
- 1/4 cup chicken stock or consommé
- 1 red bell pepper, peeled and chopped
- 1 tbsps freshly chopped cilantro
- Salt and white pepper

### Preparation:

- Cook rice. In a large pan, heat the oil and sauté onion, over medium heat, until translucent, about 3 minutes. Add garlic and continue cooking until ingredients are golden. 1 or 2 more minutes.
- Add tomato, paprika, oregano, bay leaves and achiote oil and cook for a further 5 minutes. Add wine and cook, stirring, until all the liquid has evaporated. Remove the bay leaves.
- Add the stock or consommé and bring back to a boil. Add the cooked rice, seafood, chopped red bell pepper, cilantro and salt and pepper to taste. Mix all ingredients well and serve immediately.





# CARAPULCRA

## Pork And Freeze-Dried Potato Stew

### Ingredients:

- 1/2 pound of Papa seca (freeze-dried potatoes)
- 3 tablespoons of Oil
- 2 pounds of boneless pork chops, cut into large chunks
- 1 Onion, minced
- 2 or 3 cloves garlic, minced
- 1 tablespoon of Aji panca chile powder or paste
- 2 teaspoons of cumin
- 1 cup of dry white wine
- 4 cups of stock or water
- Salt and pepper
- 1/4 cup of chunky natural peanut butter

### Preparation:

- Heat an ungreased, heavy-bottomed skillet over medium-high flame. Add the potatoes and stir occasionally to lightly brown them on all sides. Remove to a large bowl and add water to cover by about 2 inches. Refrigerate the potatoes and let them soak for at least 8 hours or overnight.
- Drain and rinse the potatoes. Then add them to a large pot with water to cover. Bring to a boil over medium-high flame, then reduce heat to medium-low and simmer for about 20 minutes, or until cooked through. Remove from heat, drain and set aside.
- Heat the oil in a large pot over medium-high heat. Brown the pork chop pieces on both sides, removing to a plate when finished.
- Add the onions, garlic, aji and cumin to the remaining oil in the pot and saute until the onions are cooked down and translucent.
- Stir in the wine and simmer a couple minute to cook out the alcohol. Then stir in the stock or water, salt and pepper and add in the browned pork chops and cooked potatoes. Bring to a boil, and then reduce heat to medium-low and simmer for about 45 minutes to an hour.
- Remove from heat and stir in the peanut butter. Adjust seasoning to taste and serve immediately with rice or with boiled yuca or potatoes.







# SUSPIRO LIMEÑO

*Peruvian Caramel/ Meringue*

## Ingredients:

- 1 (14-oz.) can sweetened condensed milk
- 1 (12 fluid oz.) can evaporated milk
- 1 tbs. vanilla extract
- 2 beaten egg yolks
- 2 beaten egg whites
- 1 cup confectioners' sugar
- 1/4 tsp. ground cinnamon (optional)

## Preparation:

- Whisk together the sweetened condensed milk, evaporated milk, vanilla, and egg yolks in a saucepan. Place over medium-low heat and gently cook until the mixture thickens, stirring constantly with a wooden spoon, about 30 minutes. Pour into a heatproof serving dish and set aside.
- Whip the egg whites with confectioners' sugar to stiff peaks, spread meringue on top of milk mixture. Refrigerate until cold for about 3 hours. Sprinkle with cinnamon before serving.





# ALFAJORES

*Peruvian Style Cookies Filled With Condensed Milk*

## Ingredients:

- 2 1/4 cups all-purpose flour
- 1/2 cup (230 g) margarine
- 3 1/2 tbsp (100 g) confectioners' sugar

- 2 cloves
- 2 cups water
- 1/2 tsp white vinegar

## For the filling:

- 4 cups firmly packed dark brown sugar
- 1 cinnamon stick

**Enough for 30 medium-sized alfajores**

## Preparation:

- Preheat oven to 375° F / 190° C. Sift the dry ingredients onto a lightly floured board and make a well in the center. Place the softened margarine in the center and, using your fingertips, gradually work in the dry ingredients. Work the dough lightly, pushing it away from you with the palm of your hand and then drawing it back into a ball until it is smooth.
- Chill for 30 minutes.
- Roll chilled dough out on a floured work surface to 1/6 in- (4 mm) and cut into rounds with a 2 1/2 - 3 in - (7cm) diameter cookie cutter. Place on a greased and floured cookie sheet and bake for about 12 minutes until barely golden. Be careful not to let them brown at all. Cool on racks and, when completely cool, fill with the manjar blanco and coat all over with confectioners' sugar.

## To Prepare the Filling:

- Place the first four ingredients in a large heavy based pan and bring to a boil. Lower heat and simmer mixture gently until it forms a thick syrup, (238° F/approx.115° C on a candy thermometer). Mix in the vinegar and remove from the heat. Remove cloves and cinnamon stick and leave to cool before using.





# MAZAMORRA MORADA

## *Peruvian Style Purple Corn Pudding*

### **Ingredients:**

- 4 cups chicha morada elixir
- 3/4 cup sweet potato flour
- 3/4 cup water
- 8 dried and pitted prunes
- 4 limes
- 1 cup sugar
- cinnamon for garnish

### **Preparation:**

- Pour 4 cups of the chicha morada base into a saucepan with the prunes and sugar.
- Bring to a boil, stir to dissolve the sugar, and reduce to a simmer.
- In a small bowl, sift 3/4 cup sweet potato flour, add 3/4 cup water, and whisk until a smooth paste is formed.
- Add the sweet potato paste to the saucepan, keep at a simmer, and stir continuously until the mixture thickens.
- Turn off heat, stir in the juice of 4 limes and pour into a bowl to let cool.
- Serve in small cups or ramekins and sprinkle with cinnamon.

### **Note:**

Be careful with any splattering while the pudding is thickening, and consider wearing an apron to prevent any purple stains on your clothes. The pudding will continue to thicken as it cools.



# PISCO SOUR

## Ingredients:

- 7 1/2 oz. (or 3 parts) Pisco
- 2 1/2 oz. (1 part) key lime juice
- 2 1/2 oz. (1 part) sugar syrup
- 1 egg white
- Angostura bitters
- Ice

## Preparation:

- Pour the Pisco, key lime juice and syrup in a jar, blend it with enough ice to double the volume.
- Blend on high. Add one egg white and blend again. Serve. Pour a drop of Angostura bitters in each glass.

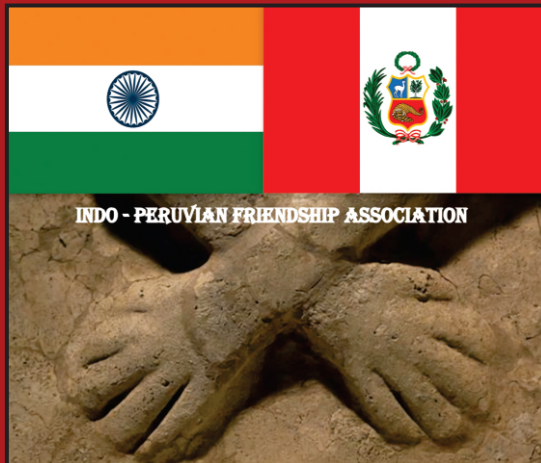






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