

# CORN IN PERUVIAN CUISINE



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

# **CORN IN ANCIENT PERUVIAN CULTURE**



Ancient wooden comb from Chancay Culture, Peru, dating AD 1500 with a parrot pecking at stalk of corn

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Chimu Vessel Corn God



Corn stalk vessel VI-VII century BC.E



Maize Cob Effgy, 1430-1532 CE, Inca, Southern Highlands



Maize Cob Effgy, 1430-1532 CE, Inca, Southern Highlands





## PERUVIAN CORN: CHOCLO

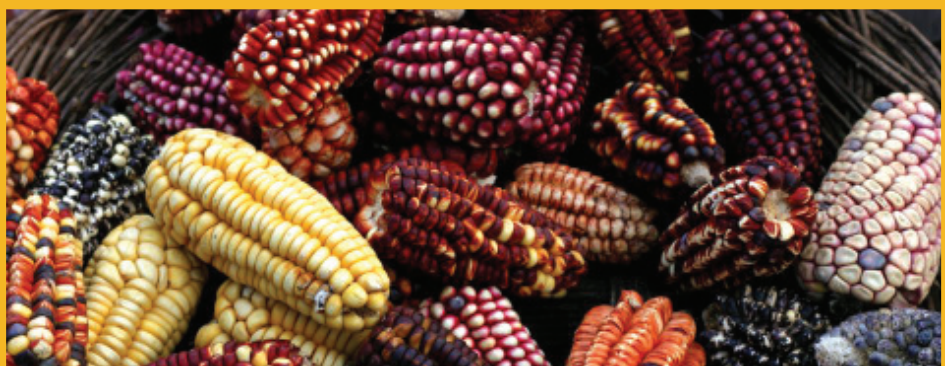
Often our eyes decide what the tongue shall taste! And after you see this, you would not want to miss this. This colourful cereal grain locally known as “Choclo” (commonly-corn), is widely consumed in the Peruvian cuisine. The word “Choclo” is derived from the Quechua word chocollo and is used in a broader sense in the Spanish language. Many a time it is used to refer cobs of corn in general. Since 1200 BC, corn is being planted in Peru. Ancient Peruvian farmers, selected and created new varieties which adapted to varying terrains and climates with finesse.

The sixteenth century Spanish chronicler Bernabé Cobo wrote about the availability of different colours of corn such as white, yellow, purple, black, red and mixed, in the ancient Peru. Today, farmers on the Peruvian coast, highlands and jungle grow the highest number of corn varieties (i.e; 55 varieties) on Earth.

Peru features regional varieties on ways to prepare some tongue teasing recipes with choclo as the principal ingredient. In northern Peru, the locals are particularly fond of Pepián, a stew based on grated corn kernels mixed with onion, garlic and the chili pepper and when served with Turkey, it is delectable. Arequipa inhabitants prepare a dish called “Soltero” with beans, corns onion and dressing made from fresh cheese. In the jungle, one of the most typical dishes, “Inchi Capi”, is made from chicken cooked in a stew made of roasted corn and peanuts. Desserts include the “Sanguito” which is prepared with yellow cornflour, cooking fat, raisins and a sugarcane molasses called “Chancaca”. Peruvian choclo is also used to make cornmash pastries called Tamales and Humitas, which can come in a wide range of colours (green, brown and yellow) and flavours (sweet and savory); Peruvian corn is also the main ingredient of the “Chicha Morada” (drink made from purple corn) or “Chicha de Jora” (fermented corn beer) and the sweet purple corn jelly called “Mazamorra” for special occasions.

As mentioned, Peru has around 55 corn varieties and the most popular and the most consumed is the Choclo, also known as Maiz Tierno. The cultivation of the corn variety, Choclo, started back in the ancient times in Peru. The seeds are bigger than the ones from the sweet corn, often consumed in the US or Europe and is white to creamy in colour.

The picture of a corn goddess (above) from the Moche culture of present day coastal Peru, made between 200 and 600 b.c.e, vividly illustrates the centrality of corn to native American people.

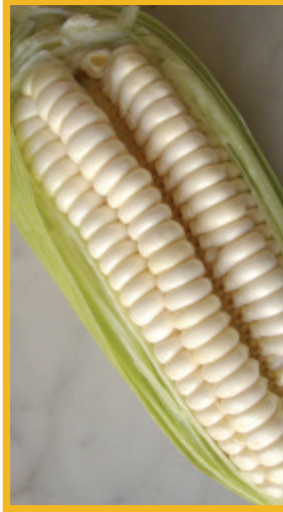




# MAIN CORN PERUVIAN VARIETIES



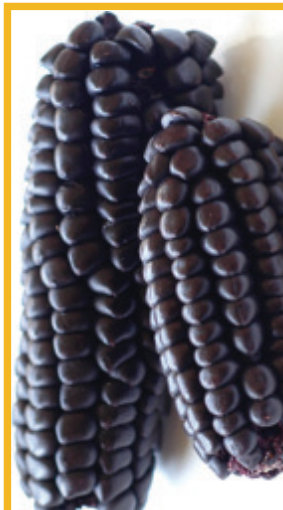
## GIANT WHITE MAIZE CORN



The Giant White Maize Corn on the cob, also known as Imperial Maize on the cob, or Cuzco Maize on the cob; is exclusively grown in the Andean Mountains of Peru, in a place called The Sacred Valley of the Incas in Urubamba, Cuzco, Peru.

The size of this maize cob varies from 15 to 20 cm in length. It has extra-large, bulbous "kernels", almost five times bigger than North American corn, and has a creamy texture. It is also rich in proteins, starches and sugars.

## PURPLE CORN



Purple corn (Spanish: maíz morado) or purple maize is another name for Blue corn, a variety of flint maize (*Zea mays indurata*). The kernels of purple corn are soaked in hot water by people of the Andes to yield a deep purple color for foods and beverages, a practice now recognized for its industrial use as a colorant purple corn also used in chicha morada, a drink made by boiling ground purple corn kernels with pineapple, cinnamon, clove, and sugar, and in mazamorra, a type of pudding.

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# CANCHA Y MOTE

## Toasted Corn And Boiled Mote

It is a toasted corn made from a special variety of corn called maiz chulpe often served as a snack on prior and during your meal. Sometimes cancha is added as a topping to ceviche, adding nice crunchy contrast to the dish.

In Peru mote refers to husked white corn kernels that have been boiled and "peeled" by soaking and cooking it with calcium oxide.

### Ingredients:

- 2 tablespoons vegetable oil
- 2 cups cancha¹ corn kernels
- 2 teaspoons salt

### Ingredients:

- 1 lb dried hominy corn²
- Water
- Salt

### Preparation:

- Add cancha corn kernels and heat, shaking the pan from time to time, until kernels start to pop.
- Cover the pan loosely with a large lid so that the corn kernels don't fly out of the pan as they pop, and continue to cook, stirring frequently until the kernels have stopped popping and are deep golden brown, about 10 minutes.
- Remove from heat and toss the toasted corn with salt. Serve warm or at room temperature.
- Store cancha in an air-tight container.

### Preparation:

- Soak the dried mote corn overnight.
- Rinse it well, place it a large pot with plenty of lightly salted water and boil over medium heat until the corn is soft and starts to "pop", about 2-3 hours, stir occasionally and add additional water if needed.
- Drain and cool down, can be served plain as a side dish or used as a component for other dishes.







# CHOCLO CON SALSA A LA HUANCAINA

*Boiled Corn With Huancaína Sauce*

## Ingredients:

- 1 boiled corn

## Huancaína sauce

- 4 tablespoons vegetable oil
- 1/2 cup onion (chopped)
- 3-4 yellow aji amarillo chile peppers (frozen is fine) or 1/2 cup jarred aji amarillo<sup>3</sup> paste
- 2 cloves garlic (mashed)

- 2 cups white farmer's cheese, or a mixture of mozzarella and feta cheese
- 4 saltine crackers
- 3/4 cup evaporated milk
- Optional: salt and pepper (to taste)

## Preparation:

### Huancaína Sauce:

- Place onion/chile mixture in a food processor or blender. Add evaporated milk and blend.
- Add cheese and crackers and blend until smooth. The sauce should be fairly thick. Thicken sauce with more saltines or thin sauce with milk if necessary. Season with salt and pepper to taste.
- To serve insert the choclo kernels into the toothstick with a topping of fresh cheese and stir with the huancaína sauce.





# CHOCLO CON QUESO FRESCO

## *Boiled Corn With Fresh Cheese*

Peruvian boiled corn on the cob served with chunks of queso fresco (fresh cheese).

### **Ingredients:**

- Corn on the cob
- Fresh cheese cut on dices

### **Preparation:**

- Boil the corn on the cob.
- Serve the boil corn with the fresh cheese dices.





# SOLTERITO

## Chopped Salad

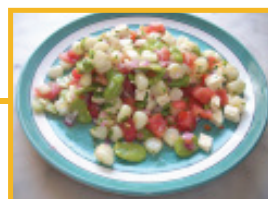
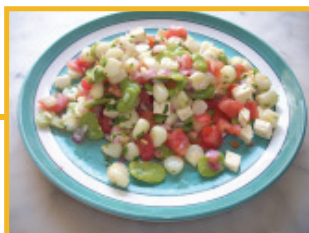
Solterito is a vegetable salad, traditionally prepared with the lima beans and large kernel choclo corn that grow so well in Peru.

### Ingredients:

- 1/2 cups fresh or frozen lima beans
- 1 1/2 cups corn kernels
- 1 cup of diced carrots
- 1/2 cup black or green olives, sliced crosswise
- 1 tomato, seeded and diced
- 1/2 cup chopped red onion
- 1 1/2 cups diced farmer's cheese or mozzarella mixed with a small amount of feta cheese works well as a substitute
- 2-3 tablespoons finely diced red chile pepper (to taste)
- 2 tablespoons chopped parsley or cilantro
- Vinaigrette dressing (6 tablespoons olive oil, 3 tablespoons red wine vinegar, and salt and pepper too)

### Preparation:

- Bring a pot of salted water to a boil and cook the corn kernels until they are just tender. Remove the corn to a bowl of ice water to cool.
- Cook the carrots and the lima beans together (in the same pot of boiling salted water) until they are crisp-tender. Drain them and place them in the ice water with the corn for at least 5 minutes.
- Drain the chilled vegetables well and toss them with remaining ingredients. Let the salad marinate for a couple of hours in the refrigerator if possible before serving.
- Serves 4-6 as a side salad.







# CHOCLO AL COMINO

## *Corn with Cumin and Lime*

Made with boiled corn kernels, butter, cumin, and a squeeze of lime juice, choclito al comino also goes well with a number of dishes as a delicious side.

### **Ingredients:**

- 2 corns
- 1 tablespoon sugar
- 1/3 cup butter
- 1 teaspoon ground cumin
- Salt and pepper
- 1 lime

### **Preparation:**

- Boil the corn with the sugar in a saucepan with water.
- Transfer to a plate when cooked, and cut off the kernels.
- Melt the butter in a skillet over medium heat, add the corn kernels, ground cumin, salt and pepper, and stir for a couple of minutes until heated through.
- Squeeze the lime over the corn and serve immediately.





# CEVICHE

## *Raw Fish Cooked With Lemon Juice*

The classic Peruvian ceviche is composed of chunks of raw fish, marinated in freshly squeezed key lime, with sliced onions, chili peppers, salt and pepper accompanied by boiled corn and slices of sweet boiled potato.

### **Ingredients:**

- 1 1/4 pounds fish fillets (sea bass, sole, or flounder), cut on the bias into 1-inch dice
- 1 quart water, boiled and chilled
- 1 red onion, cut in 1/2 lengthwise and sliced thin
- 1 aji amarillo, rib and seeds removed, diced
- 1 clove garlic
- Salt and pepper
- 1/4 cup fresh lime juice
- 1/4 cup fresh lemon juice
- 2 teaspoons finely chopped cilantro leaves
- 2 boiled corn kernels
- 1 sweet potato, sliced 1/4-inch thick
- 1 head butter lettuce

### **Preparation:**

- Place fish in a non-reactive bowl. Add 3 cups of chilled water to fish and rinse gently. Drain water.
- Add onions to remaining chilled water and let soak.
- Meanwhile, place aji, garlic, and pinch of salt in a mortar and pestle. Grind to make a paste.
- Combine fish, lime and lemon juices, aji and garlic paste, salt, pepper, and cilantro. Let marinate for 10 minutes.
- When ready to serve, divide fish ceviche among 4 lettuce cups and top with onion slices. Serve with grilled corn and sweet potato slices and garnish with Japanese seaweed, if desired.



# CHOROS A LA CHALACA

## Peruvian Style Mussels

One of the most traditional marine dishes of the Peruvian coast, the "Choros a la Chalaca" (Chalaca style mussels) is delicious, refreshing and exotic.

### Ingredients:

- 36 mussels (boiled until open, left intact on a half shell)
- 6 tomatoes (you could also use finely diced roma )
- 3/4 cup cilantro (diced)
- 1 small red onion (finely minced)
- 1 (16 ounce) can yellow peppers (aji amarillo<sup>3</sup>)
- 1 tablespoon msg
- 2 limes' juice

### Preparation:

- First of all, place the can of aji amarillos with their juices in a blender and puree for 1 minutes.
- Then, place the tomatoes, onions, cilantro, and blended aji's in a large bowl.
- Add the msg and the lime juice.
- Place the mussels on a half shell on a serving platter and top each with one tablespoon of the Aji mixture.
- Finally, serve with a nice cold beer and enjoy!







# CHICHARRÓN CON MOTE

## *Pork Rind With Mote*

In Peru, chicharrón refers to succulent pork, which is braised and then fried in its own fat. It forms the basis of this popular snack, piled onto a roll with fried sweet potato and a spicy onion salsa. We've added a sauce made from Peru's ubiquitous aji amarillo chilli, and have used pork belly roasted in the oven for ease.

### Ingredients:

- 1 kg piece pork belly, skin on, scored
- 1 tbsp olive oil
- 1 sweet potato (kumera), peeled, cut into 8mm-thick slices
- vegetable oil, to shallow-fry
- 6 French white rolls, halved

### Onion salsa:

- 1 red onion, thinly sliced
- 1 tbsp lemon juice
- 1 tbsp lime juice

- 2 tbsp coriander leaves, finely chopped, plus extra leaves, to serve
- 1 bird's-eye chilli<sup>4</sup>, finely chopped
- 1 tbsp olive oil

### Aji amarillo sauce:

- 1 200 g (2/3 cup) mayonnaise
- 1 tbsp lime juice
- 2 tbsp aji amarillo chilli paste<sup>3</sup>

### Preparation:

- Resting time 30 minutes
- Preheat oven to 160°C. Place pork belly in a roasting tray, rub 2 teaspoons of salt into skin and drizzle with oil. Place in oven and roast for 2 hours or until tender, then increase heat to 200°C and cook for a further 25 minutes or until skin is crisp. Set aside to rest.
- To make salsa, place onion in a bowl, cover with cold, salted water and set aside for 30 minutes. Drain then toss with remaining salsa ingredients.
- Meanwhile, place sweet potato in a saucepan of cold, salted water and bring to the boil. Boil for 5 minutes or until just tender when pierced with a knife. Drain and cool, then pat dry with paper towel.
- Heat 1 cm oil in a frying pan over medium heat. Working in batches, fry sweet potato for 4 minutes on each side or until golden.
- To make aji amarillo sauce, combine all ingredients in a bowl and set aside.
- Cut pork belly into thick pieces. Heat frying pan over medium heat and toast rolls on both sides, if desired. Spread bases with aioli then top with sweet potato slices, pork belly pieces, onion salsa, coriander and bun tops.



# TAMAL

## Peruvian Style Tamale

Tamales are little steamed corn dumplings made with a range of different fillings, from chicken, to pork, to meat—and you could even make yummy vegetarian tamales by replacing the filling with a vegetable of your choice—such as chopped mushrooms.

Although not particularly difficult to make, tamales are quite labour intensive and have lots of steps.

### Ingredients:

- 1 kg corn flour
- 250 ml vegetable oil
- 6 tablespoons aji panca<sup>5</sup> paste
- 10 cloves of garlic, crushed
- 2 chicken breasts
- 150 g toasted peanuts
- 20 black olives, pitted and chopped
- 6 tablespoons aji amarillo paste<sup>3</sup>
- One chicken stock cube
- 20 corn husks
- You'll also need some string!

### Preparation:

- First of all, you'll need to soak the corn husks. Pop them in a large bowl or tray of warm water and submerge them by placing something on top to stop them floating, such as a mug or bowl.
- In a large saucepan, bring 750 ml of water to the boil. Add the chicken breasts and stock cube and boil until the meat is cooked through.
- Take the chicken from the pan and, once cooled, shred or cut into small pieces. Keep the stock from the pan as you'll use it later.
- In a large pan, heat the oil and add the garlic, chilli pastes, and salt and pepper to season. Fry for a couple of minutes until the garlic is golden and the mixture is combined. Take a couple of tablespoons of the mixture from the pan, add to the shredded chicken and leave to marinade. Set this aside.
- To the rest of the garlic and chilli mix add the tamale flour, stirring it through constantly, and follow this by gradually adding the chicken stock. Leave the mixture to cook until it's thickened up and taken on a dough-like texture.
- Remove the corn husks from the water and pat dry with kitchen towel.
- Take a corn husk and place a piece of the dough into the middle, flattening slightly so it's roughly rectangular. Place a little shredded chicken on top with some peanuts and olives, then cover with another piece of the corn dough. When you're happy with the size and shape of your tamal, place another of the corn husks on top, and then wrap it up to form a little parcel and tie them closed.
- Now you're ready to steam the tamales. Place them upright in a steamer, or alternatively stand them in a colander above a little boiling water in a pan with a lid on top. Either way, it's important that the steam cooks them through but that they don't get wet.
- Leave to steam for around one hour. Serve with a hot sauce (like this one from Rico Picante), sliced red onion and sprinkled with coriander.



# HUMITAS

## Steamed Fresh Corn Cakes

In Peru, mainly in the central Andes region, humitas are prepared with fresh corn combined with lard and salt and queso fresco for a savory dish or with fresh corn with lard, sugar, cinnamon and raisins for a sweet dish. Savory humitas may also be prepared with anise.

### Ingredients:

- 8 fresh ears of corn
- 1/4 cup of either vegetable shortening or lard
- 2 teaspoons of salt
- 1 tablespoon of aji amarillo paste<sup>3</sup>
- an additional 4 tablespoons of either vegetable shortening or lard
- 4 ounces of cream cheese
- 1/2 teaspoon of cumin

### Preparation:

- Take the ears of corn and cut the ends off. Then very carefully remove the different layers of the husk. Try to keep the big pieces of the husk as well together as you can. Then scrape the corn kernels off the cobs and into a bowl.
- Take a large pot and cover the bottom of it with some of the corn cobs that you have. Add an inch of water into the pot.
- Take the corn kernels and put them in either food processor or blender. Then blend or process until you get a smooth texture. If the corn is too dry and is giving you a difficult time to blend it then simply add 1 or 2 tablespoons of milk.
- Melt the lard or vegetable oil in a skillet with medium heat. Then put the onions in the skillet to sauté them until they are transparent. Then add the cumin and aji paste and continue to sauté for 3 more minutes. Season all of the ingredients with salt and pepper to your liking.
- Take the corn mixture and put it with the sautéed onions. Continue to cook for 2-3 more minutes. Remove the mixture from the heat and then stir in the 4 ounces of cream cheese.
- Now bring the pot of water with the corn cobs to a light boil. Once the water is boiling place the corn husks in it for just 2 minutes to allow them to soften some.
- Now take one husk, lay it flat and spoon roughly 3 tablespoons of the corn mixture in the wide area of the cornhusk. Fold one of the corn husk sides over the corn mixture. Then take the pointy end of the husk and tuck it inside where you folded the other side.
- Put the husks seam side down in the pot of boiling water on top of the cobs that are already there. Then layer the humitas over the corn cobs. Make sure the humitas is not touching the boiling water.
- With the unused husks cover the humitas and then cover the pot with its lid.
- Continue to steam for 25 minutes occasionally adding a little water so that the pot doesn't go dry.
- After you are finished steaming the contents remove the pot from the heat, let it cool down a bit and put on a serving plate to eat!





# PASTEL DE CHOCLO

## Peruvian Corn Pie

### Ingredients:

- 3/4 cup vegetable oil, divided
- 1 pound minced meat
- 2 chopped onions
- 2 chopped garlic cloves
- 1 tablespoon tomato paste
- 1/2 cup meat stock
- 1/2 cup raisins
- 3 hard-boiled eggs, coarsely chopped
- 1/2 cup sliced black olives
- 4 cups white corn kernels
- 3/4 cup unsalted butter, melted
- 5 tablespoons sugar
- Salt and pepper
- 5 eggs, whites and yolks separated
- 1 egg yolk combined with 2 tablespoons water
- 1/4 teaspoon aniseed

### Preparation:

- In a saucepan, heat 1/4 cup oil over high heat. Add the ground meat and cook for 10 minutes stirring constantly. Transfer to a bowl. In the same saucepan heat the remaining oil, add onion and garlic, and cook stirring a few times until transparent. Add tomato paste, and meat stock or water, cook for 5 minutes, and return the meat to the pan. It should be saucy.
- Incorporate raisins, hard-boiled eggs, and olives. Stir and turn off the heat. Reserve.
- Preheat the oven to 350°F. In a blender or grains grinder, process the corn kernels with milk and melted butter. Add sugar, salt, pepper, and egg yolks. Transfer to a bowl, and stir with a wooden spoon until the mixture looks very soft. Beat the egg whites until firm, and fold into the corn mixture.
- Have a rectangular Pyrex baking pan ready. Pour half the corn mixture in the pan, cover with the cooked meat and top with the remaining corn. Brush the surface of the corn with the egg yolk and water mixture, sprinkle with aniseed, and bake for 45 minutes or until golden and firm.
- Serve with ají amarillo sauce, Huancaína sauce, or Salsa Criolla.



# ESPESADO DE CHOCLO

*Thickened Corn*

## Ingredients:

### The Mush

- 2 pounds fresh or frozen corn kernels (choclo)
- 1/2 cup Zapallo or butternut squash, cut into 1/4-inch dice
- 6 sprigs fresh cilantro, sliced
- 6 garlic cloves, sliced
- 1 small onion, sliced (1/4 cup)
- 2/3 cup water

### The Meat

- 4 cups (1 quart) water
- 2 pounds boneless chicken brisket or chuck, cut into 16 pieces
- 1 teaspoon salt, or to taste
- 1/2 pound yuca<sup>6</sup>, peeled and cut into 1/4-inch dice
- 1/2 pound shelled fresh fava beans (optional, but traditional)

## Preparation:

- **To make the mush:** Process all the ingredients together in a food processor into a fine paste or mush. Set aside.
- **To prepare the meat:** bring the water to a boil in a large pan. Add the meat, salt, yuca, and fava beans (if used) and simmer, covered, over low heat until the meat is tender, about 45 minutes.
- Add the mush, mix well, and cook for 15 to 20 minutes. (This results in a thick and substantial dish, perhaps even too thick, in which case 1/2 to 1 cup water may be added.) Mix well and adjust the salt to taste.
- Serve warm.





# CHUPE DE CAMARONES

## Peruvian Style Shrimp Chowder

### Ingredients:

- 1 Kg large prawns, whole
- 200ml sunflower oil
- 2 large onions, chopped
- 2 teaspoons achiote paste
- 300ml tomato passata<sup>7</sup>
- 6 tablespoons of aji panca<sup>5</sup> 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<sup>8</sup> 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.
- Add the tomato passata and huacatay to the pan, stirring well. Turn the heat down to medium, and add the stock you made earlier and cook for another five minutes, stirring regularly. Use a ladle to remove any foam which is forming on the top of the stock.
- Add the rice and simmer for another 15 minutes.
- Add the potatoes and corn, and simmer. Give the soup a taste, and add salt and pepper to season. Keep stirring occasionally, until the potatoes are cooked through.
- Then add the evaporated milk along with the prawns themselves. They won't take very long to cook, so don't overdo it – simply simmer over a medium heat for 2-3 minutes until they've turned pink.
- Whilst they're cooking, use the remaining oil you need and fry one egg per person in a separate frying pan.
- Take a soup plate for each person. To serve, start by placing the potatoes and corn in the dish. Then add one sixth of the ricotta to each dish. Pour the soup over, then add a fried egg and the prawns. Sprinkle with a little chopped parsley to garnish.



# PEPIAN DE CHOCLO

*Peruvian Corn Stew*

## Ingredients:

- 2 Tbsp oil
- 1/2 Cup chopped onion
- 2 Chopped garlic cloves
- 1 Tbsp aji mirasol<sup>®</sup> paste
- 2 Yellow chili pepper<sup>3</sup>, 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

## 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.







# LOCRO DE ZAPALLO

## Peruvian Pumpkin/Corn Stew

Locro de Zapallo (Peruvian pumpkin/corn stew), a classic dish from Peru, is a hardy vegetarian dish perfect yearlong but especially satisfying throughout the winter months.

### Ingredients

- 1lb of squash (prepare the squash by peeling it and then cutting it into pieces.)
- 1/2 cup of oil of your choice (we recommend using vegetable oil)
- 1 onion (onion should be medium sized and prepared by cutting and finally chopping)
- 2 garlic cloves (prepare the garlic clothes by grounding them)
- 3/4 cup of peas
- 3 potatoes (prepare all the potatoes by skinning them and then cutting them into quarters)
- 2 ears of corn (prepare the corn by cutting it into slices)
- 1/4 cup of evaporated milk.
- 1 teaspoon of oregano
- 3 olives (olives should be prepared by pitting them and cutting them in half)
- Salt and Pepper
- 3/4 cup of either ricotta or feta farmers cheese (prepare the cheese by dicing it)
- 2 teaspoons of aji amarillo<sup>3</sup> fresco.

### Preparation:

- In a pan, heat up the oil. Once the oil is hot begin to sauté the onion that you chopped along with the garlic, aji and oregano. After they have cooked for three minutes add the squash, peas potatoes and the corn.
- Cover the pan with all of the ingredients and continue to simmer all of it all the contents in the pan are cooked.
- Once the ingredients are all cooked add both the milk and the white seasoning. Season with salt and pepper.

### Note:

This dish is commonly served with with fresh white cheese and white rice.



# SANCOCHADO

## Peruvian Brassed Meat And Vegetables

### Ingredients:

- 4 pieces meat
- 600 g pork belly
- 1 leek, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 2 celery sticks, coarsely chopped
- 500 g cassava
- 4 medium potatoes peeled and halved
- 4 chorizos<sup>10</sup>
- 2 cups pumpkin, diced
- 1/2 green cabbage, sliced
- salt and pepper

### Preparation:

- Brine the meat in water and about 2 tablespoons of sea salt for at least 2 hours. Do the same with the pork belly.
- Rinse the meats and place in a big pot. Add leek, carrots, celery and enough water to cover. Cook on medium-low heat until the meats are tender (1.5-2 hours).
- While the meats are cooking, boil the cassava for 30 minutes or until soft.
- Also halve and pan-fry the chorizos. When done, keep warm.
- When the meats are ready, remove from the pot and keep warm.
- Add potatoes to the pot and 2-3 teaspoons of salt. Cook for 15-20 minutes.
- Add pumpkin and cabbage, cook for about 10 minutes more, until the pumpkin is tender. Check seasoning.
- Plate the solids and pour the broth in a cup.





# PACHAMANCA

*Peruvian Traditional Andean Dish*

## Ingredients:

- 3 tbsp liquefied coriander
- 3 tbsp ground panca chili<sup>11</sup>
- 2 tbsp ground yellow chili<sup>3</sup>
- 2 tsp minced garlic
- 4 tbsp White vinegar
- 1 tz. chicha de jora<sup>12</sup>
- 6 chicken encounters
- 800 g native potatoes
- 1/2 kg. broad beans
- 400 g purple sweet potato
- 3 corns in halves
- 3 corn breadsticks
- salt, pepper and cumin

## Preparation:

- In a bowl, mix the cilantro, ají panca, vinegar and chicha de jora. Season the meats with cumin, salt and pepper, and smear them with the previous mixture. Add the branches of huacatay and chinco, and let marinate for three hours. Heat a clay pot on high heat for 10 minutes. Place the meats in a pot and arrange around them the potatoes, beans, sweet potatoes and corn. Pour the marinade and cover everything with corn chips. Lower the heat, cover the pot and let cook for an hour. Remove from heat without uncapping and let stand for 20 minutes and then serve.





# SANGUITO

## Corn Pudding

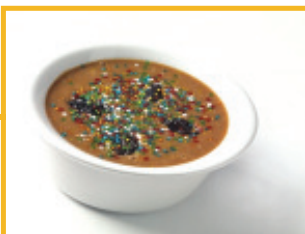
Sanguito is one of the more traditional and definitely one of the oldest Peruvian desserts. Its main ingredients are corn meal.

### Ingredients

- 1 teaspoon of cloves
- 3 cinnamon sticks
- 1 teaspoon of aniseed
- 1lb of yellow cornmeal
- vanilla
- 1/2 cup of oil
- 2 tablespoons of raisins
- 2 tablespoons of small candies/sprinkles
- Salt

### Preparation:

- Grind the cinnamon, cloves and aniseed together. Then place them all in a large saucepan and add the vanilla, the corn meal, a liter of water and some salt.
- Keep the ingredients on a low heat and make sure to stir all the contents regularly. Continue to do this until for approximately an hour or until the contents thicken.
- Form a whole in the middle of the contents and then pour the 1/2 cup of oil into the hole. Continue to stir for approximately 5 more minutes. Then remove the pan from the heat.
- Serve the Sanguito in small bowls and garnish them with the raisins and the sprinkles.







# MAZAMORRA MORADA

## Purple Corn Pudding

The mazamorra morada is a pudding of creamy consistency made with purple corn but with some dried prunes, and a sprinkle of cinnamon.

### Ingredients

- 3 pounds ears maíz morado<sup>13</sup>
- 3 cloves
- 3 cinnamon sticks
- 1 pineapple, peeled and chopped
- 1 apple, peeled and cored
- 1 pear, peeled, cored and chopped
- 9 cups water
- 1/2 cup prunes<sup>14</sup>
- 1/2 cup dried apricots
- 1/2 cup sweet potato starch (or potato starch)
- 1 1/2 cups sugar
- 1 lime
- Ground cinnamon

### Preparation:

- Break the dried corn in several pieces.
- Put in a heavy saucepan along with the cloves, cinnamon sticks, pineapple peels, apple and pear peels and cores, and water. Bring to a boil over high heat, and cook for 15 minutes. Turn the heat to medium and cook partially covered for 1 hour and 30 minutes, or until reduced to 6 cups.
- Strain, reserving the liquid. Discard the solids.
- In the same saucepan put the liquid, 2 cups chopped pineapple, chopped apple, prunes, apricots, and sugar. Bring to a boil, turn the heat to medium and cook for 20 minutes to soften the fruits.
- In a bowl, dissolve the potato starch in a little purple corn liquid or water, and add to the saucepan, stirring constantly. Cook for 5 more minutes.
- Turn off the heat, and add the lime juice.
- Serve in ramekins or glasses, sprinkled with ground cinnamon.



# CHICHA MORADA

## *Purple Corn Soft Drink*

Chicha morada is a non-alcoholic sweet peruvian beverage made from purple corn and spices usually made by boiling the corn with pineapple, cinnamon, clove, and sugar.

### **Ingredients**

- 1 gallon water
- 1 package dried purple corn (about 1.5 lb)
- 2-4 cinnamon sticks
- 1 teaspoon 1 to 2 cloves garlic, minced the peel of one pineapple
- 1 1/2 cups sugar (splenda can be used in place of sugar)
- diced fresh apples and/or pineapple(optional)

### **Preparation:**

- Bring all ingredients except the pineapple/apple chunks and sugar to a boil. Immediately after it starts boiling, bring to a simmer for about 45 minutes, or until corn is soft. Remove from heat and let it cool.
- Strain the pineapple peel and spices. Add sugar and diced apple and/or pineapple.





# CHICHA DE JORA

## Peruvian Corn Beer

Chicha de jora is an emblematic Peruvian beverage with a taste longing for the ancient Inca time, still keeping its artisanal preparation since millenary times.

### Ingredients

- 1 kg of jora corn (malted corn)
- 1/2 kg of brown sugar
- 1/2 cake of chancaca<sup>15</sup> (unrefined brown sugar)
- 3 litres of water

### Preparation:

- Soak the Jora in warm water for half an hour. Then, change the water and leave it soaking for another half an hour.
- Strain jora corn and let it boil in three litre of water over a low heat for eight hours, stirring constantly.
- When boiling, do not let the jora corn reduce, so warm water must be added to maintain the level.
- Add sugar and chancaca until they dissolve, and let the beverage cool down.
- Pour the chicha in clay pots and cover it with tamis through which air can be filtered.
- Leave the chicha for 8 days, after such time, skim the foam, strain the sediments and sweeten it to taste.
- Finally, it is time to serve this delicious and genuine Peruvian liquor that has delighted people for many centuries.





# EMOLIENTE CON BARBAS DE CHOCLO

## *Herbal Tea With Corn Beards*

Emoliente is kind of an herbal tea prepared with barbas de choclo, spices such as cinnamon and diluted fruit water (quince, pineapple, etc.).

### **Ingredients**

- 11/2 litre water
- 100g toasted barley
- 40g horsetail herb<sup>16</sup>
- 50g flax seed
- 15g boldo leaves
- 1 cinnamon stick, a few leaves of mint, lemon verbena, anise or camomile<sup>17</sup>
- Juice of 2 limes
- (brown) sugar or honey to taste

### **Preparation:**

- Bring water to a boil. Then add the toasted barley, horsetail herb, flax seed, boldo leaves and cinnamon stick or other herbs to taste. Let simmer for 20 to 30 minutes. Strain, add the lime juice and sugar or honey to taste. Serve hot.





# GLOSSARY

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

<sup>1</sup>Cancha=Dried Corn Kernels

<sup>2</sup>Horminy Corn=Giant Corn Kernels

<sup>3</sup>Aji Amarillo=Mixture of Yellow Bell Pepper with Red Chili

<sup>4</sup>Bird's Eye Chili=Red Chili (small)

<sup>5</sup>Aji Panca Paste=Red Chili Paste

<sup>6</sup>Yuca=Cassava

<sup>7</sup>Tomate Passata=Tomato Purée

<sup>8</sup>Huacatay=Leaves of Marigold Plant

<sup>9</sup>Aji Mirasol Paste=Red Chili Paste Slightly Diluted

<sup>10</sup>Chorizos= Pork or Chicken Chorizo

<sup>11</sup>Ground Panca Chili=Paprika

<sup>12</sup>Chicha de Jora=Beer

<sup>13</sup>Maíz Morado=Purple Corn

<sup>14</sup>Prune=Dried Plum

<sup>15</sup>Chancaca=Dark Brown Jaggery

<sup>16</sup>Horsetail Herb=Lemon Grass

<sup>17</sup>Lemon Verbena, Anise or Camomile=Lemon Leaves or Saunf





# TOP CHEFS OF PERU





**Art Gallery - Embassy of Peru**  
**Indo-Peruvian Friendship Association (INPEFA)**  
 66, Vasant Marg,  
 Vasant Vihar,  
 New Delhi: 110057  
 Tel: 011-461633-22

**Embassy of Peru**  
 D-2/5, Vasant Vihar,  
 New Delhi: 110057  
 Tel: 011-461633-33

**E-mail ID: [info@embassyperuindia.in](mailto:info@embassyperuindia.in)**

**Webpage: [www.embassyperuindia.in](http://www.embassyperuindia.in)**

**Facebook: [www.facebook.com/embassyperuindia](https://www.facebook.com/embassyperuindia)**