



**FROM OUR KITCHEN  
WITH LOVE** A GUIDE TO  
PREPARE THE MOST DELICIOUS  
**PERUVIAN  
RECIPES**

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Inspired by the recipes of my grandmother Yolanda Llanos

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*Dedicated to the men of my life: to my dear husband, who helped me to create this book. Thanks for cooking so many recipes with me, for making many mistakes on the way and helping me to correct them with love and patience, for being always there when I needed you, and for loving me unconditionally.*

*To my little brother Luis Alberto, for his support and for collaborating with some recipes remembering our grandmother's advice and tips, and for being the most fearless person I know. I'm sure our Grandmother will be so proud of you.*

*To my dear father, you are the first love of my life and my rock in all difficult times. Thanks for sharing with me your temper and sense of humor. Te amo.*

# PREFACE

Many years ago, my dear granny Yolanda came to Lima with her husband, children, a bag full of dreams, and not much more than that. She, like many Peru women, carried a great culinary tradition inherited from her female ancestors. She understood that food was not just a way to satisfy your hunger, it was a way to show her children to be proud of their culture and country, and as the primary teacher she was, she accompanied that knowledge with the stories connected with the dishes, myths legends, and more.

She continued doing this with her grandchildren, one of them, her oldest granddaughter Vanessa, learned to love food and history, but so much that became a tour guide later.

One of Yolanda's dreams was to create a cookbook, for 40 years she treasured lots of handwritten notebooks with thousands of recipes that she collected here and there, always looking for the best flavor, even experimenting at home and improving them with her personal touch... Unfortunately one day, and too early as always happens with good people with Nobel hearts, this angel named by her many friends *Yoly* flew away, not before asking me to fight for my dreams and keep showing the world the beauty of our history and cuisine.

This book is not just another cookbook, it is the promise I made to my grandmother many years ago, and a promise I made to myself as well, to fight for my dreams and to publish her recipes. This book is the union between her wisdom and passion for Peruvian cuisine and my love for Peruvian history and my grandmother

# INDEX

## **Coastal dishes**

Causa de Atun / Tuna Causa

Papa Rellena / Stuffed Potato

Ocopa Limeña / Limenian Ocupa Cream

Sopa a la Minuta / Minuta Soup

Cau-Cau de Pollo / Chicken Cau Cau

Seco de Pollo / Chicken with cilantro sauce

Picante de Cochayuyo / Seaweed stew

Papa a la Huancaína / Potato in Huancaína sauce

Aji de Gallina / Chicken with yellow chili cream

Pescado a la Chorrillana / Fish Chorrillana Style

## **Chifa dishes**

Pollo a la naranja / Chicken with orange juice

Pollo Limonkay /Lemonkay chicken

Kam Lu Wanda / Chicken with fruits and tamarind sauce

## **Nikkei dishes**

Pulpo al Olivo / Octopus in olive cream

## **Afroperuvian dishes**

Carapulcra / Pork and dry potato stew

Anticucho / Beef heart on a skewer

## **Andean dishes**

Olluquito con Charqui / Llama jerky stew  
Quinoa Atamalada / Creamy Quinoa Stew  
Solterito de Quinoa / Quinoa salad  
Crocante de Cuy / Deep fried guinea Pig

### **Seasonal dishes**

Arroz Arabe / Arab Rice  
Ensalada de Navidad / Christmas salad



## CHAPTER 1

# COAST CLASSICS

Peru's coast is equivalent to 10% of its total territory, although a desert, is rich in sea life and our fascination for ocean products dates back to the first contact between a man and the sea about 10.000 years ago.

**P**eruvians are proud of their multiculturalism and are even prouder of their food, doesn't matter where we go in the world we always bring food topics to the table, just to talk about our food.

The food of the coast of Peru is characterized by one word: Fusion, it is a place of constant immigration and therefore, we got lots of cooking techniques from all over the world that got mixed with our local indigenous ones. In this chapter, you will get into famous and not-so-famous delicious dishes of the region of Peru

# CAUSA DE ATÚN - TUNA CAUSA

## History:

**P**or la causa de la Independencia... is what women used to say when they tried to sell this dish to support their husbands who were soldiers fighting for the independence of Peru during the second decade of the XIX century. This is a simple dish perfect for potato lovers, it is adaptable for vegetarians and completely gluten-free, you can use shredded chicken instead of tuna, or leave it vegetarian using your favorite veggies

## Ingredients :

For 4 servings

- 1/2 kg of yellow potatoes
- 1 can of tuna
- 1/2 a cup of Mayonnaise
- 1/2 avocado
- 1/2 cup of green peas
- 1/2 cup of carrots
- 1 spoon of yellow chili paste
- 1 red onion
- 1 boiled egg
- 1 or 2 black olives for decoration
- 1/2 key lime
- vegetable oil
- salt and pepper

## Preparation:

**B**oil the potatoes peeled, when ready mashed them to make a pure, add about 1/2 spoon of salt, add 1 spoon of oil, add 1 spoon of yellow chili paste, and mix all well, then add the juice of 1/2 key lime (you can optionally add 1/2 spoon of mustard). Integrate everything and reserve.

Boil the vegetables (carrots and green peas) and reserve.

Add the tuna without oil in a bowl, add mayonnaise (approx. 1/2 cup), add the onion chopped a little, and the vegetable, and mix all well.

Now we will layer everything in a little cake style, you can use a mold for this or a container. If you use the mold don't forget to put oil on the sides of the mold.

Put a first layer of smashed potato, then add the tuna salad, add a layer of avocado sliced thin, and cover with another layer of potato. Take off the mold if you are using one and decorate with boiled egg and black olives.

Enjoy!

Watch the full preparation on Youtube, Click below:



# PAPA RELLENA - STUFFED POTATO

## History:

**W**hat Is the Origin of Papa Rellena? The history of Papa Rellena goes back to the years of the “Pacific War” between Chile and Peru, starting in 1879 and ending in 1884 this war moved Peruvian soldiers to distant locations, their loyal companions were their wives and mothers, who supported them cooking and recollecting the provisions, the inventive women created this dish from the products given to them, potatoes and vegetables boiled, adding a touch of their love.



## Ingredients :

### For 4 servings

- 250gr of Ground meat / for vegetarians the veggies of your preferences previously boiled
- 1 kg of potatoes boiled and peeled (we are using Pink potatoes)
- -Oil.
- 1 red Onion chopped into little cubes.
- 1 spoon of Garlic paste
- 1 spoon of Aji Amarillo - Yellow chili paste. - 1 spoon of Aji Panka - Red Chilli paste
- 1 spoon of tomato sauce
- 1/2 spoon of Mustard
- flour
- Pepper, salt, oregano, and cumin to taste
- 1 egg
- 1 hard egg in slides
- -a handful of cilantro

- 50 gr raisins and olives

### **Preparation:**

**S**tart with the boiled potatoes, press them, and add salt, pepper, and a bit of mustard. The consistency has to be the same as a playdoh. You can add a bit of oil if needed. Once ready reserve.

In a pan, fry the onion chopped into little cubes, and add garlic, red chili paste, and yellow chili paste. Add the ground meat and fry. For a couple of minutes. Add the spices ( pepper, salt, oregano, cumin). Optional: Instead of meat you can add your favorite vegetables boiled

In your dry clean hands, add a bit of flour, then take a small portion of the potato mashed and create a little plate-like base, add 1 or 2 spoons of the stuffing, and add 1 raisin, 1 olive, and a slice of egg. Close the potato to give it a shape of an American football ball, if needed use more potato mash to patch empty areas.

Once ready, pass it through the egg on a plate, splash it with flour(or roll it in a plate with flour), and fry it in abundant oil.

Serve it with a fresh onion salad (Sarsa Criolla) or any salad of your preference

Watch the full preparation on Youtube, Click below:



# OCOPA LIMEÑA - OCOPA CREAM LIMA STYLE

## History:

Called in Pre-hispanic times “Ukupa” takes its name from the bag Incan messengers had where they carried the ingredients used to make this cream. Ocopa is a smooth sauce flavored with black mint huacatay a plant, originally from the city of Arequipa, Peru. There is a Limenian version of this dish which is the one we are presenting to you. It may be served hot, as dressing for boiled potatoes or used as a garnish for cold hard-boiled eggs.

## Ingredients :

For 4 servings:

- 4 potatoes boiled cut in circles (white or any of your preference)
- 1 hard egg
- Salt, pepper
- 40gr of ground peanut
- 1 garlic clove
- 1 cup of evaporated milk
- 100gr of “queso fresco” or fresh cheese
- 100gr Huacatay or Peruvian black mint (or cilantro)
- 50gr of Animal crackers or vanilla crackers
- Oil.
- 1 red onion chopped into big pieces.
- 2 yellow chilies (no seeds and veins)
- 4 olives
- 4 leaves of lettuce
- 1 hard egg

### Preparation:

**W**e will begin searing the chilies directly on the fire, this will add a great smoky flavor to our cream.

Next, in a hot pan with oil fry the onions, garlic, and chilies. Add salt pepper and the Huacatay herb.

Now put in your blender this mix and add the cheese, peanuts, crackers, and milk. Proceed to blend until it turns into a paste. (Add the milk little by little to get the consistency).

To present the dish you must put a leave of lettuce, and some pieces of potatoes and add the cream on top. Decorate with a slice of egg and 1 olive.

Enjoy!

Watch the full preparation on Youtube, Click below:



# MINUTA SOUP - SOPA A LA MINUTA

## History

Italian immigrants brought this hearty noodle soup to Peru, in addition to tomatoes and cheese, which they had in abundance. They also brought numerous recipes that were adapted to suit Peruvian tastes. To finish, add the milk, mix, and serve. You can add to the plate a little bit of oregano as a final touch.

## Ingredients :

For 4 servings:

- 150gr of Ground meat
- 100gr of angel hair pasta - capellini
- 2 potatoes peeled and cut into 8 pieces (irregular shapes)
- 3 eggs
- 1/4 glass of evaporated milk
- 1/2 red Onion chopped into little cubes.
- 2 spoons of Garlic paste - or 2 garlic cloves chopped fine
- 2 spoons of Aji Amarillo - Yellow chili paste. - 2 spoons of Aji Panka - Red Chilli paste
- 2 spoons of tomato sauce
- Pepper, salt, and oregano to taste
- 3L of beef broth - or just water
- oil

## Preparation:

To prepare this soup you will start preparing your “aderezo”, in a pot fry your onions and garlic, then add the yellow chili red chili paste, and tomato sauce, and fry.

Add the meat and fry, add salt, pepper, and oregano. After a couple of minutes add the potatoes and cover until the potato is ready.

Now, add the Angels hair pasta and boiled for 3 minutes. Then add the 2 eggs (you don't need to whisk the eggs, but you can do it if you prefer, it's even better if the egg ends up poached). Keep cooking for a couple of minutes more.

To finish, add the milk, mix, and serve. You can add to the plate a little bit of oregano as a final touch.

Variation: you can convert this soup into a SOPA CRIOLLA by just frying the egg instead and serving it on top at the end.

Enjoy!

Watch the full preparation on Youtube, click below:



# CAU-CAU DE POLLO - CHICKEN CAU CAU

## History:

The cau cau would originate in Andean cuisine. In fact there are several theories related to its name, coming from Quechua words. "Can" which means "tripes" , or acacau which means hot. With the arrival of the Chinese coolies to our territory it evolved to its final shape and taste. "When they tried to cut all the ingredients of a certain dish into small pieces, they used the phoneme "caucau" to indicate that everything had to be cut "small, all small".

## Ingredients :

For 4 servings:

- 1/2 chicken breast
  - Oil
  - 1 red Onion chopped into little cubes
  - 1 spoon of Garlic paste
  - 1 spoon of Aji mirasol
  - 1 spoon of Yellow chili paste
  - Pepper, salt, Palillo powder, and cumin to taste
  - 4 potatoes
  - 1 carrot
  - 1 cup of green peas
  - 3/4 of a cup of Chicken broth
  - Cilantro, pasley and hierba buena (mint)
- serve with rice - optional

## Preparation:

**F**ry the onions chopped on brunoise (little fine cubes) and 1 spoon of garlic paste. Add to the pot the chicken cut into cubes and fry for 3 minutes.

Then, add the yellow chili paste, the Mirasol chili paste, and all the spices: cumin, pepper, salt, palillo (turmeric). Integrate and fry for a couple of minutes.

Add the green peas, carrot cutted in small cubes, and potatoes in small cubes. In the center put a little branch of Hierba Buena (mint). Add the chicken broth (the liquid has to be 1 finger below the surface). Cook all for 15 minutes.

When serving, add cilantro chopped fine on the stew. It is ready!

Enjoy!

Watch the full preparation on Youtube:

[The Peruvian Cooking Show - Cau Cau de Pollo / Chicken Cau Cau](#)



# SECO DE POLLO - CHICKEN WITH CILANTRO SAUCE

## History:

A typical Peruvian stew is the seco, about which we find that Dr. Ernst W. Middendorf, at the end of the 19th century, affirms that "Dry dishes are called those in which meat is sautéed in a scarce thick and spicy broth. chicken or kid along with yellow potatoes. There are many stews that are prepared in a similar way."

## Ingredients :

For 4 servings:

- 4 pieces of chicken
- Oil
- 1 red Onion chopped in little cubes
- 1 spoon of Garlic paste
- 1 spoon of Aji mirasol - Yellow chili paste
- Pepper, salt and cumin to taste
- half glass of blended cilantro
- half glass of Chicha de Jora or beer
- 4 potatoes
- 2 carrots
- Half cup of green peas
- 1 bell pepper

serve with rice - optional

## Preparation:

Season the chicken with Pepper. Fried slightly for a couple of minutes. Once ready take off and reserve.

In the resulting oil add the onions, garlic, and yellow chili paste and fry for a couple of minutes. Then add the cilantro blended, chicken pieces, and the chicha de Jora or beer. Cook for 10 minutes.

Add potatoes in circles, carrots in circles, green peas, and bell pepper in long thin cuts. Cook for 15 more minutes. It is ready

Enjoy

Watch the full preparation on Youtube:

[The Peruvian Cooking Show - Seco de Pollo / Chicken in cilantro stew](#)



# PICANTE DE COCHAYUYO - SEAWEED STEW

## History

**P**eruvian cultures of all times have used seaweed since the first cultural development, the “Cochayuyo” Algae have been consumed for thousands of years. There is evidence of use in the Caral culture (2,500 to 3,000 years BC). It is represented in Moche ceramics and also in those of Nasca. The fishermen dehydrated “yuyo” to supply with them the Incas from the highlands of Cusco. There are many varieties of freshwater and seawater weeds, from tiny ones to those that measure meters. In the case of fresh ones, they are called “yuyo” and, in the case of dehydrated ones, “cochayuyo”, it can be used in chupes (soups) broths, stews (Picante, ajiacos), scrambled eggs, salads, chiriuchu (chili sauce), etc.

Easy to prepare and very nutritious, a typical coastal fish from Peru that you can prepare in less than one hour, and great for vegetarians. Rich in iodine, iron, potassium, magnesium, fiber, and good to fight diabetes.

## Ingredients :

For 4 servings:

- 200gr of Cochayuyo
- 1 Kg of pink potato , yungay or any of your preference
- 1 red Onion
- 1 spoon of Garlic paste or 3 cloves
- 4 spoons of Aji panca - red chili paste
- 1 spoon of Pepper
- 1 spoon of cumin
- salt to taste
- serve with rice or roasted corn - optional

### Preparation:

**H**ydrate the Cochayuyo with water for 15 minutes, then wash the seaweed several times to clean it from sand and chop into medium size pieces or keep it long if you prefer. Chop the garlic (or blend it ), and chop the onions into small cubes. Cut the potatoes into cubes.

In a preheated pot add the oil, fry the garlic, add the onion, and fry, we add a bit al salt (the Cochayuyo has salt, be careful of adding too much) , and add cumin and pepper. Once the mix looks golden we add the Panka chili and leave for 5 minutes. Then we add the potatoes, and the Cochayuyo and integrate them. Water until cover everything, we cook for 15 to 20 minutes.

We serve with white rice or roasted corn, or both, and add the chili paste of your preference. Enjoy!



# AJI DE GALLINA - CHICKEN WITH YELLOW CHILI CREAM

## History:

Originally a starter, the Aji de Gallina what also made from hen, now we serve it at least a couple of times a month (in some houses once a week) as a main course adding rice to the presentation. We use chicken instead of hen because is cheaper and easier to cook. This is one of the easiest dishes to cook.

## Ingredients :

For 4 servings :

- 1 chicken breast
- chicken broth
- 5 pieces of bread
- 4 boiled pink potatoes or the one you have handy
- 1 red onion
- vegetable oil
- garlic paste
- yellow chili paste
- red chili Panca paste
- evaporated milk
- 100gr of pecans
- Salt, cumin, pepper.
- olives (and a slice of boiled egg if you like it)

If you wish you can serve it Peruvian style with white rice.

### **Preparation:**

**B**oil your chicken broth (you can optionally add to the water carrots and celery), when ready and cold shred the chicken. Save the broth.

When the broth is still hot separate 2 cups and submerge the bread.

Cut the onion into small cubes for frying and do our "aderezo", in a pan or pot add oil, the onion, 2 spoons of garlic paste, 2 spoons of yellow chili paste, 1 spoon of red chili paste, and fry for 5 minutes approx. Then add the broth with the bread, save a bit of the broth to hide the cream later. Add half a glass of evaporated milk. Add cumin and pepper (a half tablespoon of each), and add 1 or 2 spoons of salt.

Blend the cream and put it back in the pan, add the chicken and add the pecans chopped little

Serve with boiled potato, and rice, and decorate with olives and a slice of hard egg if you like.



# PAPA A LA HUANCAINA - POTATO IN HUANCAINA SAUCE

## History:

The name of this dish is connected to a town in the Andes named Huancayo, this traditional recipe was invented in Lima by a woman from this town, it is an easy dish and will go great on pasta, or as a dipping.

## Ingredients :

For 4 servings

- 4 yellow chilis (aji amarillo)
- 1 big onion
- 250 gr fresh cheese - queso fresco (salty)
- 200 ml of evaporated Milk
- soda crackers
- olives
- boiled egg
- boiled potatoes
- lettuce
- oil
- Salt, pepper

## Preparation:

**B**egin deciding the seeds and veins of the fresh chilis and boil them for 5 to 6 minutes, then take them off the pot and wait until cold. Then take off the skin of the chili (it looks and feels like plastic)

In a pan add oil and fry 1 red onion chopped in cubes and 1 spoon of garlic paste until ready.

In a blender add the onion and garlic, the chili, and the cheese in pieces and blend, add to the blender the milk and 6 to 8 soda crackers. Add a bit of salt and pepper and blend again.

Present the dish with boiled potatoes and a leaf of lettuce. Put the cream on top and decorate with an olive and a slice of boiled egg if you wish.

Enjoy!

Watch the full preparation on Youtube, Click below:



# PESCADO A LA CHORRILLANA - FISH CHORRILLANA STYLE

## History:

A classic dish from Lima, invented in the coastal district of Chorrillos ratably by the fishermen's family. It is simple and very rich.

## Ingredients :

For 4 servings

- 4 fish fillets
- 2 spoons of garlic paste
- 2 spoons of yellow chili paste
- 2 spoons of dry oregano
- 2 onions
- 3 tomatoes
- 1 yellow chili fresh
- white vinager
- Fish stock
- Pepper, salt
- cilantro
- Serve with white rice
- 1 Key lime

## Preparation:

**C**ondiment the fish with salt and pepper before frying. Use a pan where you can add enough oil to cover the fish. Fry the fish for 3 minutes per side approx, then reserve.

In the same pan and with the same oil used for frying our fish add 2 spoons of garlic paste, 2 spoons of yellow chili paste, and 2 spoons of oregano, mix and fry for a couple of minutes until it looks like a paste (lower a fire).

Add to the pan 2 onions chopped long (Juliana style) and fry for 3 minutes, then add 3 tomatoes chopped long (Juliana style), add 1 yellow chili fresh chopped in long stripes without seeds and veins. Mix for a couple of minutes and add 2 spoons of white vinegar, and fish stock about 1 cup. Put the fire higher.

Now add pepper, salt, and cilantro chopped a little (the equivalent of 2 spoons). Then we put the fish in the pan and cover it, letting it finish cooking for 8 to 10 minutes approx. serve with rice, add a bit of key lime juice on top of the fish, and enjoy!

Watch the full preparation on Youtube, Click below:





## CHAPTER 2

# CHIFA

Peru's delicious food is the result of a wonderful cultural fusion, one of the most important influences is the Chinese culture, resulting in a fusion cuisine called Chifa.

**C**hifa is the name of the Peruvian-Chinese restaurants, you will find them everywhere in Peru, from the most modest towns to the biggest cities, from the poorest districts to the most exclusive neighborhoods.

The history of this culinary fusion started in the decade of 1970s when a large number of Chinese immigrants called coolies got their freedom from unfair contracts that put them to work in the worst conditions for even up to one decade for Peruvian land owners, of the contracting railroads, and most terribly to harvest guano (fertilizers that comes from seabirds). Once free many of them couldn't return home, instead married Peruvian women, and started to work, many of them cooked in Chinese "fondas" or restaurants, cushioning there their cooking techniques with the Peruvian products they could use.

# POLLO LIMONKAY - LEMONKAY CHICKEN

## History

The Limonkay chicken is a specialty of chifa restaurants and shows the creativity of Peruvians, made from Inca Kola soda and Key lime juice has a sweet acidic characteristic flavor that Peruvians love.



## Ingredients :

For 4 servings:

- 1 fillet of chicken breast
- 1 cup of Inca kola
- 3 key Lime
- 1 spoon of corn flour or cornstarch
- egg
- 1 spoonful of sugar (or honey)
- salt
- 1 spoon of Oyster sauce
- Sesame oil

### Preparation:

First, we will add salt to our fillet, add about a spoonful of oyster sauce, and add one egg and mix it well all over the fillet. Then add about 1 spoon of cornflour and cover all again.

In a pan add oil and fry well both sides of our chicken fillet.

Next, in a hot pot, we add 1 cup of Inca Kola and cook for 5 minutes, then add the juice of 2 key limes, and also 1 sliced key lime. We add also 1 spoonful of sugar or honey, we finish with 1 spoonful of cornstarch.

The already-fried chicken fillet has to be cut into squares. Place on a plate and cover with the sauce we just made.

Recommendation: You can serve it with white rice, or Chinese fried rice Chaufa.

Enjoy!

Watch the full preparation on Youtube, click below:



# POLLO A LA NARANJA - CHICKEN WITH ORANGE SAUCE

## History

**M**any Peruvian don't have any idea of the origins of this Peruvian recipe, which is so spread over Peruvian kitchens. There are 2 possible origins, one is a French recipe (duck a l'orange), and the other more likely in my opinion, is the Chinese orange chicken. Is the perfect option for people who love sweet-salty dishes.

## Ingredients :

For 4 servings:

- 4 pieces of chicken of your preference
- salt and pepper
- 1 red onion
- 1 spoon of garlic paste
- few stripes of bell pepper and/or yellow chili
- 1 spoon of ginger paste or chopped little
- 2 spoons of soy sauce
- 2 spoons honey
- 1 spoon of chopped parsley
- 1 cup of orange juice
- 1 spoon of corn flour
- Pepper, salt, and oregano to taste
- oil

## Preparation:

We will begin by seasoning the chicken pieces with salt and pepper, if you wish you can keep the skin or not. Next fry the chicken for 3 minutes per side, then reserve.

In the oil where you fried the chicken, fry the onion chopped in small cubes and the garlic, when ready add the stripes of bell pepper and/or yellow chili, the ginger, soy sauce, and honey, and integrate well everything for a couple of minutes and then add the chicken pieces pre-cooked.

Now is time to hydrate the stew with the orange juice, we will first add half of the cup to the pot and let cook for 10 minutes covering the pot, we will add to the other half of the cut of orange juice 1 spoon of the corn starch and mix well, after 10 minutes we will add this other part of the cup to the pot and mix well and turn the chicken pieces to the other side, and add on top parsley chopped fine, reserving a bit for the end as a decorative touch.

Enjoy!

Watch the full preparation on Youtube, click below:



# KAM LU WANTAN - CHICKEN WITH FRUITS AND TAMARIND SAUCE

## History

**A**nother of the most requested Chifa options by Peruvians, this is a salty-sweet dish excellent for anyone who loves fruits.

## Ingredients :

For 4 servings:

- 1 Chicken breast
- Soy sauce
- garlic paste
- ginger paste (optional)
- 100 gr of Holantao or Snow peas (a handful)
- 1 red bell pepper
- 100 gr of mushrooms approx.
- 100 gr of spring onions
- 200 gr of Pineapple
- 2 peaches
- tamarind sauce
- sesame oil
- ketchup (optional)
- Salt, Pepper.

## Preparation:

**C**hop the chicken into bite-size pieces, and in a bowl marinate the chicken with 2 full spoons of soy sauce, 1 spoon of garlic, salt and pepper ( you can add a teaspoon of ginger paste if you wish), mix and leave it in the fridge for 1 hour.

In a pot add oil, and fried the chicken for a couple of minutes, add the holantao, the bell pepper chopped in bite-size, mushrooms, spring onions (chop off the extremes of the onion), keep moving, and add the pineapple and peaches chopped in bite-size, keep moving for one minute.

Add to the pot 3 full spoons of tamarind sauce, 1 full spoonful of sesame oil, and 1 spoonful of ketchup (optional). Taste it and check if a bit of salt is needed, this is a good time to correct the flavor. Leave it for 5 min. to max 10 min with a low hit.

Serve it with fried Wantan, and white rice or Chinese fried rice. Enjoy!

Watch the full preparation on Youtube, click below:





## CHAPTER 3

# NIKKEI

Japanese Peruvian cuisine is now recognized as one of the most delicious fusions in the world, the love for fish, seafood, and vegetables that both nations have, and the ancestral cooking traditions carried with pride have indeed created a unique and irresistible flavor.

**N**ikkei is a term that refers to Japanese out of Japan, now the world knows this word as a synonym of Peruvian - Japanese cuisine, reflexing an amazing immigration story that only enriched our nation's culture and made us proud.

The birth of Nikkei cuisine started in 1899 with the arrival of the ship Sakura Maru with 790 Japanese workers, loaded with dreams, the first generation keep their traditions, but the nisei and sansei (2nd and 3rd generation) were to ones that started to fusion the local products the traditional Japanese techniques.

# PULPO AL OLIVO - OCTOPUS IN OLIVE CREAM

## History:

The most popular Nikkei dish in Peru, the way how the octopus is cute (sashimi style) indicates the Japanese influence, the use of the olive cream of mayonnaise and the presentation with avocado shows the fusion with the local culinary tradition, this is a perfect dish for summer.



## Ingredients :

For 4 servings:

- 1 mid-size octopus 500 gr. approx.
- 1 onion
- purple olives
- 1 egg
- 3 key lime
- 1 spoon of finely chopped parsley
- 1 avocado
- soda crackers
- Salt, pepper, vegetable oil, and olive oil )
- Ice

## Preparation:

**W**ash the octopus, then put it in a bowl and add 2 spoons of salt and rub it softly to take off the slime of the octopus. Wash it again.

On a pot with boiling water submerge 3 times the octopus until its tentacles curl, then submerge it and add 1 onion cutter in 4, cover and leave it for approximately 20 minutes. Check if the octopus is ready inserting a toothpick in the leg if it comes in softly it is ready, if not leave it for 5 minutes approx. when ready put your octopus in a bowl with ice cubes to stop to the cooking process and make the meat more firm. Leave it there for some minutes.

Open your olives and remove the seeds. On a very dry blender add one egg, turn on and add gently vegetable oil (1 cup approximately) when it turns creamy and white add the juice of 1 key lime, salt, pepper, mustard (optional) 4 spoons of olive oil and the olives and blend till creamy. Next strain it to take off all the like pieces of the skin of the olives that didn't blend.

In another bowl add the juice of 2 key limes, salt, pepper, 3 spoons of olive oil, and the chopped parsley and mix well.

Cut the tentacles gently and finely like sashimi style, add them into the bowl that contains the parsley dressing, mix, and then place the octopus pieces in a place for the presentation. Add on top the olives cream, decorate with avocado sliced and with soda crackers or gluten-free crackers.

Watch the full preparation on Youtube, click below:





## CHAPTER 4

# AFRO-PERUVIAN

Peru's delicious food is the result of a wonderful cultural fusion, one of the most important influences is the Chinese culture, resulting in a fusion cuisine called Chifa.

**C**hifa is the name of the Peruvian-Chinese restaurants, you will find them everywhere in Peru, from the most modest towns to the biggest cities, from the poorest districts to the most exclusive neighborhoods.

The history of this culinary fusion started in the decade of 1970s when a large number of Chinese immigrants called coolies got their freedom from unfair contracts that put them to work in the worst conditions for even up to one decade for Peruvian land owners, of the contracting railroads, and most terribly to harvest guano (fertilizers that comes from seabirds). Once free many of them couldn't return home, instead married Peruvian women, and started to work, many of them cooked in Chinese "fondas" or restaurants, cushioning there their cooking techniques with the Peruvian products they could use.

# CARAPULCRA - PORK AND DRY POTATO STEW

## History:

The origin of this dish is Prehispanic, its name used to be Kala Parka, in the Aymara language the meaning of this word is: cooked on hot stones. Originally this recipe had dry potatoes and llama jerky. When the African slaves arrived they got in contact with the local culture and introducing their own, this dish prepared in humble houses included pieces of pork to make the flavor richer, and it is known as an excellent dish for parties when you don't have a big budget but yet want to impress everyone.

## Ingredients :

For 6 servings:

- 3/4 kg of Pork.
- 100Gr of ground peanuts
- 1 red onion
- 1/2 kg of dry potato
- 1 spoon of garlic paste
- 3 spoons of yellow chili paste
- 3 spoons of red chili paste
- 1 small bar of chocolate
- Salt, cumins, oreganos and Pepper
- cooking oil

### Preparation:

**C**ut the pork into cubes of 3 centimeters and fry just superficially on a pot with oil. Then reserve the pork, and on the oil of the pot fry the onion in small cubes until it turns all white, add garlic paste and 1 teaspoon of cumin and mix for a couple of minutes. Then add to the pot 3 spoons of yellow chili paste and 3 spoons of red chili paste. then add one teaspoon of pepper and oregano and mix.

In the previous mix add the pre-fried pork pieces and the dried potato that was previously hydrated for 1 hour with water and steam. Add to the pot water to one finger below the top of the mix and cook for 20 min. With high fire

After 20 minutes mix the content and add salt and wine, and cook for 5 minutes.

Open the top again and add the peanuts, and chocolate and add a bit of water to about drying the mix, and cook for 5 more minutes.

The Carapulcra is ready, and serve with white rice and/or boiled yucca. Bon appetite.

Watch the full preparation on Youtube, click below:



# ANTICUCHOS - BEEF HEART ON A SKEWER

## History:

**T**he name of this dish comes from the Quechua for “cut stew meat,” Anticuchos date to Pre-hispanic times. When the Spanish arrived in the 16th century they found the Incas cooking pieces of meat on sticks over flames. While the name may be attributed to the Incas, modern anticuchos are attributed to Afro-Peruvian culture

## Ingredients :

For 6 servings:

- 1 kg of beef heart
- 6 spoons of red chili paste (aji panca)
- 6 spoons of yellow chili paste (aji Amarillo)
- 3 spoons of garlic paste
- 1/4 spoon of cumin
- 1/4 spoon of pepper
- 5 spoons of white vinegar
- 1 spoon of salt
- 1 spoon of oregano powder
- 3 spoons of Pisco
- skewers

## Preparation:

**T**ake the white parts of the heart (fiber and fat) and the thin transparent coverage around the heart, if you don't remove these parts the meat will turn hard to chew when fried. Chop it into pieces of 2 to 3 cm long and 1 cm thick approx. Then reserve.

In a bowl start mixing the following, add the red and yellow chili, garlic, cumin, pepper, white vinegar, salt, oregano, and Pisco (brandy) mix well and add the beef heart pieces, let marinate for at least 2 hours, and if possible overnight.

After the marination, insert a skewer in 3 beef heart pieces and put the on a grill or on a pan, cook each side for 3 to 6 minutes (depending if you are cooking it on a grill of charcoal or on a pan) hydrate the Anticucho with the leftover juice of chilies.

Serve with boiled potatoes previously heated on the grill/pan where the antichurch is being cooked, and boiled corn.

Watch the full preparation on Youtube, click below:





## CHAPTER 5

# ANDEAN CLASSICS

Peru's Andes is equivalent to 30% of its total territory, it is characterized by its sharp mountain range, elevations, rainy and dry seasons, and the diversity of crops produced there.

**T**he Andes has been a place of great cultural interaction in prehispanic times, and home of really advanced societies who experimented with the local crops domesticating, and genetically modifying incredible products such as potatoes, corn, quinoa, and many others, consuming guinea pigs, llamas, and alpaca meat among many others, and creating some unique cooking techniques that prevail until present times.

# OLLUQUITO CON CHARQUI - LLAMA JERKY STEW

## History:

**T**he olluquito with charqui is considered one of the oldest pre-Columbian Peruvian cuisine, dating back to 4500 BC. It has two ingredients that are exclusively typical of our country: olluco (a small, yellow, and soft potato), and charqui (llama jerky)

## Ingredients :

For 4 servings:

- 150gr of Llama jerky
- Oil
- 1 red Onion chopped in cubes
- 1 spoon of Garlic paste
- 1 spoon of Aji mirasol - Yellow chili paste
- 1 spoon of Aji panca (aji special) - red chili paste
- Pepper and cumin to taste
- half glass of water
- 500 gr of Olluco potatoes
- cilantro
- Little salt (the jerky has salt already)

serve with rice - optional

## Preparation:

**H**ydrate the llama jerky in hot water for at least 4 hours prior to cooking.

Fry the onions, when it turns white add garlic, aji mirasol (yellow chili paste), aji especial (red chili paste), cumin, and pepper, and let cook for 2 minutes. Add the llama jerky drained and hydrate with water. Let cook for 10 minutes approx.

Add the Olluco potatoes chopped in long thin cuts and add Cilantro sprig into the stew for it to absorb its flavor. Let cook for 10 minutes approx.

Take off the Cilantro sprig. Taste if salt is needed. Chop cilantro and add on top.

Serve with white rice.

Enjoy!

Watch the full preparation on Youtube:



# QUINUA ATAMALADA - CREAMY QUINOA SAUCE

## History:

Quinoa's or quinoa's nutritional value and historic connection with Peru make it one of the local wonders, so much so that it is called the "golden grain". Although this dish doesn't have a clear creation date, it contains cheese which is one of the Spanish additions to our Peruvian food, making it probably a colonial recipe.

## Ingredients :

For 4 servings :

- 200 gr. of boiled Quinoa
- 1 Red Bell pepper
- 100 gr. of "Queso Mantecoso" (soft salty cheese )
- 1 red onion
- 3/4 of a glass of Milk
- 1 Bread or soda crackers (saltines)
- Coriander
- Oil.
- Salt, pepper.

If you wish you can serve it Peruvian style with white rice, also to add some animal protein you can accompany it with fried beef liver (great for hemoglobin) as we did, steak, chicken fillet, fried egg, or any meat of your preference.

## Preparation:

We cut the onion into medium size cubes and blend them, we add a dash of water or enough to make the blend cream. We reserve the cream. We cut 3/4 of the bell pepper into medium size pieces to blend it. We cut cilantro/coriander enough for a handful

measure (3/4 of a cup) and we add both to the blender with a dash of water and 3 dashes of milk. Blend until creamy. We add the cheese to the blender. We add bread for a thicker consistency and if is too thick you can correct it with more milk, if it is too liquid you can add a bit more bread or soda crackers. Cut 1/4 of a bell pepper (that part we left on one side) into long thin pieces and reserve it.

For the aderezo or base of the flavor: In a hot pan with oil we will fry the onion cream, carefully, it will splash because has water, add it slow and low fire. We will fry and await for the water to evaporate. When most of the water has evaporated we add the other cream of bell pepper to the pan and keep cooking and moving, add salt. At this point, we lower the heat of the stove. We add a spoonful of brown sugar. Then we reserve.

We chop finely the coriander/cilantro (leaves and stem) enough for a handful. Next, we fry the bell pepper in long pieces, adding some salt. We reserve this.

In a pot, we add the previously boiled quinoa and add the cream of bell pepper and onion we just fried, the fried long stripes of bell peppers, and the cilantro chopped finely. No fire is needed in this process because everything is already cooked and hot.

Watch the full preparation on Youtube:



# SOLTERITO DE QUINUA - QUINOA SALAD

## History:

This is a fusion dish between the classical Arquipenian salad Solterito, fresh and light, adding quinoa to increment its nutritional properties.

## Ingredients :

For 4 servings :

- 1 cup of boiled white Quinoa
- 6 boiled potatoes cut into slices
- 1 cup of lima beans boiled
- 3 tomatoes cut into small cubes
- 1 onion cut into cubes
- 250 gr. of "Queso Mantecoso" (soft salty cheese )
- 8 to 10 olives cut into cubes
- a handful of Parsley
- Oil.
- Salt, pepper.

For the dressing:

- 6 spoons of Olive oil
- 1 spoon of red vinegar
- 2 key limes
- Salt and pepper

## Preparation:

**W**ash the quinoa and take off any impurities, drain from the water and reserve.

In a pot add cooking oil and the quinoa and cook for 2 minutes mixing well to avoid burning, add 2 cups of water and cook for 10 minutes adding salt, moving a couple of times to about the quinoa to stick to the bottom. After those 10 minutes cover the top of the pot with a kitchen cloth (be careful of not using one too long to be close to the fire) and cover it again with the top of the pot for 8 to 10 minutes, quinoa will be dry and ready, put the quinoa on a salad bowl.

Add to the bowl the boiled lima beans, corn, tomato, onion, cheese, olives, and parsley chopped little, cover with the dressing, and mix well. Add salt to taste and serve with boiled potatoes.

Watch the full preparation on Youtube:



# CUY CROCANTE - DREEP FRIED GUINEA PIG

## History:

**C**uy, or guinea Pig as it is known around the globe, is one of the most important animal proteins in the Andean world, domesticated about 7000 years ago is part of the Peruvian diet since the creation of the first human settlements and there are many ways to enjoy it, here one of the best portions to introduce it in your diet.

## Ingredients :

For 4 servings :

- 1 guinea pig
- 3 onion
- oregano
- Garlic paste
- paprika chili paste (paste de Aji panca)
- grounded
- chicha de Jora / pisco brandy or beer
- Salt, pepper
- Guinea pig broth (that will be made with our guinea pig)
- Boiled potatoes for the presentation

## Preparation:

**C**lean our guinea pig well, debone it, and cut off the feet. In a pot put water, 1 onion cut into 4 pieces, 2 spoons of dry oregano, 1 spoon of garlic paste, and the guinea pig. Let it boil for 2 minutes, then take out the guinea pig and reserve it to cool down. Reserve the broth of Guinea pig.

Chop 2 onions into small cubes, add oil to a pan, and add the onion, fry for a couple of minutes. Add 2 spoons of garlic paste, salt, pepper, and 2 spoons of aji panca paste (paprika paste) and mix all well for a couple of minutes.

Add to the pan 1/3 of a cup of Chicha de Jora (or the alcoholic drink you have), 3 spoons of ground peanut, and hydrate with our guinea pig broth till it is made a cream. Add oregano and salt and let cook for 5 minutes.

Separate half go the cream and take it to the blender, return it to the pan, and mix well. Reserve.

Your guinea pig is ready to be deep fried, fry it on each side for 3 minutes approx.

Serve with potatoes, the deep-fried guinea pig, and the sauce covering the potatoes.

Watch the full preparation on Youtube:





## CHAPTER 6

# SEASONAL

Christmas, New years eve, Easter, and many more celebrations are associated with some dishes, here you will learn how to cook the most famous seasonal dishes of Peru.

**P**eru is a country with a rich mix of cultures, with influences from all over the world.

# ARROZ ARABE - ARAB RICE

## History:

The origin of this dish is not clear, probably it came with the moors in colonial times, the traditions to eat rice in the Arab world are connected with the expansion of the moguls and their expansion to the north of India. This dish is known as Persian rice or Pilaf in other parts of the world, in Latin America is a very common dish for Christmas as well.



## Ingredients :

For 6 servings:

- 500gr of rice (3 cups)
- 100gr angel hair noodles
- 100gr raisins
- 100gr smoked bacon
- 1 1/2 cups of a black soda
- 1 1/2 cups of water
- 2 spoons of soy sauce
- 50gr of pecans
- 1 spoon of butter
- 1 spoon of garlic paste
- Salt, pepper

## Preparation:

**C**ut the bacon into squares. In a pan add butter until melts, and add the raw noodles and fry until brown, when ready reserve.

In a Pot fry the bacon without oil, when ready reserve, in the same pan add a bit of olive oil, add garlic, and fry, then add water, the black soda, and soy sauce, cover, and let boil.

When boiling add salt, and raisins (previously hydrated with water for 1 hour), the noodles, bacon, pecans, and the washed rice.

Boil for approximately 10 minutes with mid-fire, then cover with a plastic bag for 10 more minutes.

Serve as part of the Christmas dinner. This goes great with apple pure and turkey or pork.

Enjoy!

Watch the full preparation on Youtube, click below:



# ENSALADA DE NAVIDAD - CHRISTMAS SALAD

## History:

This is a classic for accompanying your meats, it goes great with pork and chicken. This is one of the many versions of salad for the season but is probably the most popular.



## Ingredients :

For 8 servings:

- 3 cups of white potato cutted into cubes
- 3/4 cup of green peas
- 3/4 cup of carrots cutted into cubes
- 2 apples (green and red)
- 3/4 cup of celery cutted small (or replace it for cucumber)
- 3/4 cup of pecans cutted small
- 3/4 cup of peach cutted in cubes
- 200gr of jam cutted in cubes
- 1 cup of Mayonaise
- 1 key lime
- sal and pepper

### Preparation:

**B**oil the potato, carrots, and green peas for 10 minutes approx. adding salt to the water. Reserve until is cold.

Cut the apples into cubes, it is important to do this as the last step before mixing the salt, as the apples turn dark (oxide) fast.

In a bowl add the boiled potatoes, carrots and green peas, apples, celery or cucumber, jam, peach, and pecans. Add the juice of 1 key lime, pepper, and salt and mix.

As a final step add mayonnaise and mix gently.

Enjoy!

Watch the full preparation on Youtube, click below:



## CHAPTER 7

# CREAMS

They are the perfect match for your Peruvian dishes.

**A**ncient Peruvians used pastes made from chili to condiments improve the flavor of their foods, this tradition still is with us nowadays there is no Peruvian restaurant where you will not find a bowl of chili paste on the table, they come in different presentations, and some are hotter, some are more creamy or liquid, but all are delish. Here you will learn to prepare the most authentic creams for your parties, and celebrations, or just to use as a deeping for your favorite snack to watch a movie.

# CREMA DE ROCOTO / RED HOT CHILI CREAM

## Ingredients :

- 1 red hot pepper
- 1 onion
- 1 garlic clove
- 2 spoons of white vinegar
- 1 spring onion
- salt, pepper,

## Preparation:

Blend all the ingredients with exception of the spring onion, which you will be adding at the end to the cream, chopped fine. Serve with your meats, it goes great with any grilled meats.

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# ABOUT THE AUTHORS



Vanessa Vasquez and Marek Zakrzewski are two Peruvian tour guides that have many things in common, they love history, food, archaeology, and traveling as much as they can. They were lucky enough to meet in 2012 (he was the trip leader of a polish tour group, and she was the local tour guide assigned to that same group). since then never separated. Now they raise their 3 beautiful daughters in Lima - Peru, sharing with them stories about ancient cultures, fun tour-guide stories, and lots of Peruvian food that Marek usually cooks for them.