



Flavours



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about me

I was born and raised in Peru in the capital city of Lima. When I was a teenage, my family decided to move to Spain where we are living until now. It was a big change for me as life in South America is completely different comparing to this in Europe. But now I can proudly say that I identify myself as a Peruvian European! Living in Spain allowed me to continue my education in Europe in the field of Social work. I love helping people. I witnessed a lot of injustice while leaving in Peru. Poverty is one of the biggest killers of a modern society and I am finding it very rewarding to work with people and helping them to improve their quality of life. Peru is very diverse country that holds influences from Europe and Asia. I am a big lover of local food, and I love cooking traditional food for my international friends.

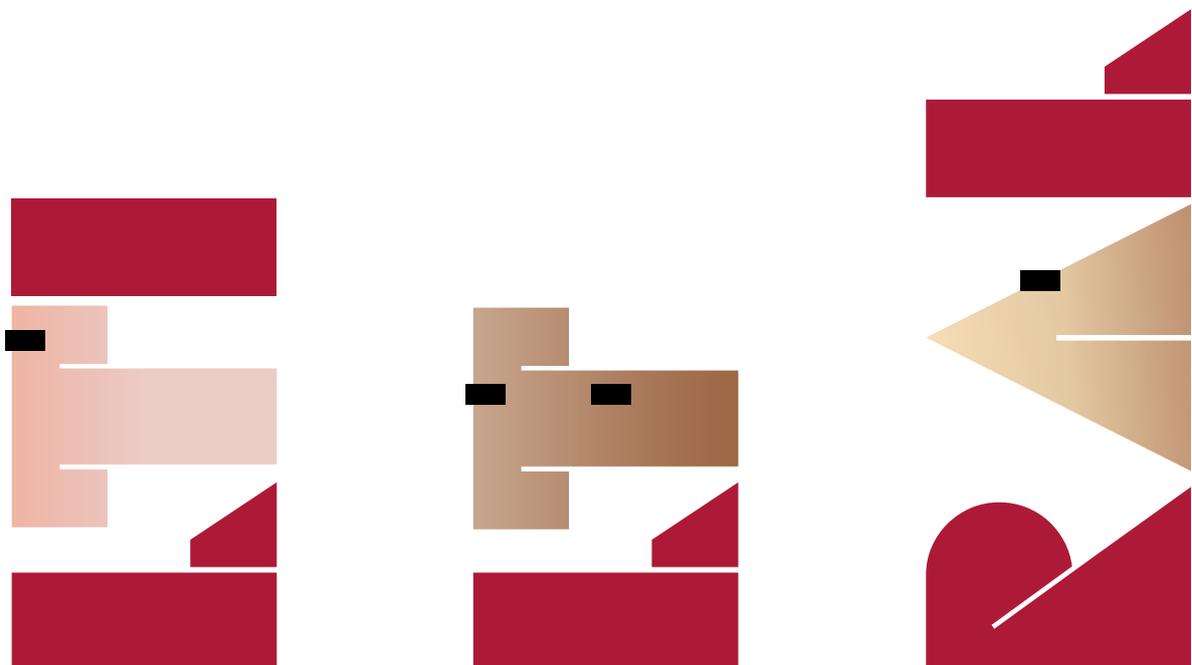
intro

Peruvian cuisine is an expression of a vast biodiversity of the country. The country holds 30 worlds' possible 32 climates and all the flavors that come with them. From the rustic mountains of the Andes to the tropical ingredients of the Amazon to the salty seafood of the coasts. Ingredients are based heavily on potatoes (Peru was the first area of the world to grow potatoes), beans, rice, beef, eggs, lamb, fish, corn, chicken and especially the Aji, or chili.

Peru original ingredients include beans, chili peppers, squash, and corn. The Spanish and European influence that came in 1500s introduced chicken, pork, lamb, carrots, and wheat. We can also spot an influence from Africa as during Spanish conquest African immigrants were imported to Peru to work on the field. They introduced bananas, pumpkins, and sugar cane. They made pumpkin dough and used sugar cane to create a sweet pastry that they called picarones. They created the ultimate delicious beans and rice dish tacutacu. The cultural diversity of Peru's cuisine is what separates it from the rest of the worldwide food. Peruvian cuisine is based on the infusion of different ethnic ingredients and specific cooking techniques to create lush and powerful flavor profiles.

If you want to pretend that you know Peruvian food, here are some dishes to remember:

1. **Ceviche** – national dish of Peru which is chunks of octopus, raw fish and shrimps cured with lime juice). It is usually served with white corn and sweet potatoes. It is super popular along the coast.
2. **Tiradito** – it is a kind of variation for ceviche and sashimi. It is a raw fish that has been sliced very finely covered with yellow pepper sauce.
3. **Aguadito** – which means literally “to wake a dead”. It is hearty chicken soup, packed with garlic, onion, peppers, potatoes, and cilantro.
4. **Lomo Saltado** – which is very similar to a Chinese’s stir fry and even uses soya sauce as a marinade! It may also remind you fajitas. It is a beef served with tomatoes, French fries, rice, and other veggies.
5. **Papa a la huancaína** – yellow potato that is sliced very thickly covered with a yellow spicy and creamy cheese sauce. It is usually accompanied with hard boiled eggs and black olives.



PAPA A LA HUANCAINA



15 min

This is a delicious Appetizer from Peru. The name derived from the name of the city of Huancayo, in the highlands of Peru. Nowadays it is a staple dish that is served around the country. Papa a la Huancaína is an easy and popular dish that everyone likes, it has a spicy flavor. This cold dish will make your dinner extra special. The sauce is very versatile, you can use it as a dip, or as a pasta sauce.

ingredients

- 3 Aji Amarillo (Peruvian yellow peppers)
- 5 oz Queso Fresco (Any Hispanic fresh cheese will do)
- 1 and 1/2 Cups of Evaporated milk
- 3-4 oz of Saltine Crackers (depending on how thick you want it)
- 1/4 of a medium Onion
- 1/2 tsp Chicken bouillon
- 1/2 tsp Garlic Powder
- 2 Hard boiled Eggs
- 4 Peruvian Black Olives (Aceitunas de botija)
- 5 Medium Cooked Potatoes

directions

1. Cut off the stems of the pepper and then cut it sideways to open the pepper. Next, take the seeds off. Make sure you take the vines as well unless you want it very spicy! Then give them a quick rinse with water and cut the peppers in long strips.
2. Cut the onion in half.
3. Pour about 1/2 tsp of canola oil on a hot pan and add the peppers and the onion. Cook them until golden brown.
4. In a blender, add the milk, cheese, the peppers, and onions mixture. Blend it. While blending, start adding crushing the crackers and put them in to the blender. Keep adding crackers until you reach creamy consistency. Then add the chicken bouillon, garlic, pinch of salt, pinch of pepper and continue to blend.
5. Slice the potatoes about a 1,5 cm thick.
6. Place the potatoes on the plate and cover them with the sauce. Add boiled eggs on the top and some olives and we are all done!

SHRIMP CEVICHE



 1 h 15 min

Ceviche is a popular beach snack that can be found along the Mexican coast. It's served cold and it's perfect for hot days. A variety of seafood can be used in place of shrimp.

ingredients

- 1 pound shrimp devided
- 4 tomatoes
- 1 cucumber
- 1/2 yellow onion
- 3 cloves garlic
- 1 green onion (green part only)
- 2 tablespoons cilantro/coriander
- * 1 jalapeno or serano
- 2-3 cups lime juice
- 1/2 teaspoon ground cumin
- 1 teaspoon ground coriander seed

directions

1. Add diced tomatoes and cucumber mix to a bowl along with diced onion, sliced green onion and chopped cilantro/coriander. Lastly add some slat.
2. Put the shrimps to a bowl and add minced garlic along with lime juice to completely submerge your shrimp. Reserve the remaining part. This will go to the fridge for 1h.
3. After one hour take it out and add some more salt, ground cumin seed followed by ground coriander seed. Mix it very well.
4. Mix your shrimps with your veggies. Add some Jalapeno powder or ground red chili. It's all done!

AGUADITO DE POLLO

(Peruvian Chicken Soup)



less than
30 min

This is an incredibly soothing and restorative soup, it's a soup to warm up your soul! No wonder why it's often referred to "levantamuertos," which means to "wake up the dead."

ingredients

- 1 chicken breast, diced
- 2 tbsp vegetable oil
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 3 tbsp mild yellow chilli paste (*see Tips on how to adjust quantity depending on the brand used)
- 1 bunch coriander leaves, blended with 1/4 cup of water
- 1 litre chicken stock
- 2 cups frozen vegetables (carrots, peas, and corn)
- 1 red capsicum, diced
- 1/2 cup long grain rice
- 2 potatoes, cut into eighths (use an all-rounder potato)
- 1 lime, quartered

directions

1. In a saucepan, heat 1 tablespoon of vegetable oil on medium heat and sear 1 diced chicken breast. Remove from the pot and reserve.
2. In the same pan, add the remaining tablespoon of vegetable oil and saute the onion with some salt until soft and translucent. Add the minced garlic and cook for a minute. Add the cumin and yellow chilli paste and cook for a couple of minutes. Stir the blended coriander and let it simmer for around 5 minutes.
3. Add the chicken stock, rice, potatoes capsicum and seared chicken, stir. Bring to a boil, reduce to low, and simmer covered for 10 minutes. Add salt and ground pepper to taste. Add frozen vegetables and let it simmer, covered, for another 5 minutes.
4. Serve hot. Top with more coriander and a lime wedge.

If you leave this soup sitting for several hours or have leftovers, you will find the rice has absorbed all the liquid. That's OK! Just add more stock and reheat in a stovetop or microwave. All the flavour will still be there.

You can make this vegetarian by just skipping a chicken and using vegetable stock!



about us

For 18 years we have been working towards protection of human rights and providing free legal assistance to foreigners, refugees and stateless persons. Through this recipe ebook we would like to share with you our intercultural experience that comes from our daily work with persons coming from all over the world. We believe that learning about the customs and the cuisine of different cultures is a great way of building a more open society!

In our cycle called „Multicultural Flavours” we will be publishing a free ebook featuring a different cuisine every month. If you like our work, we will be grateful if you would support us by a voluntary donation:

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