

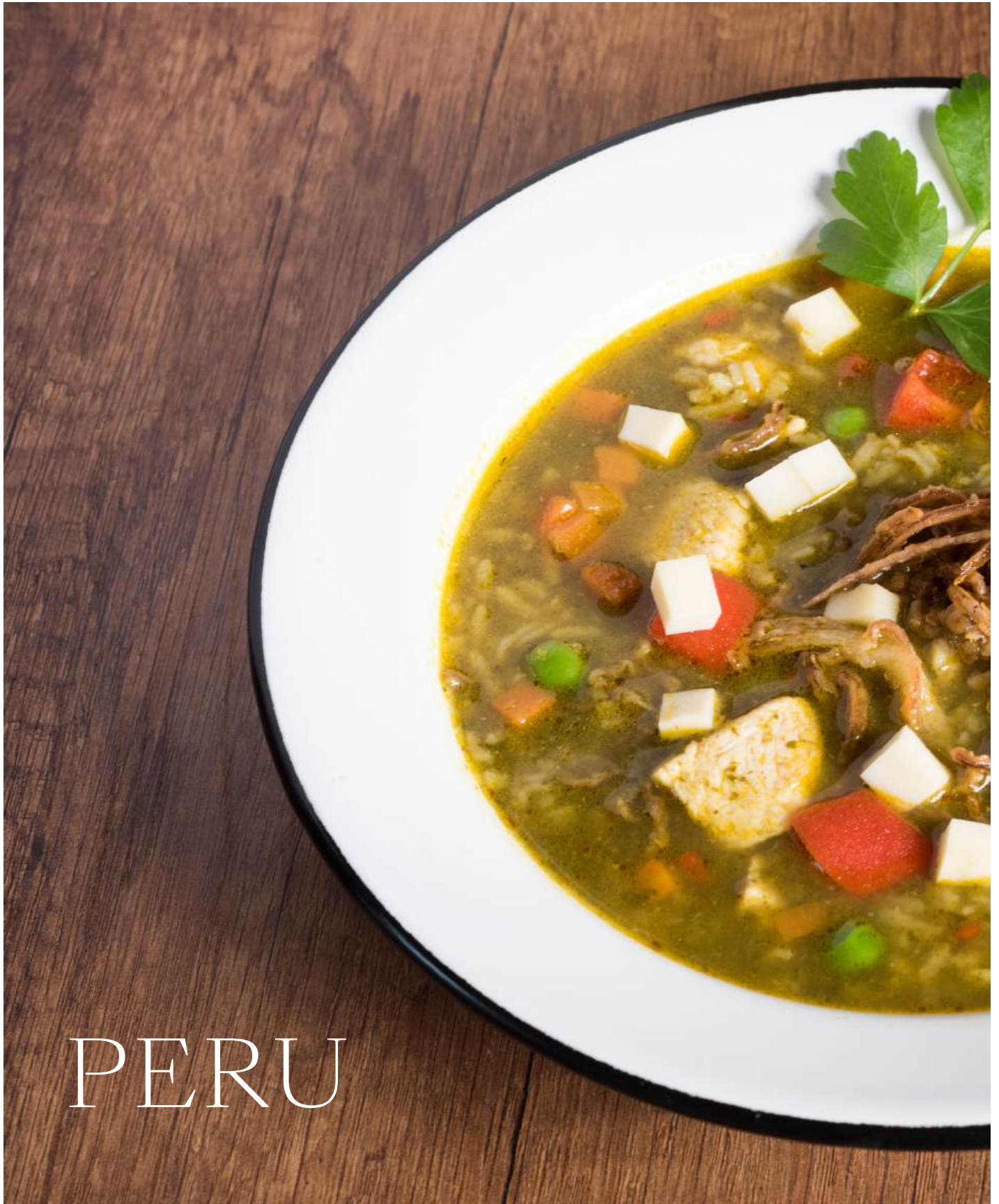
KUODA

The Local
Experience Curator



For the foodie in all of us

TRADITIONAL
RECIPES
OF PERU



PERU

The Local
Experience Curator

KUODA

CONTENTS

Peruvian Recipes	4
Causa rellena	5
Ingredients	5
Preparation	6
Ceviche	7
Ingredients	7
Preparation	8
Simple Quinoa Soup	9
Ingredients	9
Preparation	10
Lomo Saltado	11
Ingredients	11
Preparation	12
Aji de Gallina	13
Ingredients	13
Preparation	14
Pisco Sour	15
Ingredients	15
Preparation	16
Chilcano	17
Ingredients	17
Preparation	18

PERUVIAN RECIPES

These simple and easy dishes will bring back the memories of your favorites meals while in Perú. Each of these recipes has been carefully designed hand in hand with renowned chefs, so that your palate has an unforgettable experience.

We invite you to prepare one of these delicious Peruvian dishes at home!



CAUSA RELLENA DE POLLO

5

There are many theories as to the origin of the name "Causa." The first of two main theories has it coming from the Quechua "Kausaq," meaning that which gives life, and the second theory has it originating from street vendors in Lima during wartime with Chile, hawking their traditional foods with the phrase "for the national cause!" (the word cause is "causa" in Spanish). Regardless of origins of the name, this creamy potato dish served cold is the perfect refresher for hot summer days!



Ingredients

- 8 yellow potatoes (about 3-4 lb.)
- 1 fresh "aji amarillo" chili pepper, or jarred
- "Aji Amarillo" pepper paste
- 4 Key limes
- 4 tbsp. vegetable oil, divided
- 1 clove garlic, minced
- 1/2 cup finely chopped red onion
- 2 boneless, skinless chicken breasts
- 1/2 cup mayonnaise (or olive oil, for a healthier alternative)
- 1 ripe avocado
- Salt and pepper to taste
- Optional Garnishes: Black Kalamata olives, parsley, one hard-boiled egg



Preparation

Place the chopped onion in a bowl with the juice of 1 lime, and season with salt. Set aside to marinate while you perform the next step. Cook the potatoes in boiling water until soft. Peel the potatoes once they are cool (careful not to burn yourself!) and thoroughly mash. Set aside. Remove the seeds and veins from the chili peppers and coarsely chop the peppers. Place them in a food processor or blender, along with the juice of the remaining 3 limes, the garlic, 1 tablespoon vegetable oil, and salt/pepper to taste. Process until smooth. Stir the lime/chili mixture into the potatoes, adding it in parts and tasting after each addition, until potatoes are seasoned to your liking. Stir in the vegetable oil and season potatoes with more salt and pepper if needed. If using the jarred chili pepper paste, add the paste to potatoes 1 tablespoon at a time, until potatoes are seasoned as desired. Poach the chicken in water seasoned with salt and pepper until just cooked through. Shred the cooked chicken, and mix the shredded chicken with the mayonnaise and the marinated onions in lime juice. Season with salt and pepper to taste. Generously oil a spring form pan with vegetable oil.

Press half of the mashed potato mixture into the bottom of the pan. Use a small offset spatula or knife to spread the potato mix into an even layer. Cover with the chicken salad in a smooth layer. Top the chicken salad with thin slices of avocado. Layer the other half of the potato mixture on top and smooth the potatoes with a knife or offset spatula. Alternative Method: For individual "causas," use a well-oiled round cookie cutter to make multiple small servings, following the same layering method as described above then gently removing the cookie cutter by pushing the causa down with your fingers. Decorate the top with a sprig of parsley, slices of hard-boiled eggs, and a Kalamata olive if desired. Serve chilled, and enjoy! Buen Provecho!

CEVICHE

Peru's noble and emblematic dish is quick, easy, and disappears in the blink of an eye. This recipe for fish ceviche is one of the most traditional and most consumed in Latin America. It allows for variations according to your preferences, so feel free to adjust any of the seasonings and ingredients to your tastes.



Ingredients

- 2 lbs. fresh tilapia fillets or other firm white fish fillets, cubed
- 8-10 garlic cloves, chopped
- 1 tsp. salt.
- 1/2 tsp. black pepper
- 2 tsp. fresh cilantro, chopped
- 1 habanero pepper, seeded and chopped (or real Peruvian Aji Amarillo or Aji Rocoto if you can find it)
- 8-12 Key Limes, freshly squeezed and strained to remove pulp, enough to cover fish
- 1 red onion, thinly sliced and rinsed
- Optional garnishes: rinsed lettuce, large corn, boiled sweet potato



Preparation

The acidity of the limes is extremely important to the flavor and preparation of Ceviche. In Peru, limes are called "limones," which can often be confused for "lemons" in English. Make sure you've got small Key Limes, filled to the brim with all the acidic flavor necessary! Cut the fish into cubes approximately 1in x 1in. It is important that the fish is fresh so that the result is the best possible. Place in bowl. Finely chop the cilantro and slice the pepper into strips (or thin rounds, according to your preference - leaving the peppers seeds in will dramatically increase the spiciness of your ceviche). Add parsley, pepper, and sliced rinsed onion to the fish bowl and mix carefully. Add a pinch of pepper and salt to taste. Squeeze the juice from the lemons and strain, and pour into the bowl making sure all fish and ingredients are covered. We recommend not overly-squeezing the lemons, otherwise your ceviche may result in a bitter taste. Portion your ceviche onto a large lettuce leaf and if possible, add salted corn cornels and a boiled sweet potato on the side. Grab an Inca Kola or a refreshment of your choice, and enjoy!

SIMPLE QUINOA SOUP

9

A staple "starter" in many Peruvian households and restaurants, this Quinoa soup is easy to make, remarkably healthy, and utterly delicious!



Ingredients

- 100 grams of Quinoa (3.5 oz.)
- 2 Celery stalks
- 2 Leeks or green onions
- 1 Carrot and other veggies, such as spinach leaves, onions, (or pumpkin chunks, if you want a true Peruvian flair)
- Salt and Pepper to taste
- Optional: Vegetable stock or bouillon cubes (if you are not into stock flavors you can use regular meat or chicken in your soup. Tip: Quinoa soup has such a special flavor with lamb!)



Preparation

Bring water to a boil in a large pot. Rinse the quinoa separately. Let the quinoa cook in a rolling boil for about 20 minutes (it is important not to add any salt at this point, as it will take longer to cook). As the quinoa cooks, wash the veggies of your preference and chop them into small, soup-sized bits. Mix the veggies with the simmering quinoa and add bouillon cubes to taste – at this point salt will be welcome, but go easy if you’re also adding bouillon. Season with pepper to taste. Make sure all the ingredients boil together for 10 to 15 minutes more and voila! Serve hot. Buen Provecho!

LOMO SALTADO

This simple and easy dish will bring back the memories of your favorite meal while in Peru. Find some Inka Cola, put on a little criolla music in the background, and relish in the traditional flavors of Lomo Saltado!



Ingredients

- Vegetable Oil
- 1 lb. of beef tri-tip, sliced into stir-fry-sized strips
- 1 large red onion, sliced "Julienne" style
- 3 large tomatoes, sliced "Julienne" style
- 1 yellow chili pepper (preferably Peruvian "Aji Amarillo" if you can find it!)
- Approx. 3 tbsps. Soy Sauce
- Salt, Pepper and Oregano
- French Fries (16 ounces of frozen fries, or make your own!)



Preparation

Prepare the meat by seasoning it with salt, pepper, and oregano. Place approximately 1 tbsp. vegetable oil in a large frying pan, and heat over high heat. Fry the meat until the juices just begin to run and the meat pieces are “sealed.” Remove meat and place in a bowl for later. In the same frying pan, toss in the onions (with additional oil, if needed) and fry until they begin to turn transparent. Add the tomatoes, chili pepper and soy sauce, cook until the tomato begins to soften approximately 3 minutes. Add in the meat and cover and let simmer on medium-low heat for a few minutes while you prepare the French fries. Prepare the French fries. If using a frozen package, prepare according to the package directions (oven-baked fries may need more time, so start this step earlier if needed). Alternative Method: If you decide to make your own fries, wash and peel about three large russet potatoes (best to do this before cooking the meat, as peeling takes some time).

Slice into French-fry-sized strips, and fry in hot cooking oil until edges just start to brown. Drain, and put in small serving dish, garnishing with salt to taste. The flavors of the Lomo Saltado in the frying pan should have mixed perfectly by now while you were preparing the French fries. Remove from heat, and serve the fries and stir-fry together. Peruvian serving tip: Lomo Saltado is best served with white Peruvian rice. Put a heaping serving of white rice (prepared with plenty of garlic and salt) on one side of your plate, using a rice mold if you're feeling fancy, put a layer of French fries on the other side of the plate, and scoop the Lomo Saltado on top of the fries. Enjoy with a nice cold glass of Chicha Morada, or perhaps Inka Cola.

AJÍ DE GALLINA

This simple and easy dish will bring back the memories of your favorite meal while in Peru. Find some Inca Kola, put on a little criolla music in the background, and relish the traditional flavors of a delicious Ají de Gallina!



Ingredients

- 2 lb. skinless, bone-in chicken breast halves
- 2 carrots, chopped
- 2 quarts of water
- 1 loaf white bread, crusts removed and cubed
- 1 can evaporated milk (12 fluido unces)
- 1/2 cup grated Parmesan cheese
- 1/4 cup walnut pieces
- 1 tsp. vegetable oil
- 4 cloves garlic (2 whole, 2 minced)
- 2 red onions (1 coarsely chopped and 1 minced)
- 2 tsp. ají amarillo chile paste
- 2 tsp. ground turmeric
- 4 hard-boiled eggs, sliced
- 1/4 cup Kalamata olives, pitted and quartered



Preparation

Place chicken breasts, coarsely-chopped onion, carrot, and 2 cloves of garlic in a large saucepan, pour in 2 quarts of water and slowly bring to a simmer over medium-high heat. Skim off the foam which forms on top then cover, reduce heat to medium-low, and simmer until the chicken is tender, about 30 minutes. Remove chicken to a plate and allow to cool. Strain the resulting chicken stock, discarding the vegetables. Pour evaporated milk and 1/2 cup chicken stock into a blender. Add bread cubes and puree until smooth. Add Parmesan cheese and walnuts; puree until smooth. Shred the cooled chicken and discard the bones. Heat vegetable oil in a large saucepan over medium heat. Stir in minced garlic and minced onion; cook until the onion has softened and turned translucent, about 5 minutes. Stir in shredded chicken and aji amarillo until heated through. Pour in bread puree and cook until hot, stirring frequently. Add more chicken stock if needed to keep from getting too thick. Season with turmeric and simmer for 5 minutes more. Serve with a heaping portion of white rice (cooked Peruvian-style with plenty of garlic and salt), and garnish with slices of hard-boiled eggs and Kalamata olives.

PISCO SOUR

Peruvians are incredibly proud of their Pisco, a type of brandy, and their famous Pisco Sours – and rightfully so! If you find yourself with a bottle of Pisco in hand, or simply miss the flavor of Peru's national cocktail, try your hand at this fresh recipe.



Ingredients

- 3 oz. Pisco
- 1 oz. simple syrup
- 1 oz. key lime juice
- 1 egg white
- Angostura bitters (2-3 dashes)
- Ice cubes



Preparation

The acidity of the limes is extremely important to the flavor of the Pisco Sour. In Peru, limes are called "limones", which can often be confused for "lemons" in English. Make sure you've got small Key Limes, filled to the brim with all the acidic flavor necessary! Mix the Pisco, Lime Juice, Simple Syrup, and Egg White in a cocktail shaker. Add ice to fill, and shake vigorously! Shake it thoroughly and for quite a while, so that when it comes time to pour out, a nice layer of frothy foam develop son top. Strain into your cocktail glass of choice, and sprinkle a dash of Angostura Bitters on top of the foam. Enjoy immediately.

CHILCANO (GINGER ALE VERSION)

The Chilcano is a delicious alternative to the Pisco Sour. Not to be confused with chilcano de pescado (a lovely fish soup), a “Chilcano de Pisco” is a refreshing cocktail made with pisco, a unique brandy produced in Peru. The chilcano is simpler to make than the more well-known Pisco Sour.



Ingredients

- 2 1/2 oz. Pisco
- 1/2 lime
- 1/2 oz. simple syrup (optional)
- Ice
- 4 oz. ginger ale
- 2 drops Angostura bitters
- Lime round for garnish



Preparation

The acidity of the limes is extremely important to the flavor of the Pisco Sour. In Peru, limes are called "limones", which can often be confused for "lemons" in English. Make sure you've got small Key Limes, filled to the brim with all the acidic flavor necessary! Mix the Pisco, Lime Juice, Simple Syrup, and Egg White in a cocktail shaker. Add ice to fill, and shake vigorously! Shake it thoroughly and for quite a while, so that when it comes time to pour out, a nice layer of frothy foam develop son top. Strain into your cocktail glass of choice, and sprinkle a dash of Angostura Bitters on top of the foam. Enjoy immediately.

Variation

Instead of lime juice, try another fruit. We recommend 1 oz. grapefruit, 1 oz. blood orange, and 1 oz. pineapple juice to make three different tangy variations, garnished with each fruit. Salud!