

MACHU
TRAVEL
PERU

REAL EXPERIENCES
YOUR LOCAL TRAVEL GUIDE

THE BEST RECIPES OF PERU GASTRONOMY

THE MOST TRADITIONAL RECIPES OF THE WONDERFUL
PERUVIAN CUISINE

TRADITIONAL PERUVIAN RECIPES

At the World Travel Awards, Peru has been chosen as the leading culinary destination in the world for five consecutive years. A magnificent feat when you consider that it was just a little over 10 years ago that the Peruvian food movement gained momentum. With the gastronomic boom, the reinvention of how food is prepared is due to a group of chefs with a vision of the future Gaston Acurio, and Pedro Miguel Schiaffino among others.

They have brought Peruvian cuisine to the world stage with a mix of traditional Peruvian food and a mix of different food cultures to what we see in the best restaurants in Peru today. For this reason, together with our colleagues from Machu Travel Peru, we have prepared a small article about the best traditional Peru dishes. Learn a little more about these ancestral delicacies!



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1 CEVICHE (PERUVIAN SUSHI)

- 1 pinch of pepper
- 1 kilogram of fish of your choice
- 1 onion, julienned
- ¼ cup chopped cilantro leaves
- 1 yellow chili bell pepper, chopped
- 1 chopped aji limo bell pepper (for garnish)
- 12 lemons
- 1 pinch of salt and pepper
- 1 cup fish broth

PREPARATION

Peruvian ceviche is prepared differently from the rest of South America. **The fish is marinated in lemon juice, chopped hot pepper, yellow chili, salt, and pepper** (by 5 - 10 minutes).

And then served immediately with lettuce salad with fresh onion slices, cilantro leaves, toasted corn kernels, Cochayuyo (red algae that grow in cold water shores along the Peruvian coast), and sweet potato. Although, due to its great influence throughout the country, there are numerous presentations with unique ingredients.

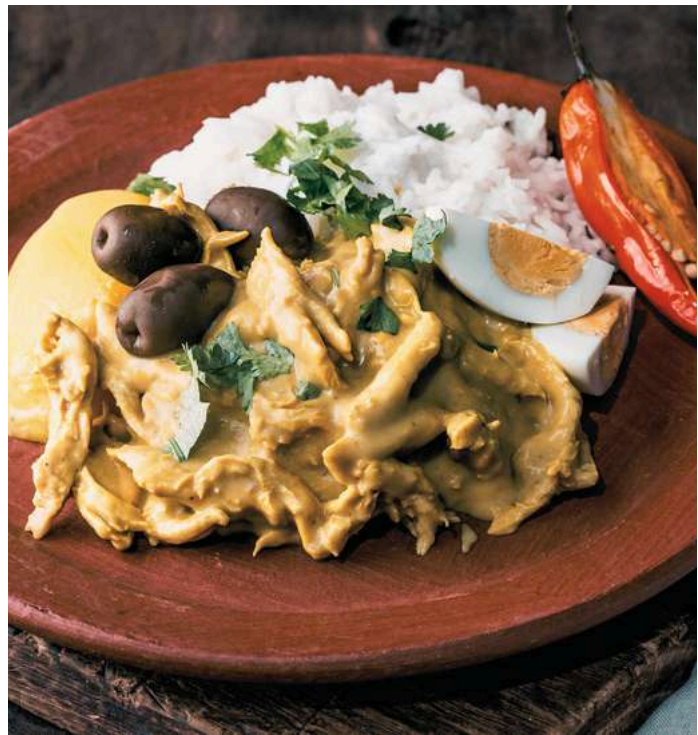
To accompany

- 1 parboiled baby corn
- 1 parboiled sweet potato (yam or sweet potato)
- 1 bunch of lettuce leaves



2 AJÍ DE GALLINA (CREAMY CHICKEN)

- 1 Chicken Breast
- 1 can of cream
- 8 Slices of Bread
- 2 Eggs
- 2 Cups of Cooked Rice
- 2 Boiled White Potatoes
- 1 Red Onion
- 1 teaspoon of Minced Garlic
- 4 tablespoons of Ground Yellow Chili Pepper
- 4 Black Olives
- 1 teaspoon of toothpick
- 1/4 cup Pecans
- 2 tablespoons vegetable oil



The women Peruvian slave created the dish, having as the base, discarded chicken rest from Spanish tables. However, nowadays, it is one of the most wonderful flavors of Peru.

PREPARATION

Aji de Gallina is a dish of a delicious **mixture of shredded chicken, dry bread crumbs, milk cream, olives, yellow pepper**, seasoning toothpick, pecans, and finely chopped onions cooked for approximately 45 minutes. The resulting creamy past is served over potato slices (boiled separately) and accompanied by white rice and soft-boiled egg slices.





3 ANTICUCHOS (GRILLED BEEF HEART)

- 250g beef heart
- 500ml liquefied red chili
- 3 tablespoons vinegar
- 1 tablespoon oregano powder
- 1/2 tablespoon cumin powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 5 tablespoons cooking oil
- Accompaniments: fried yellow potato, onion slices

This delicious typical food of Peru had its origin in the regions of the Andes during the colonial times (16th century) when the Spanish conquerors took advantage of the best pieces of beef for their consumption and leftovers for their servitude. Years later, the form of preparation of the heart passed to the Peruvian coast region where the recipe found its final style.

PREPARATION

It is usually made with hearts cut into cubes. These are marinated in vinegar, cumin, chili, oregano, red pepper, ground black pepper, and garlic and then put on sticks to be roasted on charcoal grills. These are served on skewers and have potato or onion slices.



4 PAPA A LA HUANCAINA (POTATOES IN SPICY CHEESE SAUCE)

- 4 large Canchan potatoes (you can use the potato of your choice)
- 3 yellow chili peppers (without veins or seeds)
- 1 medium red onion
- 3 whole garlic cloves
- 3/4 cup vegetable oil
- 200 grams of fresh cheese
- 6 crackers, crushed
- 3/4 cup evaporated milk
- Lettuce, egg and olive (optional for garnish)



It is one of the few traditional dishes of Peru that could be considered vegetarian, and **it's a tribute to the Peruvian potato and the yellow pepper** that always give a touch of itching to all Peruvian foods.

PREPARATION

This dish consists of boiled yellow potatoes (Among 3000 potato varieties that Peru has) served with **a spicy, creamy yellow sauce made from cheese, milk, crushed onion, garlic, vegetable oil, crushed soda crackers, and yellow peppers, previously blended**. The boiled potatoes are served bathed in this sauce and served on top of fresh lettuce.





Chupe de Camarones is the most representative soup of Arequipa cuisine.

PREPARATION

The Shrimps are the kings here and its preparation consists of Shrimps (obviously), cream of milk, common milk, tomatoes, and cheese, with a base of fish broth, onions, eggs, garlic, pumpkin, and yellow potatoes. **This soup has to boil for a few minutes. After that, white rice, beans, carrots, and peas are included.** A cook of 45 minutes more and well done! You have a succulent Chupe de Camarones. Even, many consider that this dish is equal in flavor to Peru's national dish, Ceviche.

5 CHUPE DE CAMARONES (SHRIMP CHOWDER)

- 1 kilogram of cleaned shrimps
- ½ cup of oil
- 1 cup of chopped onion
- 4 cloves of garlic, chopped
- 1 chopped tomato, skin and seeds removed
- 2 liters of fish broth
- ½ cup of rice
- ½ kilogram of peeled and halved white potato
- 1 sliced corn
- 1 cup of green beans
- 1 cup of cabbage in pieces
- 1 cup of pumpkin in two-centimeter cubes
- 5 eggs
- 1 cup evaporated milk
- ½ kilogram of fresh cheese, crumbled



6 ARROZ CON POLLO (RICE & CHICKEN)

- 4 Chicken Legs
- 2 Cups of White Rice
- 3 cups of water
- 1/4 chicken broth
- 3 Red Onions
- 1 Tomato
- 1 Carrot
- 1/2 Cup of Peas
- 1/2 Cup of Shelled Corn
- 1 cup of Culantro (cilantro, husked)
- 1 pinch of salt
- 2 lemons
- 1 teaspoon of Ground Garlic
- 4 tablespoons of Ground Yellow Chili Pepper
- 4 tablespoons of vegetable oil



This is an important dish that forms the Peruvian daily diet, and **its preparation is a tribute to the variety of spices that Peru has**. On an additional note, the Arroz con Pollo shares the style of preparation with Spanish Paella but uses local and tasty ingredients.

PREPARATION

The rice chicken dams are cooked with diced carrot, yellow bell pepper, capers, celery, shelled corn, green beans, onion, olives, and peas. **All of them are mixed over a rice bed** (Previously, the rice had to be seasoned with chicken broth, lemon juice, a little bit of tomato paste, coriander, garlic, thyme, and bay leaf). The preparation is cooked for 30 minutes and, it is done!





7 PACHAMANCA (STEAMED FOOD UNDERGROUND)

- One and a half cups of whole Chincho
- One and a half cups of whole Huacatay (a kind of guinea pig)
- 1 kilo of pork meat
- 1 kilo of Huairo potato
- 1/2 kilo of yellow or purple sweet potato
- 2 corn
- 10 spoons of Mirasol chili bell pepper
- 10 spoons of Aji Panca
- 3/4 cup of Chicha de Jora
- 1 spoonful of salt
- 1/2 teaspoon pepper
- 1/2 teaspoon cumin
- Vegetable oil

PREPARATION

Huacatay, Chincho, chili Mirasol and Panca peppers, Chicha de Jora, salt, pepper, and cumin, potatoes, sweet potatoes, beef, pork, chicken, and guinea pigs are previously seasoned to give a unique flavor. **After these are put inside a hole dug in the ground, stones** (previously heated with firewood) go in the hole bottom, following the ingredients and the preparation that has to be well wrapped by leaves.

Finally, all the preparation is covered with dust. **The preparation has to be cooked from 3 to 4 hours and done!** You will have the best representation of biodiversity in Peru, the Pachamanca.



8 LOMO SALTADO (STIR-FRIED BEEF)

- 1lb. Beef tenderloin, cut into thin strips
- 2 cloves garlic, finely chopped
- Salt* (salt and pepper to taste)
- Pepper to taste
- 3 tablespoons vegetable oil
- 1 small purple (red) onion, thickly sliced
- 2 Perita tomatoes, cut into thick slices
- 1 yellow chili, seeded and deveined, cut into thin strips
- 2 tablespoons soy sauce
- 3 tablespoons red wine vinegar
- 1/3 cup beef broth (beef stock)
- 1/2 fresh cilantro, coarsely chopped
- 2 cups french fries
- White rice as a side dish



The history of this dish goes back to the time when Chinese cuisine began to have a great influence in Peru.

PREPARATION

This consists of **sliced steak, onions, tomatoes, French fries, and yellow pepper, all sautéed over a skillet with a base of oil, vinegar, beef broth, soybean sauce (Sillao), and finely chopped garlic.** The secret technique is the saute all these ingredients, even, some cooks let the fire of a kitchen burner invade the skillet, all a spectacle. The dish is served seasoned with coriander and pepper and an accompaniment of white rice, even some restaurants include a fried egg. Amazing!



9 CAUSA RELLENA (POTATO CASSEROLE)

- 250 grams of yellow chili
- Water
- 500 grams of yellow potato
- 2 tablespoons olive oil
- 1 tablespoon lime juice
- 90 grams of yellow chili paste
- 250 grams chicken breast
- 6 tablespoons light mayonnaise
- 2 avocados
- Salt and pepper to taste

Its name origin has many theories. One indicates that Peruvian women, as a form of collaboration to the Cause of Peru's independence, prepared this dish for the independence troops of General San Martin. The last theory indicates that, again, the Peruvian women, fed to Peruvian soldiers, in the middle of the Pacific battle against Chile, with this dish, to stand by the Peruvian Cause.

PREPARATION

This is prepared with mashed potatoes, seasoned with lemon juice, yellow chili, salt and pepper.

The mashed goes, in the form of thick sheets, between thick fillings with ingredients such as mayonnaise, tuna, avocado, celery, olives, or chicken.



10 SECO DE RES (CILANTRO BEEF STEW)


- 1 kg. leg of lamb
- 5 cloves of chopped garlic
- 1 cup red vinegar
- 1/4 tsp. cumin
- 1/2 cup vegetable oil
- 2 cups of chopped red onions
- 1 tablespoon of ground aji panca bell pepper
- 1 tbsp. ground aji amarillo chili bell pepper
- 2 tablespoons chopped coriander
- salt and pepper



PREPARATION

This recipe uses cumin, chopped garlic and red onions, peppercorn, yellow peppers, red vinegar, ground Aji Panca pepper, salt, pepper, and the well-known Chicha de Jora (one of the most traditional Peruvian drinks), and coriander, two key ingredients in this dish. All of them, with the beef, are cooked in a pressure cooker, to simmer. **The idea is to reduce the liquid quantity of the mix, obtaining a green, thick stew.** The Andean culture has used Chicha de Jora for hundreds of years. Used similarly to wine in certain stews, it gives it a characteristically acidic and pleasant flavor. This delicious stew can be served with beans and white rice.





**“ONE CAN NOT THINK
WELL, LOVE WELL, SLEEP
WELL IF ONE HAS NOT
DINED WELL”**