

## About Vanessa...

My name is Vanessa Figari and I am from Lima, the capital city of Peru. I am 27 years old and was born on September 10, 1985. I am a kindergarten teacher and have two brothers: Bernardo and Giovanni. My parents are Vicky and Jaime. My hobbies include: dance, singing, swing, running, making jokes, cooking, traveling and enjoying my life.

Almost 3 years ago I got married to a very beautiful person, my husband Luis Miguel. Just 1 month after we began living together I started taking care of the meals -- until we were able to hire our housekeeper -- but in that short time I realized that I had a hidden talent: cooking. So before moving to Cambridge, I approached the HSSPA suggesting the creation of my own cooking group, and after reviewing all my ideas they told me "Yes!"

When I first started, I was a little bit nervous about how my classes would be, who would come, etc. But thanks to God everything was perfect and my group was very popular so I decided to try new and more challenging recipes from my wonderful country! That's why the name of my group is Peruvian cooking classes.

The principal idea of my group was to meet new people and also to introduce them to some delicious Peruvian food.



*Dedication:*

I dedicate this book to my mom, Vicky, because she has been my teacher all throughout my life.

I also have to thank HSSPA for all their support and especially all the people that have trusted in me and enjoyed our unforgettable group called Peruvian Cooking!

I have to mention a very important person, Katie Bornn, because she has been helping me with all my ideas and with the creation of this book.



*Vanessa*

## Peruvian Cooking

Featuring recipes from Vanessa Figari's HSSPA group



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# Tallarín Saltado

Peruvian style stir-fry with beef, peppers, onions and tomatoes



## Tallarín Saltado

- 1 red pepper
- 3 tomatoes (cut into half moon slices)
- 2 packages of meat (cut into strips)
- 2 white onions (cut into half moon slices)
- 2 boxes of spaghetti
- 1 cup of parsley
- ½ cup of soy sauce
- Garlic, salt, pepper, olive oil, etc.

## Directions

1. Marinate the meat with garlic, salt, pepper and soy sauce. F
2. Fry the onions with the garlic for about 10 minutes, then fry the meat.
3. When the meat is cooked add the red pepper, tomatoes, onion, parsley. Try to mix everything and make the mix juicy.
4. Mix everything with the cooked spaghetti and add 3 tablespoons of olive oil.
5. If you want to decorate the dish you can add parsley in the top of the dish.

Serves 6 approximately



## Peruvian Christmas Cookies

Kind of like a sugar cookie, kind of like a cinnamon cookie.  
Definitely delicious.



## Peruvian Christmas Cookies

- 2 egg yolks
- 2 1/2 cups of flour (previously sifted)
- 1 cup of powdered sugar
- 2 teaspoon of vanilla extract
- 1 teaspoons cinnamon (optional)
- 1 cup of salted butter

## Directions

1. Mix the flour and the butter with a fork, then add the powdered sugar, vanilla or cinnamon and the egg yolks.
2. Mix everything together with your hands until it forms a dough.
3. Roll out the dough and cut shapes with a cutter – don't forget to put oil and flour down when you're rolling it out!
4. Preheat the oven at 350 F and bake the cookies for 15 minutes.
5. Decorate as desired – then enjoy!



## Seco de Pollo

Stewed chicken, with peas, carrots and potatoes, cooked together in a delicious cilantro sauce



## Seco de Pollo

- Chicken legs
- Cilantro
- Onion
- Garlic
- Salt
- Peas
- Carrots
- Potatoes
- Oil

## Directions

1. Fry the onion and garlic until soft.
2. Add the chicken legs and cook for a while (between 5 to 7 minutes).
3. Add the carrots, peas and a cup of water. Leave everything cooking for 15 minutes then add salt.
4. You can eat this dish with rice and cooked potatoes. As a decoration you can also add parsley on the top of the potatoes or rice..



# Asado

Peruvian roast beef



## Asado

- 6 cloves of garlic
- 3 carrots
- 3 tomatoes
- Water
- Oil
- Salt, Garlic Powder, Cumin, etc
- Beef (roast or another soft cut without skin), etc.

## Directions

1. Cut holes in the beef and insert the carrot slices (circles). Add some of the garlic and season with cumin, salt and garlic powder. Fry the beef for 10 minutes per side in a little bit of oil.
2. Put the tomatoes, garlic, and a little bit of water into a blender and puree everything together.
3. Put that sauce in the pot with the beef (should be juicy) and add the rest of the carrot slices. Cook the beef on the stove on medium heat, covered, for about 45 minutes (and don't forget to turn the beef over half-way through so both sides cook evenly.)

Note: Your pot should be covered all the time so the heat can cook the beef faster.

Serve with mashed potatoes and rice.



# Alfajores

Caramel and sweet shortbread-like cookie sandwiches



## Alfajores

- 1 1/2 cups all-purpose flour
- 1/2 cups Maicena (corn starch)
- 200 grams unsalted butter
- 8 Tbsp powdered sugar
- Dulce de leche (caramel)

## Directions

1. Mix everything, except the dulce de leche, and put the dough in the fridge for 2 hours. Cover or wrap with plastic wrap.
2. Preheat the oven to 220 degrees. Roll out your dough on a lightly floured surface and cut out with cookie cutters.
3. Place on a baking sheet and leave in the oven for about 20 minutes. Be careful not to overcook.
4. Once cooled, spread a tablespoon of dulce de leche in the middle and sandwich another cookie on top.



# Tallarines Verdes

Pasta with a fresh, pesto-like sauce



## Tallarines Verde

- Linguine pasta
- 1 box of basil
- 1 box of spinach
- 2 white onions
- 4 cloves of garlic
- 1 can evaporated milk
- Fresh Guatemalan cheese (Available at Market Basket)
- Salt, Pepper, Parmesan cheese, etc.

## Directions

1. Wash the spinach and basil separately. Blanch both in a bowl in some boiling water for about 25 seconds.
2. Fry the onion and garlic until translucent (about 5 minutes) and then add basil and spinach to the pan for a minute or two.
3. Put the onions, garlic, spinach, basil, Guatemalan cheese, milk and some salt and pepper into a blender. Puree until smooth.
4. Place in a pot and cook for 4 minutes; add the parmesan cheese.
5. Boil your pasta and top with sauce and any other garnishes you may like: basil leaves, parmesan cheese, etc.

Serve with a fresh caprese salad.



# Orange Chicken

A zesty, citrusy chicken stew



## Orange Chicken

- 7 regular oranges (or about 2 cups orange juice)
- 10 chicken legs
- Cumin
- Salt
- All purpose flour
- Oil
- 3 tsp sugar

## Directions

1. Marinate the chicken legs with cumin, salt and then add the flour; coating each chicken legs.
2. Fry the chicken legs on each side with a little bit of oil then remove the legs.
3. Heat the sugar in a pot until it is a little burnt then add the chicken legs and cover with the oranges juice. Simmer together for 30 minutes.





# Spanish Seafood Paella

Fried rice with seafood and saffron

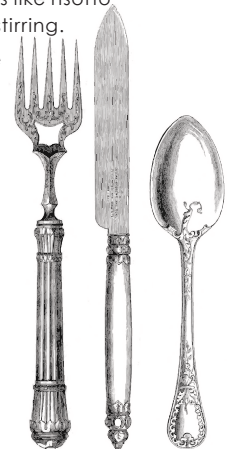


## Spanish Seafood Paella

- 3 boxes of Valenciana rice
- 6 tomatoes
- 2 onions
- Bay leaf
- Saffron
- Shrimps
- Mussels
- Seafood mix
- Fresh clams (put them in cold water and salt so they stay alive)
- Garlic
- Salt
- Black pepper
- Olive oil (for frying)
- Dry parsley
- Dish stock (or the seafood water)
- Cooking wine

## Directions

1. Cook the clams and the shrimps in hot water.
  2. Boil the tomatoes in hot water and then peel them.
  3. Chop the onions and peel the garlic, then puree them with the tomatoes
  4. Fry the mixture with the rice and add the fish stock. This dish is like risotto could be sticky, so add more stock when needed and keep stirring.
  5. Fry the seafood mix in a different pan and then add all in the rice as soon as it's almost done (al dente).
  6. Add the saffron, salt, black pepper, cooking wine, clams, shrimps, mussels, clams, etc.
- After 45 to 50 minutes the dish should be ready.



# Aji de Galina

Peruvian chicken stew in a spicy, nutty cheese sauce



## Aji de Galina

- 3 chicken breast
- 1 celery
- 2 teaspoon of oregano
- 1 teaspoon of garlic
- 12 soda crackers
- 3 slices of bread (white or brown)
- 1/2 can of evaporated milk
- Walnuts
- Parmesan cheese
- 1 onion
- Salt, etc.

## Directions

1. Boil the chicken breast with the celery and oregano until the chicken is cooked. Remove from the water and shred into pieces. Keep the water.
2. Fry the onions, garlic and the spicy yellow for 15 minutes.
3. Add the chicken and mix everything together, then turn off the heat.
4. For the sauce mix the crackers, bread, salt and the saved water from the chicken. Mix everything together; make sure it's not too liquidy.
5. Put everything together: chicken, sauce and evaporate milk. Mix well and then add in the walnuts and the parmesan cheese.

Serve with rice and potatoes. Garnish the top with more walnuts, parmesan cheese and black olives.



# Causa de Pollo

A traditional dish made with ingredients native to Peru



## Causa de Pollo

- 12 yellow potatoes, cooked
- 4 tsp of Peruvian yellow spice
- Juice of one lemon
- 1 Tbsp olive oil
- 1 chicken breast, cooked & chopped
- 3 spoonfuls of mayonnaise
- 1 avocado, sliced
- 2 tsp of parsley
- 6 black olives
- Salt and pepper

## Directions

1. Mash the potatoes with the yellow spice, then add the lemon juice, olive oil and mix well.
2. In another dish, mix the chicken with the mayonnaise.
3. To assemble, spread half of the potato mix in a dish, then the sliced avocado, then the chicken mixture and finally the remaining potatoes.
4. To garnish, top with sliced black olives and parsley.



# Arroz con Pollo

Browned chicken cooked with rice, garlic, onions and tomatoes



## Arroz con Pollo

- 7 chicken legs
- 2 spoonfuls of oil
- ½ cup onion, diced
- 1 spoonful of garlic
- ¼ teaspoon cumin
- ¼ cup Peruvian yellow spice
- 1 cupful cilantro
- ½ cup yellow pepper and red pepper
- 3 cups rice
- ½ cup peas
- 4 cups water
- Salt

## Directions

1. Season the legs, and fry each piece of chicken in very hot oil for about 4 minutes per side.
2. In another pot, fry the garlic, onion, and cumin for 2 minutes then add the yellow spice and the cilantro and fry for 6 minutes.
3. Add the chicken, yellow and red pepper, peas, rice and 4 cups of water.
4. Leave cooking for 20 minutes and accompany the dish with salsa criolla.

