

POTATO IN PERUVIAN CUISINE



**EMBASSY OF PERU IN
INDIA CONCURRENT TO
BANGLADESH, MALDIVES,
NEPAL AND SRI LANKA**



POTATO IN PERUVIAN CUISINE



PERU, LAND OF THE POTATO

Easily available things are often taken for granted!

This readily available "Solanum tuberosum" commonly known as Potato could be one such example. An interesting episode would be when you ascertain the fact that potato is the world's fourth largest food crop after rice, wheat and corn. The ancient Peruvian led the way of cultivating potatoes around 5,000 B.C. to 8,000 B.C. These were first cultivated by farmers who lived on high plains and mountain slopes near Lake Titicaca (which is on the borders of now Bolivia and Peru). Despite the cold and harsh climate, potatoes grew well and soon were almost an indispensable part of those living in such climatic conditions.

Potatoes had become so famous for its nutritional value that the English explorer Sir Walter Raleigh introduced them to Ireland in 1589 on the 40,000 acre of land near the city of Cork. And after four decades, potatoes had spread across the rest of the Europe too.

Eventually, European farmers found potatoes easier to grow and cultivate if compared with other staple crops such as Wheat and Oats. It became known that potatoes are very nutritious and an acre of land could feed 10 people.

Peru is still the home to the largest variety of potatoes in the world. There are 3000 varieties of native potato and Lima (the capital of Peru) has the International Potato Centre that helps reduce poverty and achieve food security in developing countries through scientific research on potato, sweet potato and other tuber crops.

PERU'S NATIVE POTATO VARIETY



Papa Blanca
(White Potato)



Papa Huamantanga-Juito Rojo
(Typical Peruvian Potato)



Papa Amarilla
(Yellow Potato)



Papa Tarmaña
(Typical Peruvian Potato)



Papa Pericholi (Typical Peruvian Potato)



Papa Canchan
(Typical Peruvian Potato)



Papa Peruanita
(Typical Peruvian Potato)



Camote
(Sweet Potato)

PERU'S NATIVE POTATO VARIETY



Papa Cóctel
(Typical Peruvian Potato)



**Papa
Púrpura**
(Purple Potato)



Papa Nativo
(Typical Peruvian Potato)



Papa Huayro
(Typical Peruvian Potato)



Papa Negra
(Black Potato)



Papa Tomasa
(Typical Peruvian Potato)



Chuño
(Freeze-Dried- Potato)



Papa Yungay
(Typical Peruvian Potato)

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CAUSITAS

Potato Snack Balls

Ingredients:

- 3 whole artichokes
- Salt and pepper, to taste
- 1 bay leaf
- 4 medium-sized, starchy yellow potatoes
- 2 tablespoons vegetable oil

- 2 tablespoons yellow hot pepper paste
- 3-4 tablespoons lemon juice
- 1/2 cup mayonnaise

For garnish, to taste:

- Garden tomatoes
- Fresh oregano leaves

Preparation:

- Cook the artichokes in a pot, fully covering them with water. Add salt, pepper and the bay leaf. Bring to a boil and reduce heat to a simmer. Cook partially-covered until the leaves can be easily pulled off when gently tugged on. Let cool.
- In another pot, cook the potatoes with their skins on for about 25 minutes or until they've softened. Drain and peel while hot, and immediately mash them in a potato ricer to make a fine purée. You can run them through the ricer twice for a more consistent texture.
- Add salt to taste. Incorporate the oil, hot pepper paste and lemon juice. If you can, knead with your hands until all ingredients are fully incorporated. Cover with a cloth and set aside.
- Remove the artichoke leaves and set aside the most beautiful leaves for serving the causitas. When you reach the artichoke hearts, clean and finely chop them, combining them with the mayonnaise to make a salad. You can also scratch off the edible part of each leaf and add it with the chopped hearts.
- Arrange the reserved leaves on a pretty plate or serving dish. Form small balls with the causa and make a hole or dip in the top. Fill with 1/2 teaspoon artichoke salad. Set each causa ball in an artichoke leaf. Garnish with tomatito silvestre or fresh oregano.





SALCHIPAPAS

Fry Hotdog with French Fries

Ingredients:

- Potato, peeled and cut in sticks
- Oil for frying
- Salt
- 4 sausages (chicken or pork)
- Ketchup
- Mustard
- Aji Amarillo paste¹
- Mayonnaise
- Parsley leaves to garnish

Preparation:

- Heat the oil in a heavy saucepan over high heat.
- Dry the potatoes with paper towels and fry, a little at a time, until golden. If you are using the frozen ready-made variety, heat them in a 450°F oven, for 18 minutes. Sprinkle with salt.
- Meanwhile cut the sausages in rounds or oval slices. Heat a teaspoon oil in a skillet. Cook the sausages until golden and juicy.
- In the same skillet combine sausages and fried potatoes.
- Serve immediately with ketchup, mustard, aji Amarillo, mayonnaise.
- Garnish with a few parsley leaves.





CHICHARRON CON CAMOTE

Crispy Pork with Fries Sweet Potato

Ingredients:

- 1 lb. pork chop, bone on
- 4 cups water
- 1/4 cup salt
- 1 yellow onion cut into quarters
- 1 yellow onion, julienned
- 1 bay leaf
- 1 large sweet potato
- olive oil
- 2 habanero peppers², julienned
- 1 lime
- salt and pepper to taste
- fresh cilantro for garnish

Preparation:

- Combine 4 cups water and 1/4 cup salt in a sealable container, add the pork, cover, and brine overnight in the fridge.
- Remove the pork from the container, discard the brining solution, and place the pork in a large pot. Add enough water to cover the pork by 1 inch, about 10 cups of water.
- Add 4 onion quarters and the bay leaf, bring to a simmer, partially covered, and let the water reduce completely, about 2 hours.
- In a separate pot, cook the sweet potato in water until it's fork tender. Remove from water, peel, cut into 8 rounds, and set aside.
- Julienne the habanero peppers after removing the stem, seeds, and veins. Julienne the yellow onion, and toss in a bowl with the habanero peppers and juice of 1 lime. Season with salt and pepper to taste.
- When the braising liquid has completely evaporated, continue to cook the pork in its own fat for a few minutes to brown it. Remove from heat and set aside.
- Remove the meat from the bone and cut into 4 large pieces.
- On a skillet with olive oil over medium heat with, brown all the pieces before serving. In the same skillet, brown the sweet potato rounds.
- Place 2 sweet potato rounds in each bun, topped with a piece of pork, and garnished with the onion and habanero salsa and a few cilantro leaves.



CAUSA RELLENA

Peruvian Layered Filled Potato

Ingredients:

- 2 lb. (1 kg) yellow potatoes
- 1/2 cup vegetable oil
- 2 small fillets sea bass
- 2 red onions, finely chopped
- 1/4 cup vinegar
- Aji amarillo¹ paste
- Juice of 1 key lime
- Juice of 1 orange
- Salt

For the fillings:

- 1 avocado
- 1 cup mayonnaise
- 2 cups cooked corn kernels mixed with mayonnaise
- Juice of 1 key lime

To serve:

- 1 dz. cooked crayfish tails
- Lettuce leaves

Preparation:

- Rinse thoroughly the potatoes and place them in a large pot with plenty of salted water. Bring to a boil and cook until tender, about 15-20 minutes.
- Meanwhile, place onion to marinate in a small bowl, with the vinegar and 1 tsp. salt until it turns a rosy pink color. Strain the potatoes well and when they are cool enough to handle, peel and mash by pressing them through a fine mesh sieve with the back of a spoon. Alternatively, you can use a ricer. Add vegetable oil, key lime juice, aji amarillo paste and salt and mix thoroughly until all ingredients are well incorporated.
- Poach sea bass fillets and put aside to cool. Slice the avocado and sprinkle with a little key lime juice and salt. Drain the onion well and combine with the orange juice and aji amarillo paste as per your taste. Set aside. Lightly oil and line a 10 in-(25 cm) rectangular loaf pan or mold with plastic wrap. Line the base of the mold with a layer of the potato mixture, pressing down lightly and levelling with the back of a spoon. Spread a thin layer of mayonnaise on top. Spoon in the corn kernel mixture and add another layer of potato.
- Spread another thin layer of mayonnaise on top of the potato layer. Layer the avocado slices on top and cover with another even layer of potato. Cover with the poached fish, spread with a fine layer of mayonnaise and finally top with another layer of potato. Chill in the refrigerator for at least one hour until ready to serve.
- To dish up, invert onto a bed of lettuce leaves, unmold and top with the onion mixture. Garnish with cooked crayfish tails.



PAPA A LA HUANCAINA

Potato with Huancaína Cream Sauce

Ingredients:

- 1/2 cup aji amarillo¹ paste.
- 2 tablespoons vegetable oil
- 1 cup evaporated milk
- 4 soda crackers
- 8 oz. queso fresco (fresh white cheese)
- Salt
- Iceberg lettuce leaves³
- 6 yellow potatoes, boiled and peeled
- Black olives
- 3 hard-boiled eggs, peeled and cut in slices
- Parsley sprigs

Preparation:

- Put the aji amarillo paste in the blender, add oil and milk and process with the crackers, queso fresco, and salt, until smooth.
- In four plates put four lettuce leaves, some thick potato slices, and cover with a few tablespoons of the sauce.
- Garnish with black olives, hard boiled eggs and parsley.





OCOPA

Potato with Ocopa Cream Sauce

Ingredients:

- 1 large potato
- 2 cloves of garlic, crushed
- 3 tablespoons huacatay⁴ (black mint paste)
- 2 tablespoons aji amarillo¹ (yellow chilli paste)
- 2 cream crackers
- 300ml evaporated milk
- 50g roasted peanuts
- 1 medium sized onion
- 200g feta cheese
- Salt and pepper to taste
- Olive oil
- 1 egg

Preparation:

- Olives and dried parsley, to garnish.
- First, put a pan of water to boil and once bubbling, add the potato, skin on, and the egg. You'll need to take the egg out after a few minutes when it's hard-boiled. I like it a little runny so prefer to take it out after around six minutes.
- Chop the onion roughly and add to a frying pan over a medium heat with a lug of oil, garlic, aji amarillo, huacatay paste and a dash of salt and pepper. Whilst stirring, fry until the onions have softened and then take off the heat.
- In a large bowl or jug, add the contents of the pan, plus the cheese, milk and a tablespoon of olive oil and blend. When it's well-blended, add the crackers and blend further to thicken it up a little.
- When the potato is soft, take it from the pan, remove the skin and cut into slices about 1cm thick. Arrange on the plate and cover in the sauce. Finally add the olives, parsley and the egg to decorate; and serve right away.





PAPA RELLENA

Peruvian Style Stuffed Potato

Ingredients:

- 2 lb (1 kg) white potatoes
- 1 3/4 lb (750g) meat, half meat, half pork, cut into fine dice or minced
- 3 medium onions, chopped fine 1/2 lb (250g) tomatoes, peeled, seeded and diced fine
- 1 tsp paprika
- 3 1/2 oz (100g) pitted black olives
- 3 hard-boiled eggs, chopped
- 1 egg, beaten
- Flour for coating
- Vegetable oil for frying
- Salt and pepper

Preparation:

- Place the potatoes in a large pot with plenty of salted water and boil until tender for about 20 minutes.

To prepare the filling:

- Heat enough oil to cover the base of a large skillet and brown the meat, seasoning with salt and pepper to taste. Remove the meat from the skillet with a slotted spoon and put aside.
- In the same skillet, sauté the finely chopped onion and tomato and the paprika. Cook on low heat for a couple of minutes and add the cooked meat to the skillet. Simmer all the ingredients together for 5 minutes. Remove from the heat and mix the hard-boiled egg and the olives in it.





SOPA DE PAPAS

Potato Soup

Ingredients:

- 1 1/2 pounds assorted fingerling potatoes (I used red and yellow)
- 2 tablespoons extra-virgin olive oil
- 1 medium-size yellow onion, cut into 1/2-inch pieces
- 4 large cloves garlic, coarsely chopped
- 1 small red bell pepper, stem and ribs discarded, cut into 1/2-inch pieces
- 1 teaspoon cumin seeds, ground
- 1 teaspoon ground annatto seeds
- 1 teaspoon of salt
- 1 teaspoon black pepper
- 1/2 teaspoon white pepper
- 4 ounces cream cheese, diced
- 2 cups whole milk

Preparation:

- Fill a medium-size bowl with cold water. Wash the potatoes well under cold running water. Cut them in half and submerge them in the bowl of water to prevent them from discoloring.
- Heat the oil in a Dutch oven or large saucepan over medium-high heat. Once the oil appears to shimmer, add the onion, garlic, and bell pepper. Stir-fry the medley until the onion is light brown around the edges and the garlic and pepper have softened, 5 to 7 minutes. Remove the pan from the heat.
- Stir in the cumin, annatto, salt, peppercorns, and cayenne. The heat of the pan's contents is just right to cook the spices without burning them, about 15 seconds.
- Drain the potatoes in a colander and add them to the pan along with the cream cheese and milk. Return the pan to medium-high heat. As the milk comes to a boil, the cream cheese will start to melt. Lower the heat to medium-low, cover the pot, and simmer, stirring occasionally, until the potatoes are tender when pierced with a fork or knife, about 15 minutes.
- Transfer the soup, in batches, to a blender jar and puree it until smooth, creamy, and a beautiful shade of yellow, scraping the inside of the jar as needed. You can also puree it in the pan with an immersion blender.
- Serve the soup warm in individual bowls, topping it with the cheese, avocado, scallions, and cilantro.



PATASCA

Peruvian Style Andean Hominy Soup

Ingredients:

- 250g mote corn⁵ (maiz mote)
- half a small onion, diced
- 1 clove of garlic, crushed
- 1 teaspoon oregano, dried
- 500g lean meat, cut into bitesized slices
- tablespoon of parsley, chopped
- 3 spring onions, chopped
- sprig of fresh mint
- 2 small potatoes, cut into chunks
- salt to taste
- 500g pre-cooked tripe (replace with more meat if you don't want to use tripe)

Preparation:

- The day before you're going to cook, leave the mote to soak overnight in warm water.
- The next day, take the mote, meat and boil together in enough water to generously cover all the meat. Leave it to simmer for around 3 hours. Once it's becoming tender, add the garlic and onion and keep simmering. This is a slow dish, and the meat will become more tender the longer you leave it – in Peru, some places cook it for up to 12 hours!
- Add the tripe, mint, and potatoes and leave to cook further until the potatoes are cooked through.
- Serve in a deep bowl, sprinkled with the parsley and spring onions. You could also serve it with a slice of lemon to squeeze in and a hunk of fresh bread.





MENESTRON

Peruvian Style Minestrone Soup

Ingredients:

- 2 stalks celery (chopped)
- 1 carrot (chopped)
- 1/4 cup chopped cabbage
- 1 large potato (peeled and cubed)
- 1/2 cup frozen peas
- 1/3 (16 oz) box fettuccine⁶
- 3/4 cup crumbled cotija cheese
- 7 large fresh spinach leaves
- 4 leaves fresh basil
- 1 tbsp water
- 1 tbsp vegetable oil
- 1 large onion (diced)
- 1 tomato (peeled, seeded, and diced)
- 2 large cloves garlic (minced)
- salt and ground black pepper
- 1 lb meat (cubed)
- 10 cups water
- 1/2 (15.5 oz) can garbanzo beans⁷ (drained and rinsed)
- 1/2 cup frozen corn
- 1/2 cup frozen lima beans

Preparation:

- In a pot, heat the oil over medium heat; saute onion, tomato and garlic until onion is softened, for about 3-4 minutes. Season with salt and pepper. Add meat and salt to taste; cook and stir until meat is mostly cooked through, 15-20 minutes.
- Pour about 10 cups water over meat mixture; add garbanzo beans, corn, lima beans, celery, carrot, and cabbage. Boil mixture until vegetables are mostly tender, about 10 minutes.
- Stir potatoes, peas, and fettuccine into vegetable-meat mixture; cook until potatoes are tender, 10-15 minutes.
- In a blender, blend the cotija cheese, spinach, basil, and about 1 tbsp water until smooth and liquefied, adding more water as needed. Pour cheese mixture into soup; cook until soup is green and cooked through, about 4 more minutes. Season with more salt if desired.





SANCOCHADO

Peruvian Braised Meat And Vegetables

Ingredients:

- 4 pieces meat
- 600 g pork belly
- 1 leek, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 2 celery sticks, coarsely chopped
- 500 g cassava
- 4 medium potatoes (I used Nicola), peeled and halved
- 4 chorizos^s
- 2 cups pumpkin, diced
- 1/2 green cabbage, sliced
- salt and pepper

Preparation:

- Brine the meat in water and about 2 tablespoons of sea salt for at least 2 hours. Do the same with the pork belly.
- Rinse the meats and place in a big pot. Add leek, carrots, celery and enough water to cover. Cook on medium-low heat until the meats are tender (1.5-2 hours).
- While the meats are cooking, boil the cassava for 30 minutes or until soft.
- Also halve and pan-fry the chorizos. When done, keep warm.
- When the meats are ready, remove from the pot and keep warm.
- Add potatoes to the pot and 2-3 teaspoons of salt. Cook for 15-20 minutes.
- Add pumpkin and cabbage, cook for about 10 minutes more, until the pumpkin is tender. Check seasoning.
- Plate the solids and pour the broth in a cup.





CHUPE DE CAMARONES

Peruvian Style Shrimp Chowder

Ingredients:

- 1kg large prawns, whole
- 200ml sunflower oil
- 2 large onions, chopped
- 2 teaspoons achiote paste
- 300ml tomato passata⁹
- 6 tablespoons of aji panca paste¹⁰
- 12 medium sized potatoes, peeled and cut into quarters
- 2 corn on the cob, chopped into slices around 3-4cm thick
- 120g white rice
- 200g ricotta cheese
- 250ml evaporated milk
- 4 eggs
- 4 cloves of garlic, crushed
- 2 tablespoons huacatay⁴ paste
- Salt and pepper to taste
- Small handful of fresh parsley, chopped

Preparation:

- Start by making the stock. Set aside one whole prawn per person (which will be used to decorate later). Peel the rest of the prawns and remove the heads. Set the bodies aside, as this will be cooked in the soup later.
- In a large saucepan, bring around 2 litres of water to the boil. Add the prawn peel and heads to the water and leave it to boil, covered, for around 40 minutes. Then use a blender to blend the shells and heads with the water to make the stock. Strain the stock to remove any solid parts and set it to one side.
- Take another large saucepan, and add half of the oil over a high heat. When hot, add the achiote paste, and fry, stirring, for a couple of minutes until the achiote has infused the oil.
- Add the onion and garlic, and fry until golden.
- Add the aji panca and stir through for a minute until the onion and garlic are well-coated.
- Add the tomato passata and huacatay to the pan, stirring well. Turn the heat down to medium, and add the stock you made earlier and cook for another five minutes, stirring regularly. Use a ladle to remove any foam which is forming on the top of the stock.
- Add the rice and simmer for another 15 minutes.
- Add the potatoes and corn, and simmer. Give the soup a taste, and add salt and pepper to season. Keep stirring occasionally, until the potatoes are cooked through.
- Then add the evaporated milk along with the prawns themselves. They won't take very long to cook, so don't overdo it – simply simmer over a medium heat for 2-3 minutes until they've turned pink.
- Whilst they're cooking, use the remaining oil you need and fry one egg per person in a separate frying pan.
- Take a soup plate for each person. To serve, start by placing the potatoes and corn in the dish. Then add one sixth of the ricotta to each dish. Pour the soup over, then add a fried egg and the prawns. Sprinkle with a little chopped parsley to garnish.



CARAPULCRA

Pork And Freeze-Dried Potato Stew

Ingredients:

- 1/2 pound of Papa seca (freeze-dried potatoes)
- 3 tablespoons of Oil
- 2 pounds of boneless pork chops, cut into large chunks
- 1 Onion, minced
- 2 or 3 cloves garlic, minced
- 1 tablespoon of aji panca¹⁰ chile powder or paste
- 2 teaspoons of cumin
- 1 cup of dry white wine
- 4 cups of stock or water
- Salt and pepper
- 1/4 cup of chunky natural peanut butter

Preparation:

- Heat an ungreased, heavy-bottomed skillet over medium-high flame. Add the potatoes and stir occasionally to lightly brown them on all sides. Remove to a large bowl and add water to cover by about 2 inches. Refrigerate the potatoes and let them soak for at least 8 hours or overnight.
- Drain and rinse the potatoes. Then add them to a large pot with water to cover. Bring to a boil over medium-high flame, then reduce heat to medium-low and simmer for about 20 minutes, or until cooked through. Remove from heat, drain and set aside.
- Heat the oil in a large pot over medium-high heat. Brown the pork chop pieces on both sides, removing to a plate when finished.
- Add the onions, garlic, aji and cumin to the remaining oil in the pot and saute until the onions are cooked down and translucent.
- Stir in the wine and simmer a couple minute to cook out the alcohol. Then stir in the stock or water, salt and pepper and add in the browned pork chops and cooked potatoes. Bring to a boil, and then reduce heat to medium-low and simmer for about 45 minutes to an hour.
- Remove from heat and stir in the peanut butter. Adjust seasoning to taste and serve immediately with rice or with boiled yuca or potatoes.



SOPA VERDE DE CAJAMARCA

Green Soup

Ingredients:

- 2 tablespoons olive oil
- 1 large white onion, finely chopped
- 3 garlic cloves, finely chopped
- A large bunch paico leaves¹¹
- or a small bunch parsley
- a small bunch mint
- a small bunch huacatay⁴
- or a small bunch coriander
- a few tarragon¹² sprigs
- 1/2 head a small green cabbage or 4 heads pak choi
- 4 potatoes, peeled and thickly sliced
- 4-6 eggs, separated
- 200g feta cheese, crumbled
- salt
- freshly ground black pepper

Preparation:

- Heat the olive oil in a large saucepan or casserole. Add the onion and sauté over a medium heat for 10 minutes until soft and translucent. Add the garlic and cook for a further 1–2 minutes to soften.
- Meanwhile, put all the herbs in a blender with a little water and blitz to a smooth paste.
- When the onion and garlic are ready, add half the herb paste to the pan with the onion mixture, along with the cabbage or pak choi and the potatoes. Stir to combine, then pour in 1.5 litres of water and season well with salt and pepper.
- Bring the soup to the boil, then reduce the heat to low and simmer for 25 minutes until the potatoes are very tender. Remove the casserole from the heat and spoon off 2 ladlefuls of stock into a small saucepan over a low heat. Whisk up the egg whites a little and swirl into the casserole of hot soup, then stir in the remaining herb paste and keep warm. Carefully drop the egg yolks into the small saucepan of broth and allow them to poach gently for 2 minutes until warmed through but still runny. Serve up the soup in individual bowls, carefully adding a poached yolk to each bowl (1 yolk per person) and sprinkle with the crumbled cheese.



MONDONGUITO A LA ITALIANA

Peruvian Style Italian Tripe Stew

Ingredients:

- 1/4 Cup olive oil
- 1 Cup thinly julienned onion
- 1 Teaspoon minced garlic
- 4 Tbsp aji amarillo¹ powder
- 2 Large tomatoes, peeled and julienned (seeds removed)
- 1 Cup sliced mushrooms (or 1/2 cup dried mushrooms)
- 1 Bay leaf
- 1 Cup meat stock (fresh or from bouillon)
- 1 Lb chicken precooked and sliced in thin strips
- 1/2 Cup cooked peas
- 1 Cup cooked carrot (in cubes)
- 1/2 Kg (1 lb) potatoes – french fried
- 2 Tbsp chopped cilantro
- 1 Tbsp chopped parsley
- 50 Grams grated parmesan cheese (2 or 3 tablespoons) to taste

Preparation:

- In a large pot, heat the olive oil. Add the onion and garlic, cook over medium heat until it begins to caramelize (turns a golden brown).
- Add the aji, tomato, mushrooms and laurel. Saute together a few minutes to let the flavours meld.
- Add the meat stock and bring to a boil.
- Stir in the mondongo (tripe), let it cook for about 10 minutes.
- Next, add the peas and carrots, and cook a few minutes more.
- Add your already french fried potatoes, minced parsley and cilantro and grated parmesano. Stir well, and season to taste with salt and pepper.
- Serve the mondonguito alongside rice, of course. You can decorate it with fresh parsley leaves.
- Mondongo (tripe) needs to be cleaned and cooked before use. The best way to cook it is to put it in a pan and cover it with water. Add about a half cup of milk and a bit of spearmint (hierba buena), then simmer over medium heat for about an hour.





POLLO SALTADO

Stir-Fried Chicken

Ingredients:

- 1 lb chicken breast cut in thin slices
- 2 garlic cloves, minced
- Salt and pepper to taste
- 3 tablespoons vegetable oil
- 1 small red onion cut in thick slices
- 2 plum tomatoes cut in thick slices
- 1 seeded and ribbed aji amarillo¹ chili pepper cut in thin slices
- 2 tablespoons soy sauce
- 3 tablespoons red wine vinegar
- 1/3 cup meat stock
- 1/2 cup fresh cilantro, coarsely chopped
- 2 cups French fries
- Fluffy white rice, as a side dish

Preparation:

- Season the meat with garlic, salt and pepper.
- Put a wok or a pan over very high heat. Stir in oil and cook the meat, a few slices at a time (so they do not steam and the meat browns). Cook each batch 2 minutes.
- Stir in the onion, tomato, chili pepper, and stir for about 2 to 3 minutes. The tomatoes and onions should be crunchy, not mushy. Stir in soy sauce and vinegar on sides of wok or pan. Mix everything. Add chicken broth and cook 1-1/2 minutes. Taste for seasoning.
- Turn off the heat, add chopped cilantro and serve at once with French fries and white rice.





PATITA CON MANI

Peruvian Pig's Feet With Peanuts

Ingredients:

- 3 pork legs (if you cannot get pork legs you can use any other cut of pork that you like)
- 2 tablespoons of either butter or oil.
- 1 medium sized onion (prepare the onion by chopping it)
- 1 tablespoon of vinegar
- 100 grams of peanuts that have been both roasted.
- 1/4 cup of mirasol¹³ chili/pepper in paste.
- 1/2 cup of broth (use the broth that you cooked you the pork legs in)
- 3 potatoes (prepare the potatoes by cooking then and then cutting/dicing them)
- Salt and Pepper

Preparation:

- Both clean and peel the pork legs and then place them in boiling salt water.
- Once the pork legs are finished cooking drain them and then continue to dice them.
- In a medium size pan heat up the oil and then proceed to fry the onion along with the garlic and the chili. Season all the ingredients with some salt and pepper.
- Once the ingredients in the pan are cooked and mixed well add the pork legs, peanuts, vinegar, and the broth that you cooked the pork legs in. Bring everything to a boil and continue to cook for 5-7 minutes.
- Just before serving add the cooked potatoes and stir well.





SECO DE POLLO

Chicken In Cilantro Sauce

Ingredients:

- 3 cups cilantro leaves
- 2 cups spinach
- 1/2 cup vegetable oil
- 1 1/2 pounds chicken breast roast, cut in 2x2 inch pieces
- 1 chopped red onion
- 2 chopped garlic cloves
- 1 tablespoon aji amarillo¹ paste
- 2 potatoes, cut in four parts
- 3/4 cup green peas
- 3/4 cup diced carrots
- Salt and pepper

Preparation:

- Put the cilantro and spinach in the blender and process with one cup water. Reserve.
- Heat the oil in a saucepan over high heat and when it is very hot sear the meat pieces until they are golden brown.
- Add the onions, garlic and aji amarillo paste to the saucepan; stir and let them cook until the onions are soft and translucent.
- Pour the cilantro mixture and turn the heat to medium. Stir constantly until the water evaporates.
- Add one tablespoon of oil, if necessary, to fry the herbs. The cilantro and spinach are going to get a dark green color.
- Pour 6 cups of water and simmer over medium-low heat for 2 hours with the lid on. Check constantly and add water if necessary.
- When the meat is fork tender add the potatoes, green peas, carrots, salt and pepper to taste; cook uncovered for 15 minutes or until the vegetables are tender.
- The stew is ready when the veggies are cooked and the juice is reduced.
- Serve with rice and beans.





AJIACO DE PAPA

Peruvian Style Cheesy Potato

Ingredients:

- 3 lb new potatoes
- 3 clove garlic, finely chopped
- 1 medium yellow onion, finely chopped
- 3 Tbsp. aji paste¹⁴ or 3 medium chili peppers finely chopped
- 2 Tbsp. olive oil
- 3/4 lb feta cheese cubed
- 3 medium hard boiled eggs, coarsely chopped
- salt and pepper to taste

Preparation:

- Peel the potatoes and boil in lightly salted water. When done, drain well and cube.
- Saute garlic, onion, and aji paste or chiles in oil until the onion is slightly golden.
- To the sautéed onions, add potatoes and milk, and stir carefully so as not to mash the potatoes.
- Add the cheese and eggs to the potatoes, and cook just enough to heat through and serve. Garnish with a bit of chopped fresh parsley if desired.





POLLO A LA BRASA

Peruvian Style Grilled Chicken With French Fries

Ingredients:

- 1/3 cup soy sauce
- 2 tablespoons fresh lime juice
- 5 garlic cloves
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1 tablespoon vegetable oil
- 1 (3 1/2 lb) whole chickens, quartered
- 1 lime
- French Fries

Preparation:

- Blend soy sauce, lime juice, garlic, cumin, paprika, oregano, 1/2 teaspoon pepper, and oil in a blender.
- Put chicken in a large sealable bag and add marinade. Seal bag and marinate, chilled, 8 to 24 hours. Turn occasionally to assure even marinating.
- Prepare grill for medium-high heat.
- Discard marinade, then pat chicken dry. Oil grill rack.
- Grill chicken over area with no coals (or over a turned-off burner), skin side down first, covered, turning over once, until cooked through, about 30 to 35 minutes (add charcoal to maintain heat).
- (IF OVEN ROASTING - Preheat oven to 500°F, and roast chicken for 30 minutes in a 13x9-inch roasting pan with 1 cup water. After 30 minutes of roasting time, tent with foil and continue roasting until browned and cooked through, or about 15 minutes longer).
- Serve with french fries.





PICARONES

Pumpkin/ Sweet Potato Fritters With Syrup

Ingredients:

- 1 pound sweet potatoes
- 1 pound pumpkin
- 2 teaspoons aniseed
- 1 tablespoons sugar
- 1 3/4 tablespoons active dry yeast
- 1 pound all-purpose flour
- Vegetable oil for frying

- 4 cups chancaca¹⁵ syrup

For the syrup:

- 2 chancaca¹⁵ pieces
- 2 cinnamon sticks
- 6 cloves, 1 fig leaf
- 2 star anise
- pineapple peels
- 1 orange, whole

Preparation:

- Peel the sweet potatoes and cut in medium sized squares. Peel and chop the pumpkin. Put in a heavy saucepan with the aniseed, add water to cover, and cook over medium high heat until soft. Drain, reserving the water, and process in the food processor or mash the sweet potatoes and pumpkin to form a soft puree.
- Cool the water to lukewarm. In a bowl put one cup cooking water and the sugar; add the active dry yeast, stirring until dissolved. Cover and let rest for 10 minutes in a warm place, until it forms a sponge.
- Put the potato and pumpkin puree in a large bowl; add the activated yeast. Add the flour, and mixing with your hands add 1/2 cup of the cooking water, until the dough is no longer sticky, and feels soft and silky. Cover with a kitchen towel and let rest in a warm and quiet place, until double or triple in volume, at least two hours.
- When the dough is ready, heat a good amount of oil in a big saucepan to deep-fry the picarones.
- This is a fundamental step and requires skill and training. With practice, you will get there. Have a bowl with cold water nearby; with one wet hand, take a portion of dough, and quickly try to make a ring shape with your thumb while you put it in the hot oil. With a long wooden stick, turn the picarones around (you can use a kitchen fork to do this). Serve drenched with syrup.

For the syrup:

- Chop chancaca and put in a saucepan with cinnamon sticks, cloves, fig leaf, star anise, pineapple peels, and orange. Cover with water and cook over medium heat, stirring occasionally until the chancaca is dissolved and forms a thick syrup. Strain discarding the solids, cool to room temperature, and put in a jar to have it ready to pour over picarones. You can substitute chancaca with molasses syrup or muscovado sugar.



CAMOTILLO

Sweet Potato Dessert

Ingredients:

- 500g sweet potatoes
- 150g caster sugar
- or 80 g yacon syrup
- 1 orange, zested
- 1/4 teaspoon ground cinnamon
- 1 tablespoon hundreds and thousands
- coconut or vanilla ice cream, to serve (optional)

Preparation:

- Preheat the oven to 180°C.
- Roast the sweet potatoes in their skins, for about 45 minutes if small, longer if they are larger, until the flesh is soft (the long cooking time will help to dry them out well). Remove the potatoes from the oven and when they are cool enough to handle, peel and mash the flesh to a smooth purée.
- Reduce the oven temperature to 150°C.
- Weigh the sweet potato flesh and put it in a saucepan. Add half the weight of the sweet potatoes in sugar or a quarter of the weight in yacon syrup, along with the orange zest and cinnamon. Cook over a low heat for about 5 minutes until the sugar (if using) has dissolved, then cook for 20 minutes, stirring continuously, until the mixture has reduced to the consistency of puréed potato. Remove from the heat and allow to cool.
- Spoon the cooled sweet potato mixture into a piping bag. Pipe lozenges the size of dates onto a nonstick baking tray, continuing until you have used up all the mixture. Alternatively, use a dessert spoon to make quenelles.
- Place on a baking tray and bake until the mixture has set round the edges but is still soft and squidgy in the middle (about 25–30 minutes). Remove the sweet potato candies from the oven and while they are still warm, sprinkle with the hundreds and thousands. You can eat them warm or cold on their own, or serve them warm with coconut or vanilla ice cream.

GLOSSARY

Love and food have no boundaries and we hope that the perfect Peruvian taste was able to reawake your taste buds. However, sometimes it could be hard to find these Peruvian ingredients therefore below we have mentioned the substitutes for those:

¹Aji Amarillo= Mixture of Yellow Bell

Pepper with Red Chili

²Habanero Peppers=Green Chili

³Iceburg Lettuce Leaves=Lettuce Leaves

⁴Huacatay=Leaves of Marigold Plant

⁵Mote Corn=Dried Corn Kernels

⁶Fettucine=Spaghetti

⁷Garbanzo Bean=Chhole

⁸Chorizos=Pork or Chicken Chorizo

⁹Tomato Passata=Tomato Purée

¹⁰Aji Panca Paste= Red Chili paste

¹¹Paico Leaves=Cilantro

¹²Tarragon=Rosemary

¹³Mirasol Chili/Pepper in Paste=Red Chili Paste Slightly Diluted

¹⁴Aji Paste=Mix of Chili Paste (red and yellow bell pepper)

¹⁵Chancaca=Brown Sugar



TOP CHEFS OF PERU





Art Gallery - Embassy of Peru
Indo-Peruvian Friendship Association (INPEFA)

66, Vasant Marg,
Vasant Vihar,
New Delhi: 110057
Tel: 011-461633-22

Embassy of Peru
D-2/5, Vasant Vihar,
New Delhi: 110057
Tel: 011-461633-33

E-mail ID: info@embassyperuindia.in

Webpage: www.embassyperuindia.in

Facebook: www.facebook.com/embassyperuindia