

# Building a Peruvian Plate

## PROTEIN OPTIONS

- **Common protein:** Beef (Carne de res), Pork (Cerdo), Lamb (Cordero), Chicken (Pollo), Ham (Jamon), Fish (Pescado), Eggs (Huevos), Bacon (Tocino)
- **Aji De Gallina** (Creamy Chicken): Imagine a shredded chicken prepared curry-style in a thick sauce made with cream, ground walnuts, and cheese
- **Cuy (Guinea Pig):** Cuy is typically stuffed with local herbs and slow-roasted over an open wood fire. Cuy is generally eaten with the hands like a piece of fried chicken
- **Anticuchos De Corazón** (Grilled Heart): Heart is leaner than filet mignon, possesses a bolder and beefier flavor than ribeye
- **Cooking Styles:** Baked (Al horno Horneado), Fried (Frito), Grilled (A la parrilla / Asado), Marinated (En escabeche), Boiled (Hervido), Raw (Crudo), Smoked (Ahumado), Stewed (Estofado)



## CARB SOURCES

- **Common Carbs** traditionally served: Potatoes, rice, pasta, yuca, bread, sweet potato, plantain, papa helada
- **Double carbs:** It is common to be served 2 carbs servings in one meal in Peru. This is due to how cheap the carbs are to prepare and how filling they are
- **Papas A La Huancaína** (Potatoes In Spicy Cheese Sauce): sliced golden potatoes drowning in a puree of queso fresco, aji amarillo, garlic, evaporated milk, lime juice, and saltine crackers
- **Causa (Potato Casserole):** Yellow Peruvian potatoes combined with oil, lime, and spicy aji amarillo sauce



## FRUITS & VEGGIES

- **Common Fruits and Veggies:** Peruvian Cherry (Aguaymanto), Dragon Fruit (Pitahaya), Purple Corn (Maiz Morado), Cucumber (Pepino), Lime (Limon), Banana (Platano), Spinach (Espinaca), Carrot (Zanahoria), Onion (Cebolla), Lettuce (Lechuga)
- **Lucuma:** Unique flavor of maple and sweet potato
- **Chirimoya:** Sweet and taste like a combination of banana, pineapple, peach and strawberry
- **Pepinos:** Taste is similar to honey melons and cucumber
- **Camu Camu:** Tastes similar to sour cherry. Has a high content of Vitamin C
- **Rocoto Relleno** (Stuffed Spicy Peppers): these are typically stuffed with herbs, onions, garlic, raisins, and cheese



## DESSERTS & SNACKS

- **Tres Leches:** Sweet and heavy dessert more a pudding than a cake
- **Mazamorra Morada:** Made with purple corn, thick jelly, and different fruits
- **Chicha Morada:** Chicha morada is one of Peru's signature drinks. Picture and recipe on next page
- **Arroz con Leche:** Peruvian version of rice pudding
- **Common Snacks:** Roasted Salted Corn (Cancha Salada), Popcorn (Canchita), Churros, Banana Chips (Chifle)

CUSCO PERU

# SIGNATURE DISHES



## Lomo Saltado

Lomo saltado is a popular, traditional Peruvian dish, a stir fry that typically combines marinated strips of sirloin with onions, tomatoes, french fries, and other ingredients; and is typically served with rice.

## Aji de Gallina

Ají de gallina is Peruvian chicken stew. The dish is considered a type of Peruvian comfort food, comprising chicken cooked with yellow chili peppers, walnuts, spices, garlic, and turmeric.



## Pollo a la Brasa

Pollo a la brasa, also known as blackened chicken or rotisserie chicken in the United, is a common dish of Peruvian cuisine. It is typically served with french fries and a salad.

## Picarones

Picarones is a signature Peruvian dessert. It is a type of doughnut that is made with squash and sweet potatoes. It is served in a doughnut form and covered with syrup, made from chancaca.



## Chicha Morada

Chicha morada is one of Peru's signature drinks. The base ingredient of the drink is corn culli, which is a Peruvian variety of corn known commonly as purple corn.



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