







5000 YEARS OF PERUVIAN CUISINE

COOKING WITH Avocados Peru











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Foreword

The contents of this book exemplify the objectives of the Peruvian Avocado Commission (PAC) in conjunction with its sister association in Peru, Prohass, to promote Peruvian avocados and their many nutritional benefits. We invite you to discover the history of this fruit from Peru's rich culinary heritage and enjoy it with the recipes presented here.

The avocado (*Persea americana*) is a mouth-wateringly creamy-textured fruit of the Lauraceae family. It is thick skinned and has a single large seed called a pit. Its meaty, light-green flesh has many culinary uses, although it can also be enjoyed with just a bit of sugar or salt.



Avocados are also very nutritious. They are rich in monounsaturated fat, making them very heart-healthy. Avocados have no sodium or cholesterol and provide nearly 20 important vitamins and nutrients.

Of all the world's many varieties of avocados, the Hass is by far the most popular. Grown on coastal plains and mountainsides, Peruvian Hass avocados thrive in a favorable, frost-free climate. Thanks to Peru's proximity to the equator, the plantations benefit from long sunny days, moderate rains, and a temperate climate. The rich sandy soils irrigated with pure mountain water produce the most delicious avocados on Earth. Peru's primary avocado production areas are La Libertad, Lima, Ancash, Ica, and Junín.

The unique combination of land and climate is responsible for the delicious flavor that makes Peruvian Hass avocados the world's favorite. In fact, Peru is the largest exporter to Europe and the second largest to the United States, with approximately 150,000 tons per year between the two markets.

Thanks to Peru's location in the Southern Hemisphere, Peruvian Hass avocados are available from June through September, during the Northern Hemisphere's summer and are therefore ideal for enjoying with typical refreshing summer fare.

Enrique Camet Chairman

Peruvian Avocado Commission

Jimmy Bosworth

Chairman

ProHass



Introduction

Approximately 5,000 years ago, in the desert north of what is now Lima (today, the province of Barranca in the Supe district), the Caral culture lived in all its splendor. In the shadows of their numerous pyramids, the ancient inhabitants enjoyed the many benefits of the Peruvian avocado. This was the same time (3000 B.C.) that the Egyptian and Mesopotamian civilizations were developing in the East, and other cultures were arising in what is today China and India. As a reference, the Olmec and Chavín cultures did not appear in the Americas until 1000 A.D.

The Sacred City of Caral-Supe is the oldest city known in the Americas; it was declared a UNESCO World Heritage Center in 2009. Archaeologists tell us that its residents used gourds as containers, bottles, cups, and plates and that they also used carved wooden spoons, stone mortars, and mollusk shells. Its economy was based on fishing—they primarily collected anchovies, mussels, and clams—as well as agriculture, including foods such as avocados, beans, sweet potatoes, squash, pumpkin, corn, *achiras* (edible canna lily), potatoes, peanuts, chili peppers, *pacay*, guavas, and more. And with all of those ingredients, the ancient peoples of Peru began to give shape to the culinary traditions the country enjoys today.

Later cultures, such as the Moche and Lima in the Pachacama zone, also cultivated avocados and other vegetables. And although there is no record of them being used as an ingredient in prepared dishes, we do know that the residents of the Incan Empire ate avocados, sliced, with salt or honey.

When the Spanish arrived in the Americas, they marveled at the fruit, which chronicler Bernabé Cobo described as "tender, buttery, and very soft," and said that his compatriots sliced unripe avocados thinly and brined them as a substitute for olives.

In Peru, the Spanish found a well-established cuisine with dishes such as *chupes, locros, ajiacos, lahuas, huatias, uchus, humitas,* and the *pachamanca,* which was prepared in a pit over hot rocks. It was clearly a native cuisine that had developed long before its first encounter with European influences. The Conquistadors built upon these dishes by adding their own ingredients and preparations, as did the Africans, Italians, Chinese, and Japanese immigrants who followed, making Peruvian cuisine the veritable melting pot that so fascinates the world today.

Xavier Fco. Equihua

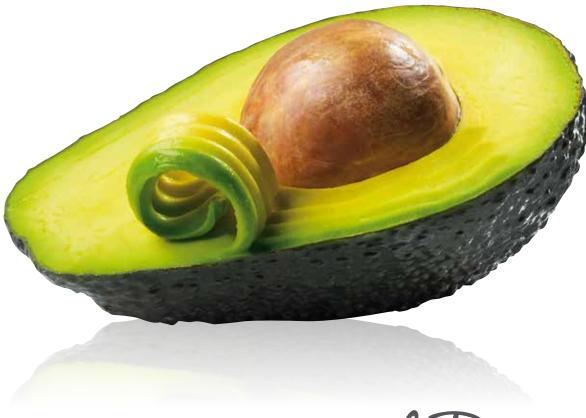
President & CEO

Peruvian Avocado Commission

Arturo Medina

Managing Director

ProHass



Unveiling the secret of Peru

Although we know that avocados were a prized fruit as far back as the Caral culture, some 5,000 years ago, the oldest evidence of their cultivation was during the Moche culture (200 B.C. to 700 A.D.). It was also a favorite in the Lima culture (100 A.D. to 650

A.D.), although it was not used as a base for recipes at that time. When the Spanish arrived in the Americas, they marveled at this product called *paltay* in Peru's native Quechua language and *ahuácatl* in Mexico.





The Summer Avocado

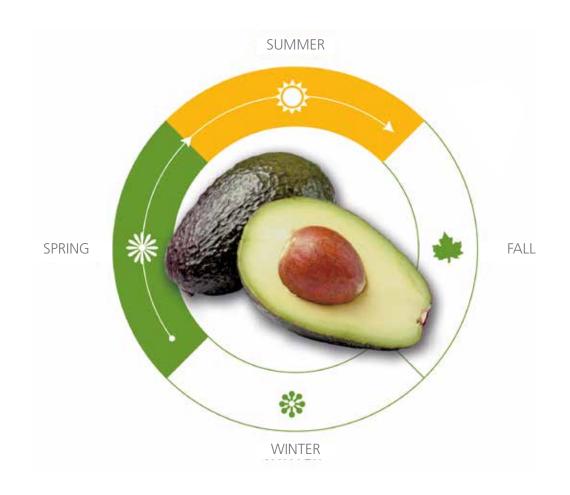
SEASONALITY

Because Peru is located in the southern hemisphere, its avocados are available in the United States from June through September—the best time of all for eating avocados!

Fresh avocados from Peru add a creamy texture and slightly nutty flavor to favorite summer dishes, and they make the perfect addition to salads, sandwiches, and picnics. And of course, an avocado makes a nutritious, tasty lunch all by itself, scooped straight from the shell.

Aside from their flavor and texture, Peruvian avocados are also rich in nutrients and contain nearly 20 important vitamins and minerals and no sodium or cholesterol.

Summer is the season for avocados—and summer avocados are from Peru.



16







FIRM FRUIT

Bright green and firm to the touch. Will ripen in 5–7 days at room temperature.

ALMOST RIPE FRUIT

Dark green and starting to soften. Will ripen in 2–5 days at room temperature.

RIPE FRUIT

Dark green, almost black, and yields to light pressure at the tip. Can be kept in the refrigerator for up to a week at 36°–40°F.

Tips and selection

Peruvian Hass avocados have rough skins and a dark-green color that is almost black when ripe. When choosing an avocado, look for one that feels heavy for its size and that has not been bumped or bruised. Hold it in the palm of your hand and squeeze it gently. If it yields just a little, it's ready to eat. Buy harder fruits for use in the near future. Store avocados at room temperature on the counter or in a paper bag and check them daily. Adding a banana or apple to the bag will speed up the ripening process.

Step by step

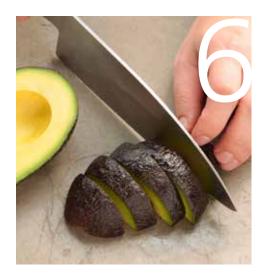
A Peruvian avocado, mashed or sliced and served with a bit of lemon or lime juice and salt, is an easy and delicious addition to sandwiches or appetizers as well as an essential ingredient in many traditional Peruvian recipes. Follow these steps and see just how easy it is to get the perfect cut.

















Eat healthy, not heavy

A nutritious superfood, avocados from Peru are delicious in summer salads, hamburgers from the grill, or all by themselves.

This naturally nutrient-dense fruit provides nearly 20 vitamins, minerals, and other nutrients with relatively few calories. They are sodium- and cholesterol-free and contain the same good fats as nuts and olive oil. In fact, avocados from Peru are even a great first food for babies! And since creamy, delicious avocados are so satisfying to eat, they'll fill you up, but they won't slow you down.





HEALTHY LIFESTYLE

Did you know that the avocado is virtually the only fruit that contains monounsaturated fats that can contribute to a heart-healthy diet?



GREAT FOR YOUR EYES

One ounce of avocado contains 81 micrograms of lutein, which can help protect against cataracts and macular degeneration.



GOOD FATS

Avocados contain unsaturated "good" fats that are associated with lower, healthier cholesterol levels.

Avocado nutrients

NUTRITION BY THE NUMBERS

Avocados are often referred to as nutrient-dense foods, which means they contain substantial amounts of nutrients in relation to calories.

Avocados from Peru are loaded with great nutrients. They're a fresh and natural fruit, of course, and they contain nearly 20 important vitamins and minerals but zero sodium or cholesterol. They also provide mono-unsaturated and polyunsaturated fats. Replacing some saturated fats with unsaturated fats can help to lower cholesterol levels.

In fact, avocados are often referred to as a nutrient-dense food, which means they contain substantial amounts of nutrients in relation to calories. So, while you might eat avocados for their great flavor, you're also getting potassium, a mineral that can help offset the negative effects of sodium on blood pressure, as well as vitamin E, which helps protect the body against free radicals. Avocados also contain vitamin B6, which helps your body produce the antibodies that fight disease. All this without getting things you don't need, such as added sodium or cholesterol. So enjoy your avocado. Your body will appreciate it as much as your taste buds will.

Nutrition Facts

Serving Size 1/5 medium (30g/1oz) Serving Per Container 5

| Amount Per Serving | | | | | |
|--|----------------------|------------|----------------|---------------------|--------------------------------|
| Calories: 50 | Cal | orie | es f | rom Fat 3 | 35 |
| | | | | % Daily Valu | ie* |
| Total Fat 4.5g | | | | | 7% |
| Saturated Fat (| 0.5g | | | | 3% |
| Trans Fat 0g | | | | | |
| Polyunsaturate | ed Fat | t 0. | 5g | | |
| Monounsatura | ted F | at : | 3g | | |
| Cholesterol 0mg | | | | | 0% |
| Sodium 0mg | | | | | 0% |
| Potassium 150m | g | | | | 4% |
| Total Carbohydra | ate 3 | 9 | | | 1% |
| Dietary Fiber 2 | g | | | | 8% |
| Sugars 0g | | | | | |
| Protein 0g | | | | | |
| | | | _ | | |
| Vitamin A 0% | | ٠ | Vi | tamin C | 4% |
| Calcium 10% | | • | Irc | n 2% | |
| Vitamin E 4% | | • | Th | niamin 2 | % |
| Vitamin B6 4% | | ٠ | Nicacin 4% | | |
| Pantothentic Acid | 4% | ۰ | Fo | late 6% |) |
| Magnesium 2% | lagnesium 2% • Pl | | nosphor | us 2% | |
| Copper 2% | Manganese 2% | | | | |
| *Percent Daily Value diet. Your Daily Value | ies ma | ay b | e hi | gher or lov | |
| depending on your | Calori | | | 2,000 | 2,500 |
| | | ries | | 2,000 65g | 80g |
| depending on your | Calo | ries | an | | 80g 25g |
| depending on your Total Fat | Calo | ries Th | an an | 65g | 80g 25g 300mg |
| depending on your Total Fat Sat Fat | Calo Less Less | Th Th | an an an | 65g 20g | 80g 25g 300mg 2,400mg |
| depending on your Total Fat Sat Fat Cholesterol | Calo Less Less | Th Th | an an an | 65g 20g 300mg | 80g 25g |

Calories Per Gram: Fat 9 . Carbohydrate 4 . Protein 4

Monumental flavor, Surprising nutrition

1

NUTRIENT DENSE

Nutrient-dense foods provide substantial amounts of vitamins, minerals, and other nutrients with relatively few calories. A one-ounce serving of avocado contains 50 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense food.

3

CONTAIN "GOOD FATS"

More than 75% of the fats in an avocado are mono- and polyunsaturated fats, also known as the "good fats," and can satisfy your hunger when replacing other fats in a calorie-restricted diet.



BENEFICIAL FOR BABY

Avocados are nutrient dense, easy to digest and have a creamy consistency that makes them a great first food for babies.

2

SODIUM & CHOLESTEROL FREE

The USDA recommends a diet low in sodium and cholesterol, and avocados are naturally sodium- and cholesterol-free

4

DIET APPROVED? YES!

Avocados fit into the Mediterranean Diet, DASH eating plan, and dietary programs from some of the world's leading nutrition organizations such as the USDA's Dietary Guidelines for Americans 2010.

Avocados contain "good fats" (mono and polyunsaturated fats), the same as nuts and olive oil. They have nearly 20 vitamins and minerals, including 150 mg of potassium and 2 g of dietary fiber. Avocados are naturally sodium and cholesterol-free and are a delicious way to help meet the daily recommendations set forth in the USDA's 2010 Dietary Guidelines for Americans.

These dietary guidelines recommend consuming fewer calories from foods containing added sugars, solid fat, and sodium, and eating more nutrient-dense foods, such as fruits and vegetables, to help get the necessary nutrients while balancing caloric intake. Avocados are a delicious way to meet this recommendation.

The USDA also encourages an increase in the intake of dietary fiber and states that the dietary fiber that occurs naturally in foods may help reduce the risk of cardiovascular disease, obesity, and type-2 diabetes. It also helps provide a feeling of fullness and promote healthy digestion. One-fifth of a medium avocado (1 oz) contains 8% of the Daily Value for dietary fiber, making avocados a great way to reach USDA's daily fiber recommendation.





IN PERUVIAN CUISINE

A cuisine is identified by its flavors, as well as its ingredients and how they are used. Many of the ingredients found in Peruvian dishes, such as corn, chili peppers, and potatoes, have been used since ancient times. Other ingredients essential to dishes such as ceviche - onions and key limes, for example arrived with the Spanish. Today, avocados, which were used in Peru prior to European contact, are found in many dishes such as *causa* and Nikkei rolls and help make Peruvian cuisine the delicious fusion of flavors and noble fare that we know today.



AVOCADO

(Persea americana)

Called palta in Peru and Chile, from the Quechua *paltay*, this plant of the *Lauracee* family has round fruit that is elongated on one side, with thin skin and buttery-smooth flesh. In his History of the New World (1653), Bernabé Cobo wrote of the avocado: "...Between the seed and the rind is the meat, slightly thicker than one's finger except at the neck where it is very thick. It is of whitish green color, tender, buttery, and very soft. Some people eat it with sugar and salt, others just as it comes from the tree..." Seeds have been discovered in the coastal regions of Peru that date to 2400–2000 B.C.



(Citrus aurantifolia)

The first three lime plants arrived on the Peruvian coast with the Spanish. It is believed that limes arrived in Europe from northern Africa or northeastern India. Due to the characteristics of the Peruvian territory, these first plants underwent some alterations and gave rise to current Peruvian species, whose fruit is smaller and more acidic than those grown in the Old World. It is a basic ingredient in Peruvian cuisine and essential to ceviche.



(Capsicum baccatum)

Also called pickled chili and green chili, the first yellow chili found growing in Ancash dates to 8500 B.C. Its orange, spicy fruit is used in preparing cream and pepper sauces (*criolla*, huancaína), as well as dishes such as ají de gallina, escabeche, and causa.



(Tagetes minuta)

This very aromatic plant has jagged leaves and very small flowers, according to Raimundi (1857). Ricardo Palma considers it a species of American mint used to season some dishes.



YELLOW POTATO

(Solanum tuberosum)

Commonly called qello potato in Quechua, the flesh of this grainy potato is the color of egg yolk and has a special flavor when cooked. The oldest-known recipe for papa a la huancaína from the late 19th century specifically indicates the use of these potatoes. It is also recommended for preparing causa, a cold dish made with cooked potatoes kneaded with oil, lime, chili, and salt.



ROCOTO

(Capsicum pubescens)

Also known as *locoto* in Bolivia, this fruit is native to the eastern slopes of the Andes, and its name comes from the Quechua roqotu or *loqotu* in Aymara. This round fruit is a very spicy species of pepper with smooth, shiny skin that may be red, green, or yellowish-orange in color. It is mostly consumed in the Sierra and is essential for preparing *chaque* and stuffed rocoto chili peppers.



CANCHA

(Zea mays)

Made by toasting corn with salt until golden brown and taking care to prevent burning. It may be toasted in a clay pot, a skillet, or saucepan with oil or fat to ensure even cooking.



KIÓN

(Zingiber officinale)

Also known as ginger, this rhizome is originally from Southeast Asia and is usually dried and ground. It is somewhat pungent, aromatic, and produces a hot, spicy sensation on the tongue. It was introduced in Peru prior to 1639. In China the root is called *kuen*, which gives rise to the Peruvian word *kión*. It is used to season certain dishes and soups. Due to the strong Chinese influence today, ginger is now an essential ingredient in Peruvian cuisine.



RED ONION

(Allium cepa)

Originally from Asia and brought to the Americas by the Spanish in the 16th century. It is used as the base for ceviche and *criolla* sauce, made with chili pepper and lime. Red or *criolla* onions are stronger and sweeter than yellow onions and yield more flavor when dried. They are mostly grown along the southern coast, primarily around Arequipa. Red onions are a staple of Peruvian cuisine.



PANCA CHILI

(Capsicum baccatum)

Also called special chili, this dried chili is a dark-red color and not as spicy as the yellow chili. It is used to prepare *carapulcra*, marinades, and *picantes*.

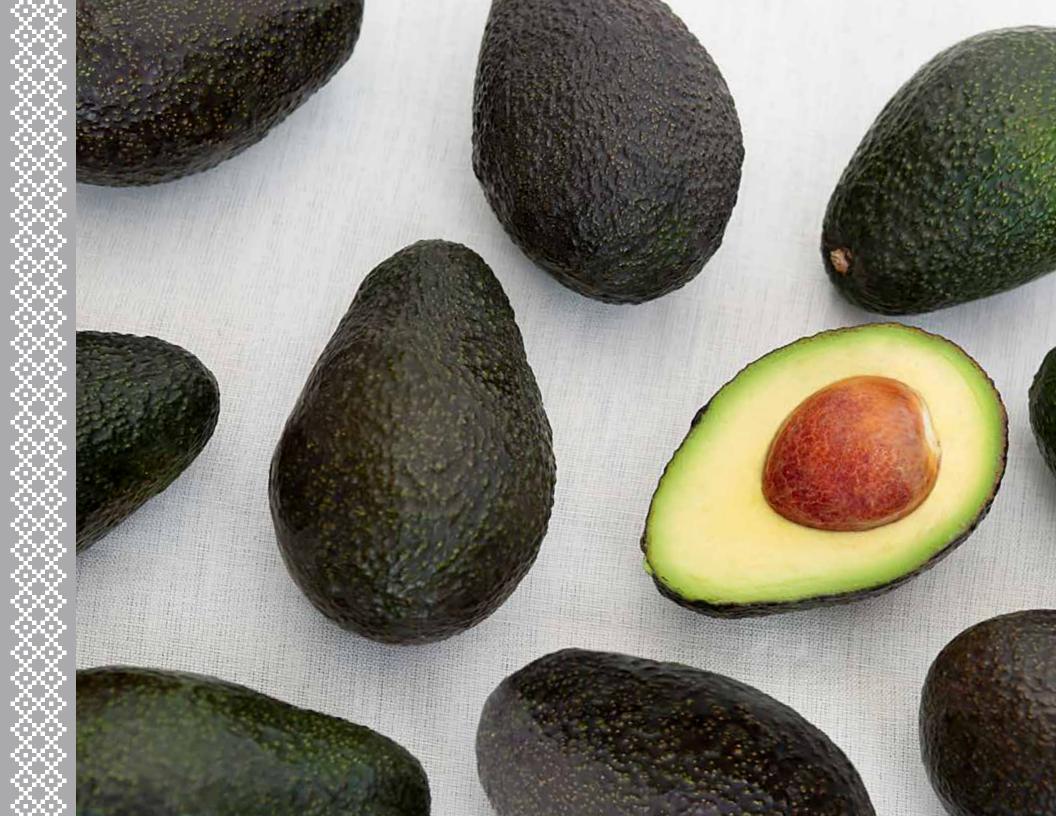


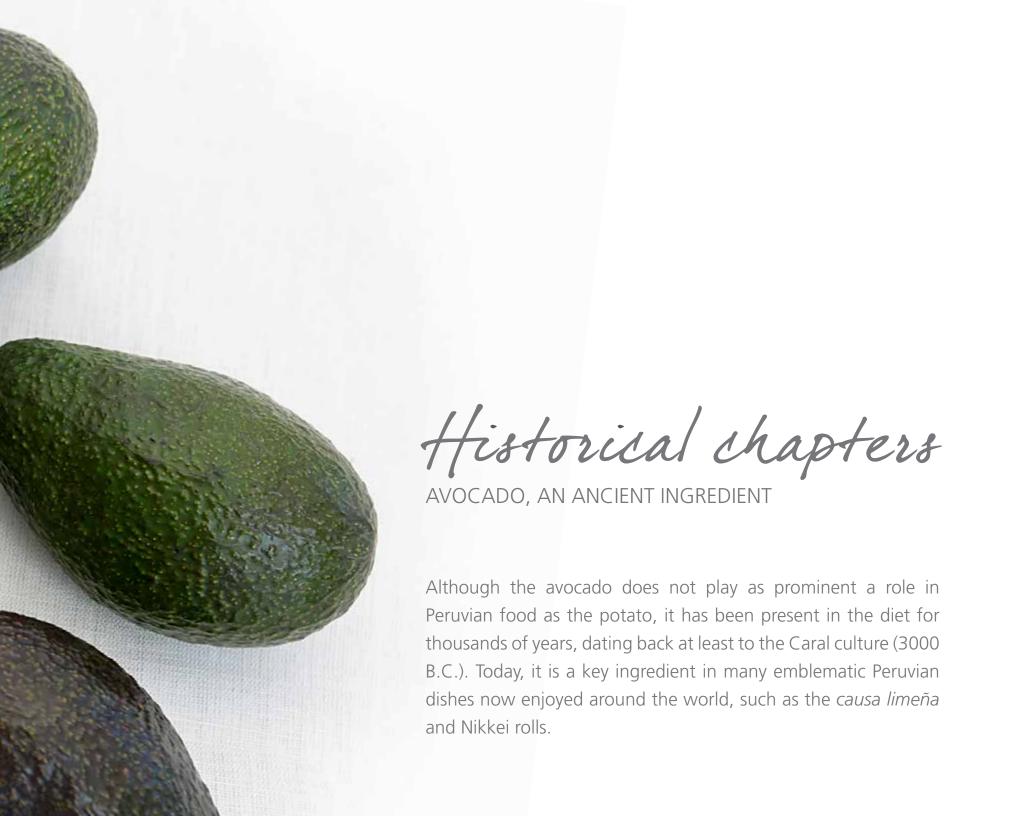
(Zea mays)

This purple-colored Peruvian variety of maize called qulli is one of the oldest species of corn, and its most striking characteristic is its nearly black or dark red color as well as the purple color of the kernels. Its pigments (anthocyanins) are extracted and used as colorants. Purple corn is also used to make desserts such as mazamorra and drinks such as chicha morada. In the past chicha was a lightly fermented drink, but it is now made without alcohol and is drunk as a refreshing beverage.



A distilled grape spirit whose name comes from the Queschua word *pisqo*, meaning "little bird." The name also alludes to the port from which it was exported (Pisco) as well as to the clay containers in which it was stored. Today, it is a protected denomination of origin that can only be used by duly authorized producers in the departments of Lima, Ica, Arequipa, and Moquegua, and the Locumba, Sama, and Caplina Valleys in the department of Tacna. Its alcohol level varies between 38% and 48%. The three types of pisco are: *puro, mosto verde*, and *acholado*.





Pre-columbian and incan diets

Although there is no record of dishes that include avocado as an ingredient, there is evidence of it eaten in slices with salt, honey, or cane syrup.

When the Spanish arrived in what is now Peru, they were so dazzled by the abundance of gold and silver that the chroniclers of the time rushed to record all that glittered. They paid little or no attention to the native diet, which their reports reduced to four basic ingredients: corn, potatoes, jerky, and quinoa. "They are not at all clean in cooking and preparing their food," wrote chronicler Bernabé Cobo. (1) "They are happy to eat it half raw with nothing but water and salt and a few herbs..." This book aims to prove this miserly description of Peruvian cuisine to be very shortsighted.

The Incan diet included a wide variety of plants, many of which were domesticated. The empire extended across every climate and altitude—mountains, desert, coast, and jungle—and required the Incas to develop great creativity in the use of their territory. One of their most outstanding achievements was in agriculture. A clear example is the use of terraces for planting, which Cobo described: "They planted using a system of terraces or

platforms and they were very adept at planting their gardens... and this is one of the things in which the lncas discovered their great ingenuity and prudence in knowing how to make use of a trade requiring so much work and wisdom, that it came to be a matter of entertainment and joy." (2) They also developed tools for working the earth, including a type of hoe and a calendar that defined agricultural activities for each month. (3)

Written observations of the times describe the basic pre-Colombian Peruvian diet as based on maize, dried meats, quinoa, potatoes, and yams or sweet potatoes (apichu in Quechua). Other foods included root vegetables such as olluco, maca (Peruvian ginseng), and jicama, as well as peanuts and other legumes, chili peppers, caigua (a vegetable resembling a cucumber), and pumpkin. Favorite fruits were granadillas, tumbos (banana passion fruit), pineapples, papayas, guanabanas (custard apples), mameys, and guavas. Avocados are also mentioned. "The best of the kingdom of Peru are those of the Ica Valley... it is such a flavorful fruit that it needs no other seasoning... it is eaten with sugar or salt," wrote Friar Bernabé Cobo.

(4) In fact, there is no record of avocado used as an

ingredient, but rather eaten in slices with salt, honey, or cane syrup.

Avocados were well known in pre-Colombian times. There is evidence of their consumption in Caral (3000 B.C.), although they were not known to be cultivated until later, when the Moche culture (also known as the Mochica, 200 B.C.–700 A.D.) appeared in the valleys north of what is now Lima, Peru. (5) They were great seafarers and known for their small *totora* reed boats, but their agriculture was also remarkable and even included an irrigation system. They grew avocados as well as corn, potatoes, sweet potatoes, yucca, beans, chilies, peanuts, pumpkins, papayas, and other crops. (6)

There is also evidence that avocados were widely consumed by the Lima culture (100–650 A.D.), whose archaeological sites include Pachacamac.⁽⁷⁾ "The archaeological excavations at Pachacamac have shown that during the Inca period there was intense use of plazas. They were used for celebrations on special occasions during which people ate *cuy*, camelids, venison, fish, shellfish, and agricultural crops such as beans, maize, sweet potatoes, peanuts, chilies, *guayaba*, avocados, and others. Archaeological

remains of these products have been found at the excavations, especially on North-South Street and the Second Wall $^{\prime\prime}(8)$

In the Nahuatl language spoken in pre-Colombian Mexico, avocados were called ahuácatl.

The Incas called them *paltays* in their language, Quechua, and Inca Garcilaso de la Vega explained the origins of the word in his *Comentarios Reales de los Incas* (The Royal Commentaries of the Incas) in 1605.

"Tupac Inca Yupanqui marched to the province of Cari, and along the way he conquered another [province] called Palta, and brought the wholesome and delicious fruit called *palta* from there to the warm valley near Cuzco." This conquest occurred between 1450 and 1475. After the discovery of the Americas and the conquest of Mexico, Central America, Colombia, and Peru, avocados spread around the world.⁽⁹⁾



Spanish contributions to the indigenous diet

The arrival of the Spanish brought many new flavors to the New World. They not only contributed previously unknown products, but new culinary customs as well. At that time, each social class in Spain had its own way of eating.

Kings and lords, for example, ate a great deal of very high quality meat (veal, mutton, chicken, duck, pigeon, game meats, and fish), but refrained from eating pork and beef, which were considered less desirable. They also consumed sweets, jams, and some fruits, according to Peruvian historian Rosario Olivas in her book *La cocina en el virreinato del Perú*. An important characteristic of this social class was its extreme love of spices and very expensive flavors that led to Christopher Columbus' journeys in search of a new route to the Indies.

The Spanish middle class tended to imitate the nobility and its foods. Its diet was based on meats, although it included legumes such as fava beans, lentils, and garbanzos as well as fresh vegetables. Olivas states that "the best-known Peruvian dish derived directly from this social class is a hearty type of soup or stew called *cocido, potaje*, or *olla*—that appears under different names and with some variations in the different regions of Spain."(11)

The lowest classes of Spanish immigrants to Peru based their diet on *gachas* (a porridge made with assorted grains, vegetables, and legumes), *cocidos*, and vegetables, and ate very little meat. The most important source of protein was pork, which they used to make sausage and ham and whose fat and bacon were used for frying and flavoring. They also used seasonings such as salt, vinegar, garlic, onion, scallions, shallots, parsley, and mint.⁽¹²⁾

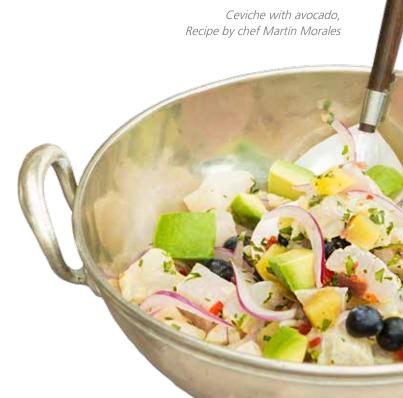
The Spanish brought all of this culinary tradition to the Americas, and their ships were loaded with animals intended for food, such as goats, pigs, rabbits, sheep, cows, chickens, geese, sheep, and pigeons. Europe's contributions also included a variety of grains, vegetables, and fruits, such as wheat, rice, olives, grapes, peas, beans, garbanzos, lentils, onion, cabbage, carrots,

cauliflower, lettuce, asparagus, sugar cane, cherries, figs, peaches, melon, oranges, pear, watermelon, and aromatic herbs such as basil, oregano, parsley, cilantro, cumin, anise, mint, rosemary, and others.

Limes deserve special mention due to the character they lend the Peruvian dishes that are best known at home and abroad, such as ceviche. The first lime trees arrived on Peruvian shores in the 16th century. Limes are believed to have reached Europe from northern Africa or northeastern India. Upon arrival in the Mediterranean, they were incorporated into the local gastronomy and became an essential ingredient in many cuisines. (13) Once in Peru, the Chulucanas (Piura) variety with higher acidity was developed and soon became a key ingredient in the local cuisine.

There are several accounts of the origin of ceviche. Some historic research suggests that the people along the coast of what is now known as Lambayeque seasoned their seafood with chilies and spicy fruits and used *tumbo* juice (which comes from the *pasionaria* family, which also includes passion fruit and granadilla) to macerate and flavor their fish. We also know that corn *chicha* was used during the Incan times for the same purpose.

The arrival of the Spanish with their limes (specifically key limes) and onions in the 16th century, however, was a step toward the ceviche we know today, although in colonial times it was prepared many hours in advance and the fish was macerated in lime juice overnight. (14)





Colonial cuisine

When the Spaniards arrived, they used the products they brought with them to improve the flavors of the various dishes they encountered, they also adopted Andean products to make their breads, cakes, cookies, porridges, casseroles, stews, and sweets

Prior to the Spanish conquest, those who lived along the central coast of Peru, where Lima stands today, had a diet similar to that of the rest of the Incan Empire, varied and nutritious, with many grains, fruits, legumes, meat, fish, and shellfish. (15) When the Spaniards arrived, they used the products they brought with them to improve the flavors of the various dishes they encountered—chupes, locros (ajiacos), layuas, huatias, uchus, and humintas or humitas. They also adopted Andean products to make their breads, cakes, cookies, porridges, casseroles, stews, and sweets. (16) As examples, Rosario Olivas cites the introduction of chicken, pork, and goat to the pre-Colombian pachamanca; of including fava beans in their pods and cheeses wrapped in corn leaves to the traditional huatias made of Andean tubers; of chupes enhanced

with garlic, onions, cumin, pepper, eggs, cabbage, and cheese as well as chicken, beef, and pork. The *humintas* (similar to tamales and made from tender steamed corn pudding wrapped in leaves) were either sweet or savory, and the sweet versions included butter, eggs, and anise or cinnamon. The savory variety included a bit of chili pepper, and in Piura, the mixture also included ground cilantro to make a version called green *tamalitos*. Peanuts were used to make *turrones* and other sweets, and cooked potatoes were made into fritters. Pumpkin seeds substituted for almonds, and both *caiguas* and roasted pumpkin were eaten with oil and vinegar. Unripe avocados were thinly sliced and brined to take the place of olives, according to chronicler Bernabé Cobo as cited by Olivas.⁽¹⁷⁾

During colonial times, more than 40 viceroys lived in Lima, the so-called City of Kings, from Blasco Núñez de Vela (1544–1546) to General José de la Serna, who abandoned the capital in 1821. Sara Beatriz Guardia, author of Una fiesta de sabor, Perú y sus comidas (A Celebration of Flavor: Peru and its Cuisines) cites English traveler Samuel Haigh, who admired Lima and "its magnificent churches full of gold and silver, the luxurious and splendid style in which its inhabitants lived; its gorgeous processions, crowded theaters, and bull fights; its beautiful and captivating women; its citron and orange groves... full of delicious fruits and fragrant flowers; the plenty of the country all around, and in sum, the same name associated with everything that is delicious, voluptuous, and gay: suffice it to say that Lima was the queen of South American cities, the pride of the Western world; where the viceroy surpassed in grandeur of state any sovereign in Europe; where its merchants were famed for opulence; where science and arts, as well as commerce so lately flourished."(18)

There were just two important daily meals during colonial times—lunch, beginning around 9 or 10 in the morning, and dinner, which was always served before sundown, according to Rosario Olivas. The general population ate *puchero* for lunch in the city and *chupe*

in the countryside. Aristocratic homes had more variety to choose from. Olivas cites Terralla and Landa in describing an example of a late-18th-century luncheon in an aristocratic home in Lima. The first course included mondongo (tripe) soup, carapulcra, lahua, sausages with yucca, pepián with yuyos (algae), beans with sausage, and charquicán. Plates full of corn, sweet potato, and yucca were then brought to the table to snack on while diners waited for the second course. which began with sango, followed by the patasca, a cheese chupe filled with yams. The meal ended with sweets such as frejol colado and mazamorra. (19) The most common dishes served at evening meals were stews and casseroles such as sancochado, puchero, the olla española, and chupe, especially among the middle class, religious orders, and students, Olivas explains. (20)

The combination of all of these flavors resulted in the Peruvian cuisine we know today—cheerful, varied, appealing to outsiders, and open to the influence of other cuisines that arrived in Peru with the passing of time.



Major immigrations into Peru

AFRICANS (17TH CENTURY)

The first African slaves arrived in Peru with Captain Francisco Pizarro. Shortly thereafter, the Spanish brought large numbers of slaves to the country as a guaranteed source of cheap labor for domestic and agricultural work at their large haciendas, especially along the coast, according to Rosario Olivas. (21) She also describes the work the slaves performed in homes: they were caretakers and nursemaids for the masters' children; they cooked their food, cleaned their homes, washed their clothes, tended their gardens, and drove their carriages for more than three centuries until President Ramón Castilla abolished slavery during his second term (1854–1862).

With respect to the slaves' diet, Olivas draws on diverse testimonies that cite items such as pumpkin, balls of corn flour cooked in water, wheat, assorted legumes, fish, meat, and the distilled grape spirit called *aguardiente*, as well as some African-influenced dishes such as *sango de ñajú* (*ñajú* is an African fruit similar to a green chili pepper), *morusa* (a white bean purée with strips of pork and bacon, onion, and garlic), *bufo* (beef lung, lard,

vinegar, garlic, and chili pepper), tacu tacu (a mixture of beans and day-old rice fried together in the form of a tortilla and served with onions soaked in lime juice and a bit of beef, if the budget allowed). The combination of sweet potatoes and chicharrones (cracklings), blood sausage, or sangrecita was another typical Afro-Peruvian dish. Their desserts included chapanas (yucca dough with sugar syrup, cinnamon, cloves, and raisins wrapped in banana leaves) and frejol colado (sweetened beans cooked with cinnamon, cloves, sugar, milk, and sesame.)

ITALIANS (1840 - 1880)

Although some Florentines, Venetians, and Genoese arrived with Pizarro in 1532, Peru's largest Italian immigration occurred between 1840 and 1880. Sara Beatriz Guardia explains that most of the immigrants came from Liguria, Genoa region, and it is to them that Peru owes the custom of using fresh legumes and vegetables such as chard, spinach, cabbage, broccoli, cauliflower, eggplant, and basil. Traditional Italian dishes were also adapted to use available ingredients. The *torta pascualina* (a savory "Easter pie") became a

swiss-chard tart, pesto was made with pecans instead of pine nuts, the tripe dish *trippa alla fiorentina* became *mondonguito a la italiana*, and minestrone was adjusted to create a Peruvian "criolla" version. Other essential Italian contributions to Peruvian gastronomy included pastas and *panettone* with candied fruits, the traditional sweet bread from Milan consumed during year-end celebrations. (22)

CHINESE (1849 - 1874)

The first wave of Chinese immigrants to Peru came between 1849 and 1874, with approximately 90,000 new arrivals who came to work on the cotton and sugar plantations along the coast. When they completed the obligations of their eight-year contracts, many went on to open informal restaurants that extended all along the Peruvian coast by the early 20th century. In Lima, they set up shop near Capón Street. Most of the immigrants were of Cantonese origin, so Peruvian Chinese food—called *chifa*—is highly influenced by this region. The widespread popularity of Chinese food is clearly perceived by the presence of products such

as *jolantao* (snow peas), *frejolito* chino (bean sprouts), *fan si* (rice noodles), *sillao* (soy sauce), *cua choy* (bok choy), *giom fan* (Chinese cinnamon), and the popular *kión* (ginger) as well as green onions and sesame oil. Many of these flavors are now fully incorporated into Peruvian recipes.⁽²³⁾

JAPANESE (FROM 1889)

The first immigrants from Japan arrived in Peru in 1889, and like the Chinese, they had been hired to work in the coastal haciendas. By 1936, the Japanese population had grown to approximately 36,000, mostly from Okinawa, Fukushima, and Kumamoto. Their seafood-based cuisine began to spread through food stands and restaurants during the 1920s. Japanese food products were already being imported by that time, and their dishes were complemented by the use of the vegetables grown by the Chinese, according to Humberto Sato, as cited by Guardia. (24)



The cuisines of Peru

NORTHERN CUISINE

Peru's northern cuisine includes the culinary traditions in the departments of La Libertad, Lambayeque, Piura, and Tumbes, each of which has its own dishes. "The flavors change deliciously in the zone that ranges from Tumbes to Trujillo," says chef Gastón Acurio (1), although they have a clear connection to one another through *chicha de jora, zapallo loche, yucca,* and kid goat, and others that lend an unmistakable physiognomy and style.

The Moche were the area's most significant pre-Columbian civilization, and their cuisine was derived from the crops they grew—including avocado—(see Part 1), as well as seafood such as croaker, catfish, silverside, crab, shrimp, ray, white warehou, and of course the famous black-shelled mollusks called *concha negra*. The Moche also ate llama, venison, iguana, snails, some birds, and at least one species of lizard.⁽²⁾

Some northern culinary creations of note include the *shámbar* (a soup popular in Trujillo), the *King Kong* (a sweet from Lambayeque), *seco de cabrito chiclayano* (a goat dish from Chiclayo), *chifles piuranos* (fried plantain

chips from Piura), and *concha negra* ceviche from Tumbes, just to name a few of the many local delicacies.

NIKKEI CUISINE

Gaston Acurio explains that in the 1990s, the Japanese cook Nobu Matsuhisa popularized a style of cooking based on a fusion of Japanese culinary knowledge and the flavors he had discovered during a long stay in Peru. This gastronomic fusion now known as Nikkei cuisine was not new, however, but had been developing for decades with the Japanese-Peruvians who combined the knowledge and flavors of their parents' generation with the ingredients and flavors of their childhoods in Peru.⁽³⁾

As mentioned in Part 1, most of the Japanese immigrants began arriving in Peru in 1889, and, like their Chinese counterparts, they also took advantage of their culinary skills in the restaurant business, setting up food stands and small cafés in Lima. In fact, in 1931, of the 1,200 Japanese-owned businesses in Peru, 122 were restaurants and 264

were cafés.⁽⁴⁾ They served local *criolla* dishes such as *cau cau, carapulcra, lomo saltado, or aguadito*, but added touches from the cuisine they had inherited, such as *kión* (ginger), *miso*, or *shoyu*. Many of their dishes were based on fish, which made an enormous contribution to the consumption of seafood along the Peruvian coast, Acurio explains. Today's Nikkei cuisine includes a wide range of dishes, and avocado makes an interesting contribution to preparations such as Nikkei ceviche served with avocado cubes ⁽⁵⁾ or snail *gunkan al sillao* from the Maido Restaurant ⁽⁶⁾, among others.

Today's Nikkei cuisine includes a wide range of dishes, and avocado makes an interesting contribution to preparations such as Nikkei ceviche served with avocado cubes or snail gunkan al sillao.



Tuna and avocado toasts Recipe by Chef Ricardo Zarate



CRIOLLA CUISINE

Criolla cuisine is defined as the culinary traditions derived from the process of *mestizaje*, the mixing of the cultures of the indigenous peoples of the Americas and Europeans, explains Sergio Zapata in his Dictionary of Traditional Peruvian Gastronomy.⁽⁷⁾

Part 1 of this introduction refers extensively to that process, but this definition can be further expanded to include the important role of Peruvian haciendas as well. It was there, Acurio says, that the true and exclusively Peruvian *criolla* gastronomy began to take shape. "Around traditions such as music, cock fights, bullfights, Peruvian Paso horses, and the *marinera* (dance), a *criolla* tradition began to appear and in which food also began to have a place of its own." (8) The estate owners hosted large celebrations that showcased the dishes that had developed in their families over centuries, giving rise to a strong culinary tradition.

In his book, Acurio tells the story of Rosita Ríos, a woman of African descent born in Barrios Altos who played an essential role in the explosion of criolla cuisine. She began her career selling *anticuchos*

(skewered meats) and later opened her first restaurant around 1940. Her specialty was the *piqueo criollo*, a sampler of ten typical dishes that included chicken and rice, *carapulcra*, and *picante de gallina* and ended with the beloved *picarones* (pumpkin and sweet potato fritters). Following her death in 1966, there was a movement to create more interest in *criolla* cuisine.⁽⁹⁾

CEVICHERÍAS

There are 737 varieties of fish in the sea off the coast of Peru, along with 800 species of mollusks, 300 types of crustaceans, and 30 mammal species, as well as algae and plankton. This rich diversity has inspired local cuisine since time immemorial, and one of the theories on the origin of ceviche is that that thousands of years ago the people who lived in what is now Lambayeque dressed their seafood with chilies and juice of the *tumbo*, a citrus fruit that grows in the north. The coast of the seafood with chilies and juice of the tumbo, a citrus fruit that grows in the north.

The Peruvian colonial diet of the 16th through 19th centuries, however, was based on meat and poultry, and fish was reserved for Catholic religious celebrations such as Lent and Advent, as well as all of the Fridays and Saturdays of the year, which the Spanish

Emblematic dishes include causa limeña (in which avocado is a key ingredient), papas a la huancaína (Huancaína-style potatoes), cau cau, sancochado, escabeche, seco, tacu tacu, and papas rellenas (stuffed potatoes).

considered days of abstinence. The influence of the Japanese and its culinary culture was very important to the development of today's Peruvian cuisine because it increased the use and consumption of fish and shellfish. For example, Nikkei cooks were responsible for changing the practice of marinating fish in lime juice overnight in favor of adding the juice as a flavoring ingredient just prior to serving. *Tiradito*—a Peruvian raw fish dish similar to sashimi—was another new addition, with its special cuts and variations of sauces to heighten the flavor of the seafood. These dishes are now standards at *cevicherias* (ceviche restaurants), which are only open during the daytime and that always use fresh fish and shellfish.

Other favorite dishes at these establishments include choritos a la chalaca (Chalaca-style mussels), pulpo al olivo (octopus in olive sauce), conchitas a la parmesana (shellfish Parmesan), fish skewers, jalea (breaded fried fish), chicharrón de calamar (squid cracklings), rice with shellfish, and a variety of rolls and causas (made with mashed yellow potatoes).



ANDEAN AND NOVOANDINA CUISINE

Novoandina dishes include the use of products such as alpaca meat, oca, olluco, aguaymanto, sauco, cuy, quinoa, coca leaf, paico, muña, and some Amazonian fruits.

When the Spanish arrived in the Peruvian territory they introduced a number of dietary changes—the use of many native grains such as *kiwicha* (amaranth), quinoa, and *tarwi* (Peruvian lupin) decreased, and European crops including wheat, barley, and fava beans took their place. As described previously, the typical dishes of the ancient Peruvians began to incorporate European influences and ingredients such the meat of "exotic" animals such as chickens and pigs, etc., that the Spanish had begun to raise in Peru.

Many years later, in the 1980s, a movement to return to ancestral products and techniques resulted in a cuisine known as *Novoandina* (New Andean). At that time, the gastronomic reality of Andean countries was quite similar: native crops held little esteem, and restaurants had no identity of their own. (13) This new culinary trend has been described by Bernardo Roca Rey, one of its creators, along with Cucho La Rosa, as "the best of Peruvian cuisines, reflected in a true signature cuisine, a

creative cuisine with its own style, a new source of poetic aromas of the past and inviting flavors of tomorrow."(14) Novoandina dishes include the use of products such as alpaca meat, oca (a type of yam), olluco (a yellow tuber), aguaymanto (golden berry), sauco (elderberry), cuy (guinea pig), quinoa, coca leaf, paico (wormseed herb), muña (poleo herb), and some Amazonian fruits.

SOUTHERN COASTAL CUISINE

A universe of flavors is found in the culinary tradition from Chincha to Tacna, says Sara Beatriz Guardia. The Paracas, one of Peru's oldest cultures, inhabited the area near the city now known as Ica, founded in 1549. Later, the African slave population also had a significant influence on the region, especially in the Chincha Valley. This zone has a diversity of shellfish, fruits and vegetables, but the star product is pisco, the distilled grape spirit whose name comes from the Quechua word *pisgo*, which means "little bird." (15) Each zone has its own culinary specialty. Ica, for example, has the green pallares bean salad, frejol colado, and tejas. Moquegua has patasca moqueguana (tripe soup) and its famous and assorted sweets. Arequipa's delights include dishes such as the escribano, rocoto relleno (stuffed rocoto chili), chupe de camarones (shrimp

chowder), *ocopa* (potatoes with an herb and chili sauce) and others.⁽¹⁶⁾

AMAZONIAN CUISINE

When the Spanish reached the Amazon, attracted by the legend of El Dorado, they were impressed by what they called a "green hell." From that time forward, the zone has held a special fascination for its wealth of flora and fauna, for archaeological discoveries such as the Kuelap Fortress, for its therapeutic herbs, and for its hallucinogens such as *ayahuasca*.⁽¹⁷⁾

Typical Amazonian dishes include *tacacho* (green bananas and cracklings), several variations of *paiche* fish, *chonta* (hearts of palm) salad, and *juanes*—the favorite dish for San Juan Day, made of rice, hearts of palm, or yucca⁽¹⁸⁾—and others. Today the Amazonian pantry, with its tubers, vegetables, small rodents, fish, bananas, potatoes, hearts of palm, corn, etc., also sparks the curiosity of cooks who want to try these products and experiment with different ways of preparing them. One of the pioneers in using the Amazon's raw ingredients in *haute cuisine* is Chef Pedro Miguel Schiaffino, of the Malabar and Amaz Restaurants.

CHIFA

The early Chinese immigrants who worked on the coastal haciendas after the abolition of slavery in the mid-19th century received food as part of their pay, and rice was the product they used the most. (19) Upon completing their eight-year contracts, many were hired as cooks on the same estates, and others opened grocery stores that sold a large quantity of products ranging from foods to cooking utensils to snacks and fried fish. (20) Since 1878, Lima's Chinese population has concentrated around Calle Capón. In this area now called the Barrio Chino (Chinatown), they established many little restaurants that spread the enjoyment of Cantonese dishes among Peruvian diners. At the same time, the Chinese were becoming familiar with the ingredients and techniques of the criolla cuisine, and this was the origin of the Chinesefood restaurants called *chifas*. (21) Some of the bestknown chifa dishes are lomo saltado (stir-fried beef), arroz chaufa (fried rice), gallina al vapor (steamed chicken), tallarín saltado (stir-fried noodles), spring rolls, wantons and wanton soup, fuchifú soup, duck with lychees and yellow chilies, pork chicharrón (crackling) with pineapple, and other temptations.

STREET FOOD

Eating in the street is an age-old tradition in Lima. During the colonial period, much of the commercial and social activity took place in the plazas and streets. The primary food market was in the Plaza Mayor, and street vendors frequently offered prepared dishes. (22)

Friar Buenaventura de Salinas recounted some of the preparations that were commonly found in the plaza in the 17th century, including large pots of hearty locro stew, beans and fish, *mazamorras* (sweetened corn dessert), and preserved fruits, cakes, fritters, and donuts, as well as drinks such as *chicha* (fermented corn drink) served from large clay jugs. (23)

Peruvian writer Ricardo Palma (1833–1919) also referred to the sale of street food and how the people of Lima loved their sweets and foods so much that they could tell the time of day by the food being offered in the street—the milkmaid passed at six in the morning; the *tizanera* and *chicha* hawkers, at seven; cake and curd, at eight. The *sanguito de ñajú* (a dessert made with corn flour) and *choncholies* (fried small intestines) vendor announced that church

services were about to begin, and the tamale seller came by at $ten.^{(24)}$

Street food is still popular in Lima today, and the vast selection available includes *anticuchos* (skewers), corn on the cob, stuffed potatoes, ceviche, sandwiches, hardboiled eggs, and classic desserts such as rice pudding and *mazamorra morada* (a dessert made with purple corn).



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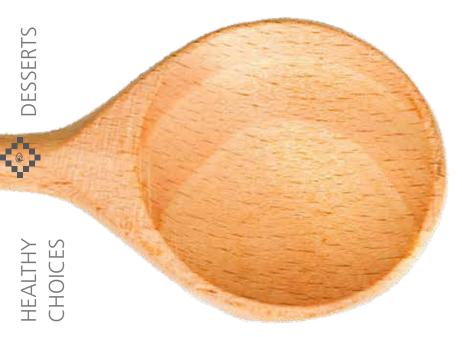
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Appetizers

INGREDIENTS

Guacamole

3 large Peruvian avocados, pitted and peeled
6 tablespoons lime juice
4 tablespoons finely chopped rocoto chili pepper
(or other mild to semi-hot red pepper,
such as red serrano), divided
5 tablespoons finely chopped green onion, white part only
2 tablespoons cilantro, rinsed and finely chopped
3/4 cup mayonnaise
Salt and pepper

Cheese sticks
12 square wonton wrappers
8 ounces paria or mozzarella cheese,
cut into 12 sticks, approximately 1¼ by ½-inch each
2 cups sunflower or other oil suitable for frying

RECIPE TIPS

Difficulty level: medium Preparation time: 20 minutes Servings: 4

Tequeños (Peruvian cheese sticks) with peruvian Avocado guacamole

PREPARATION

To make the guacamole, in a medium bowl, mash the avocados with the lime juice, then add 3 tablespoons chopped pepper, along with the green onion, cilantro, and mayonnaise. Mix well, season with salt and pepper to taste, and set aside.

On a cutting board or flat surface, place a piece of cheese on a wonton wrapper, approximately 1/4 inch from the top. Fold in each side of the wrapper, then roll up. Repeat with the remaining cheese and wonton wrappers.

Meanwhile, in a medium, deep skillet or Dutch oven, heat the oil over medium heat until it reaches 350° F. Adjust the heat to maintain the temperature. Fry the cheese sticks until golden brown, about 5 minutes. Drain well on paper towels. Serve with the guacamole garnished with the remaining chopped pepper.





INGREDIENTS

8 slices white bread, crusts removed
8 tablespoons mayonnaise
2 medium tomatoes, sliced
3 hardboiled eggs, peeled and sliced
2 Peruvian avocados, pitted, peeled, and sliced into 1/4-inch thick slices
Salt and pepper

Peruvian Avocado triple-decker sandwich

PREPARATION

Spread mayonnaise on one slice of bread. Add half the tomato slices and top with another slice of bread. Spread mayonnaise on top of that layer, add half the sliced egg, and top with another slice of bread. Spread mayonnaise on top of that layer, and add half the avocado. Season with salt and pepper. Top with the last layer of bread and cut in half. Repeat with the remaining ingredients to create a second sandwich.

RECIPE TIPS

Difficulty level: low Preparation time: 15 minutes Servings: 2



INGREDIENTS

Causa roll

2 teaspoons olive oil, divided

4 pounds mashed potatoes
(see the causa rellena recipe, page 62)

3/4 pound sea bass, tilapia,
or other white-flesh fish, cut into small cubes
2 Peruvian avocados, pitted, peeled, and cubed
1 medium red onion, peeled and finely chopped
2 teaspoons cilantro, rinsed and finely chopped
1 teaspoon finely chopped rocoto chili pepper
(or other mild to semi-hot red pepper, such as red serrano)
1 teaspoon grated fresh ginger

1/4 cup lime juice
Salt and pepper

2 Peruvian avocados, pitted, peeled, and sliced, for garnish
2 hardboiled eggs, peeled and quartered, for garnish
3 medium white- or yellow-flesh sweet potatoes, baked until medium soft, peeled, and sliced
1 cup cooked fresh or frozen corn kernels

RECIPE TIPS

Difficulty level: high Preparation time: 25 minutes Servings: 8

Causa roll with peruvian Avocado ceviche

PREPARATION

Cover an 11x17-inch baking sheet with plastic wrap, brush with 1 teaspoon of olive oil, and spread the mashed potatoes onto the sheet in a 3/4-inch layer. Set aside.

In a medium bowl, mix the fish, avocado, onion, cilantro, chopped pepper, ginger, lime juice, and remaining teaspoon of olive oil.

Season with salt and pepper and allow to rest for 15 minutes. Drain, discarding any accumulated liquid, and spread over the mashed potatoes, leaving a 1 ¼-inch border on all sides. Lift up the plastic wrap on one side and roll up the causa carefully, jellyroll style.

Transfer the roll to a serving platter, and garnish the top with the avocado and hardboiled egg. Serve with the sweet potatoes and corn as side dishes.



INGREDIENTS

2 pounds Yukon gold or other yellow-flesh potatoes,
boiled until soft, peeled
2 tablespoons each vegetable and olive oil, combined
1 ½ tablespoons yellow chili paste (aji amarillo)
2 tablespoons lime juice, divided
Salt and pepper
1 small red onion, peeled
½ cup mayonnaise
1 Peruvian avocado, pitted, peeled, and sliced
1/4 pounds medium shrimp, cooked and peeled, divided
2 hardboiled eggs, peeled and sliced
¼ cup olives
Baby lettuce leaves for garnish

RECIPE TIPS

Difficulty level: medium
Preparation time: 40 minutes
Servings: 4

Peruvian avocado causa rellena (layered potato tower)

PREPARATION

Into a large bowl, press the cooked potatoes through a ricer (or mash the cooked potatoes) and mix with the oil, chili paste, and 1 tablespoon lime juice. Mix well, season with salt to taste, and set aside.

Cut the red onion into slices. To blanch the onion, fill a small pot with water and add 1 tablespoon salt. Bring to a boil and add the onion slices; boil for 1 minute. Meanwhile, fill a medium bowl with ice water. Remove the onion from the pot and place in the ice water for 2 minutes. Drain, dry with paper towels, and chop finely. In a small bowl, mix the onion, mayonnaise, and remaining lime juice and set aside.

To make the causa rellena, place 1/2 cup of the potato mixture into each of 4 individual ring molds, cover with a layer of the mayonnaise-onion mixture, top with a layer of avocado slices, add 5 shrimp and top with the remaining potato mixture. Unmold each causa onto a small plate and top with the remaining avocado slices, shrimp, hardboiled egg, and olives. Garnish with lettuce leaves.



INGREDIENTS

1 medium boneless, skinless chicken breast,
approximately 6 ounces
1 medium onion, roughly chopped
2 medium potatoes, boiled, peeled, diced, and cooled
1 small carrot, peeled, diced, cooked, and cooled
½ cup peas, cooked and cooled
2 tablespoons parsley, rinsed and finely chopped
1 cup mayonnaise
Salt and pepper
3 Peruvian avocados, halved, pitted, and peeled

PREPARATION

Chicken-stuffed

peruvian avocado

In a medium pot, simmer the chicken and onion in lightly salted water until the chicken is cooked. Remove the chicken, cool for 5 minutes, and shred into a medium bowl. Discard the onion. In a large bowl, place the chicken and refrigerate for 1 hour or until chilled.

Add the potatoes, carrot, peas, parsley, and mayonnaise to the chicken and mix gently to combine. Season with salt and pepper to taste and set aside.

Fill each avocado half with the chicken mixture and serve.

RECIPE TIPS

Grado de dificulta: low Preparation time: 20 minutes Servings: 6



INGREDIENTS

Fish sticks

1 pound tilapia, cod, or haddock or other white fish
fillets, cut into finger-size sticks

1 tablespoon mirasol or other yellow hot chili pepper paste

1 cup all-purpose flour
3 large eggs, beaten
2 cups cooked quinoa
Oil for frying

Tomato sauce
4 tablespoons olive oil
1 clove garlic, minced
3/4 pound tomatoes, peeled, seeds removed
Fresh dill, finely chopped
Huacatay or fresh mint, finely chopped
Salt and pepper

Salad

6 cups red leaf, green leaf, baby, or other lettuce 2 Peruvian avocados, pitted, peeled, and sliced

RECIPE TIPS

Difficulty level: medium
Preparation time: 35 minutes
Servings: 6

Novoandino fried fish sticks with peruvian avocado salad

PREPARATION

In a medium bowl, combine the fish with the chili paste and refrigerate for 1 hour. Place the flour in a large bowl, the eggs in a medium bowl, and the quinoa in a large bowl. Add the fish sticks to the flour and toss to coat. Dip into the beaten eggs, shake off the excess, and dip into the quinoa, tossing to coat.

Meanwhile, in a large pot or Dutch oven, heat the oil over medium heat until it reaches 350° F. Adjust the heat to maintain the temperature. Fry the fish sticks until golden brown, about 5 minutes, and drain on absorbent paper towels.

To make the tomato sauce, in a skillet, heat the olive oil over medium heat. Add the garlic and tomatoes and cook for 20 minutes, stirring occasionally. Remove from the heat and add the dill and huacatay (or mint). Season with salt and pepper.

Serve the fried fish with the tomato sauce and a lettuce and avocado side salad.



INGREDIENTS

4 tablespoons unsalted butter

1 medium white onion, peeled and finely chopped

2 cloves garlic, finely chopped

1 tablespoon all-purpose flour

4 cups chicken broth

4 1/2 ripe Peruvian avocados, pitted and peeled, divided

1 1/4 cups shrimp, cooked, peeled, and deveined, divided

2 cups heavy cream

Salt and pepper

Cream of peruvian avocado and shrimp soup

PREPARATION

In a medium saucepan, melt the butter over medium heat. Add the onion and garlic and cook until the onion is translucent, about 5 minutes. Add the flour and cook another 3 minutes, stirring constantly. Whisk in the broth, taking care to avoid lumps. Reduce heat to low.

In a food processor, puree 4 avocados and add to the broth. Chop 1 cup of shrimp and add to the broth. Simmer over low heat for 15 minutes, add the cream, and season with salt and pepper. Meanwhile, cut the remaining avocado half into small cubes. Serve the soup hot or cold, garnished with the chunks of avocado and the remaining whole shrimp.

RECIPE TIPS

Difficulty level: low Preparation time: 25 minutes Servings: 6



First Course

INGREDIENTS

8 large Peruvian avocados, halved and pitted
Juice of 2 limes
Salt and pepper
1 tablespoon butter
2 pounds small shrimp, cleaned
1 cup grated hard cheese, such as Parmesan

Shrimp-stuffed peruvian avocados au gratin

PREPARATION

Remove most of the flesh of each avocado half with a spoon, leaving $\frac{1}{2}$ inch attached to the shell. Place the flesh in a large bowl. Mash the avocado with a fork and add the lime juice. Season with salt and pepper to taste and set aside.

In a large skillet, heat the butter and sauté the shrimp for 2 minutes. Set a few shrimp aside for a garnish and add the rest to the mashed avocado. Fill the avocado skins with the shrimp-avocado mixture, sprinkle with grated cheese, and heat under the broiler until the cheese turns golden. Garnish with the reserved shrimp and serve.

RECIPE TIPS

Difficulty level: low Preparation time: 25 minutes Servings: 8







Peruvian inspired recipes

In this section we invite you to be creative and use Peruvian avocados in different ways. You will be combining them with less common pairings, such as salmon, blue cheese, rice paper, or oatmeal. The idea is to find your inspiration and enjoy experimenting with flavors and preparations.

Try Peruvian avocados in soups, terrines, salsas, and even cookies! This unique ingredient will always stand out for its color and creamy texture.

INGREDIENTS

2 Peruvian avocados, pitted, peeled, and mashed
1 large tomato, peeled and finely chopped
½ medium red onion, peeled and finely chopped
1 teaspoon finely chopped rocoto chili pepper
(or other mild to semi-hot red pepper, such as red serrano)
2 tablespoons cilantro, rinsed and finely chopped
3 tablespoons olive oil
Salt and pepper
2 cups chifles (or other salted plantain chips)

Peruvian avocado guacamole with *chifles*

PREPARATION

In a medium bowl, mix the avocado, tomato, onion, chopped pepper, cilantro, and olive oil. Season with salt and pepper to taste and serve with the chifles.

RECIPE TIPS

Difficulty level: low
Preparation time: 5 minutes
Servings: 4



INGREDIENTS

1 Peruvian avocado, pitted and peeled
1 1/2 cups cooked or canned, drained garbanzo beans
1/2 cup cilantro leaves, rinsed
1/2 clove garlic
1/3 cup olive oil
4 tablespoons lime juice
1 teaspoon cumin
Salt and pepper
8 pita breads, sliced into thick strips
Olive oil

2 tablespoons paprika

Peruvian avocado hummus with pita bread crisps

PREPARATION

Preheat the oven to 350° F.

Place the avocado, garbanzos, cilantro, garlic, olive oil, lime juice, and cumin in a food processor and process until smooth. Season with salt and pepper to taste. Set aside.

Place the pita bread strips on a baking sheet; drizzle with olive oil and sprinkle with paprika. Bake until the bread is crisp, about 5 minutes, and serve with the hummus.

RECIPE TIPS

Difficulty level: low Preparation time: 15 min Servings: 4



INGREDIENTS

One 8-oz package cream cheese, at room temperature

2 tablespoons chives, minced

½ cup sugar

½ cup water

2 rocoto chili peppers

(or other mild to semi-hot red pepper, such as red serrano), seeded and cut into thin strips

2 tablespoons balsamic vinegar

1 Peruvian avocado, pitted, peeled, and sliced

Salt and pepper

RECIPE TIPS

Difficulty level: medium
Preparation time: 40 minutes
(plus 3 hours cooling)
Servings: 8

Cream cheese, caramelized rocoto chili, and peruvian avocado roll

PREPARATION

In a small bowl, mix the cream cheese and chives. Season with salt and pepper to taste and set aside.

In a skillet, combine the sugar with the water. Simmer over low-medium heat until the water evaporates, boiling slows, and the mixture begins to caramelize and turn light brown. Add the pepper strips and continue cooking for another 5 minutes. Add the balsamic vinegar and cook until the pepper strips are caramelized and the vinegar has thickened. Allow to cool.

Spread plastic wrap out on a flat surface. Place the cream cheese on top and spread it out to form a rectangle (it should be smaller than the size of the plastic wrap). Place the caramelized rocoto and avocado slices in the center of the cream cheese.

Lift the plastic wrap on one side and gently roll up the mixture, jellyroll style. Secure the plastic wrap around the roll and refrigerate for 3 hours. To serve, discard the plastic wrap and serve with crackers or toasted baguette slices.



INGREDIENTS

Pesto

1 Peruvian avocado, pitted and peeled

1 cup basil leaves

¼ cup walnuts

¼ cup grated Parmesan cheese

1 clove garlic

Salt and pepper

1 cup cherry tomatoes, halved

1 tablespoon cilantro, rinsed

¼ cup olive oil

12 slices of baguette, toasted

RECIPE TIPS

Difficulty level: low Preparation time: 10 minutes Servings: 6

Peruvian avocado pesto and cherry tomato crostini

PREPARATION

To make the pesto, In a food processor, process the avocado, basil, walnuts, cheese, and garlic until smooth. Season with salt and pepper to taste and set aside.

In a small bowl, mix the tomatoes, cilantro, olive oil, and salt and pepper to taste.

Top each toast with avocado pesto and then the tomatoes, and serve immediately.



INGREDIENTS

1 cup lime juice
1 teaspoon finely chopped garlic
1 tablespoon cilantro, rinsed
Salt and pepper
2 yellow chili peppers, seeded
2 tablespoons olive oil
1 Peruvian avocado, pitted, peeled, and thinly sliced
1 pound salmon fillet, thinly sliced
Cilantro leaves for garnish

RECIPE TIPS

Difficulty level: medium Preparation time: 20 minutes Servings: 4

Salmon and peruvian avocado *Tiradito*

PREPARATION

In a small bowl, mix the lime juice, garlic, and cilantro. Season with salt and pepper to taste and set aside.

To blanch the chili peppers, fill a small pot with water and 1 teaspoon of salt. Bring to a boil, add the peppers, and boil for 5 minutes. Meanwhile, fill a medium bowl with ice water. Remove the peppers from the pot and place in the ice water for 2 minutes, then drain.

In a small skillet, heat the olive oil over medium heat and sauté the blanched chilies until they begin to brown, about 5 minutes. Transfer to a food processor and pulse to form a smooth paste. Add to the lime juice mixture.

On a serving platter, alternate slices of avocado and salmon. Drizzle with the lime-chili dressing. Allow 5 minutes for the flavors to blend, garnish with cilantro leaves, and serve.



INGREDIENTS

1/4 pound fresh tuna, cut into a 1/4-inch dice 6 tablespoons mayonnaise 2 tablespoons yellow chili paste (aji amarillo) 1 teaspoon sesame oil 1 Peruvian avocado, pitted, peeled, and mashed Salt and pepper Ten 2-inch squares of sliced bread, toasted 1/4 cup peeled, diced cucumber ½ cup watercress, rinsed and separated into sprigs

Tuna and peruvian avocado toasts



RECIPE BY CHEF RICARDO ZÁRATE

PREPARATION

In a small bowl, place the tuna, mayonnaise, yellow chili paste, and sesame oil; mix well and set aside.

Season the mashed avocado with salt and pepper.

Spread some avocado on each toast square, add the tuna mixture, and top with the cucumber and watercress.

RECIPE TIPS

Difficulty level: medium Preparation time: 10 minutes Servings: 5





INGREDIENTS

3 tablespoons olive oil
4 large eggs
2 Peruvian avocados, pitted, peeled, and sliced
4 slices whole wheat bread, toasted
Salt and pepper
Mixed greens, washed and drained
1 cup cherry tomatoes, halved

Peruvian avocado and fried egg on toast

PREPARATION

In a skillet, heat the oil over medium-low heat and fry the eggs. Place avocado slices on each piece of toast and carefully top with a fried egg. Season with salt and pepper. Serve with the mixed greens and cherry tomatoes.

RECIPE TIPS

Difficulty level: low Preparation time: 10 minutes Servings: 4



First course

INGREDIENTS

1 pound fresh tuna, cut into ½-inch cubes 1 pound medium shrimp, peeled 1 pound fresh salmon, cut into ½-inch cubes 2 Peruvian avocados, pitted, peeled, and cut into ½-inch cubes ½ cup lime juice 4 tablespoons cilantro, rinsed and finely chopped 1 teaspoon grated fresh ginger 1 tablespoon finely chopped yellow chili pepper 1 tablespoon sesame seeds 1 teaspoon sesame oil 2 tablespoons finely chopped green onion tops (green part only) Salt and pepper 1 medium red onion, peeled and finely chopped 2 tablespoons finely chopped rocoto chili pepper (or other mild to semi-hot red pepper, such as red serrano) 3 tablespoons olive oil 1 red bell pepper, finely chopped 1 cup fresh or frozen large Peruvian corn kernels 1/4 teaspoon finely chopped garlic

RECIPE TIPS

Difficulty level: low Preparation time: 20 minutes Servings: 10

Peruvian avocado and ceviche sampler

PREPARATION

Place the tuna, shrimp, and salmon each in a large bowl and add 1/3 of the avocado, lime juice, and cilantro to each bowl. To the tuna, add ½ of the ginger, and all of the yellow chili pepper, sesame seeds, sesame oil, and green onion tops. To the shrimp, add ½ each of the red onion, rocoto pepper, olive oil, and ginger, and all of the garlic. To the salmon, add the remaining red onion, chopped rocoto pepper, and olive oil, and all of the red bell pepper, corn, and garlic. Season each with salt and pepper to taste, and marinate for 10 minutes.

Serve the three ceviches together, each on a large decorative spoon or in a serving bowl.



First course

INGREDIENTS

2 pieces fresh tuna, 4 ounces each
Salt and pepper

1/2 cup mixed black and white sesame seeds
6 tablespoons olive oil
2 tablespoons balsamic vinegar
Juice of 1/2 lime

1 Peruvian avocado, pitted, peeled, and sliced
1 cup watercress
2 thin slices red onion, cut into quarters
1/4 small red bell pepper, cut into thin strips

Seared tuna with watercress and peruvian avocado

PREPARATION

Lightly season the tuna with salt and pepper and coat with sesame seeds on all sides. Shake lightly to remove the excess. In a skillet, heat 2 tablespoons of oil and sear the tuna, 3 minutes per side. Remove from heat and cut into 1/4-inch slices.

To make the vinaigrette, in a small bowl, mix the remaining olive oil, along with the balsamic vinegar and lime juice. Season with salt and pepper and whisk vigorously. Set aside.

To make the salad, in a medium bowl, toss the avocado, watercress, red onion, and red pepper.

Place the salad on serving plates, arrange the tuna and drizzle with the vinaigrette.

RECIPE TIPS

Difficulty level: medium Preparation time: 15 minutes

Servings: 2



First course

INGREDIENTS

1 tablespoon olive oil
2 leeks, finely chopped
¼ cup white wine
3 artichokes, cooked, leaves removed and
discarded, hearts reserved
3 cups chicken broth
1 Peruvian avocado, pitted, peeled, and
coarsely chopped
1 cup cubed Peruvian avocado
½ cup heavy cream
Salt and pepper
¼ cup walnuts, chopped

RECIPE TIPS

Difficulty level: low Preparation time: 20 minutes Servings: 4

Peruvian avocado and artichoke soup

PREPARATION

In a medium size pot, heat the olive oil over medium heat. Add the leeks and cook until translucent, about 5 minutes. Add the white wine and continue cooking until the alcohol evaporates and simmering slows. Add the artichoke hearts and chicken broth. Bring to a boil, then reduce the heat and simmer for 5 minutes. Remove from the heat. Add the chopped avocado and cream and blend with an immersion blender or conventional blender until smooth (see note). Season with salt and pepper to taste and serve garnished with the avocado cubes and walnuts.

Note: Take extreme caution when blending hot soup in a conventional blender to prevent the soup from spraying out of the blender container. Blend in several small batches.



INGREDIENTS

1 pound baby spinach leaves
7 crepes
1 cup mayonnaise
2 medium tomatoes, sliced
2 cups fresh or frozen corn, cooked
1 cup canned or jarred hearts of palm, drained
1/2 pound sliced smoked salmon
2 cups green beans, cooked
2 Peruvian avocados, pitted, peeled, and sliced

Savory crepe cake with peruvian avocado "frosting"

PREPARATION

To blanch the spinach, fill a medium pot with water. Bring to a boil, add the spinach, and boil for 30 seconds. Meanwhile, fill a medium bowl with ice water. Remove the spinach from the pot and place in the ice water for 2 minutes, then drain well and blot dry with paper towels.

Place a crepe on a serving platter, spread with 3 scant tablespoons mayonnaise and cover with the spinach. Top with another crepe, spread with another 3 scant tablespoons mayonnaise, and top with the tomatoes. Continue this process with 4 more crepes and the corn, hearts of palm, smoked salmon, and green beans. Top with the remaining crepe and cover the top of the cake with the sliced avocado. Cut into wedges and serve.

RECIPE TIPS

Difficulty level: medium
Preparation time: 25 minutes
Servings: 10



INGREDIENTS

Leche de tigre (tiger's milk) dressing

1 tablespoon grated fresh ginger

1 clove garlic, halved

½ cup cilantro leaves, rinsed and chopped

Juice of 8 limes

½ teaspoon salt

2 teaspoons Peruvian or other chili paste

Ceviche

1 Peruvian avocado, pitted, peeled, and cubed
1 1/3 pounds sea bass, tilapia, or other white-flesh fish,
cut into ½-inch cubes
1 red onion, peeled and thinly sliced
1 sweet potato, cooked, peeled, and diced
16 blueberries
1 rocoto chili pepper
(or other mild to semi-hot red pepper, such as red serrano), diced
2 tablespoons yellow chili paste (aji amarillo)
2 tablespoons cilantro, rinsed and finely chopped
Salt

RECIPE TIPS

Difficulty level: low
Preparation time: 15 minutes
Servings: 8

Ceviche with peruvian avocado

RECIPE BY CHEF MARTÍN MORALES

PREPARATION

To prepare the leche de tigre dressing, in a small bowl, combine the ginger, garlic, cilantro, and lime juice. Set aside for 5 minutes, then strain the liquid into a large bowl, discarding the solids. Add the salt and chili paste.

Add avocado, fish, onion, sweet potato, blueberries, diced chili pepper, yellow chili paste, and cilantro. Toss gently to combine. Salt to taste. Serve.



INGREDIENTS

7 ounces each white and green fettuccini
2 Peruvian avocados, pitted and peeled

1/4 cup heavy cream

1/3 cup olive oil

1/2 cup cilantro leaves, rinsed

Salt and pepper

1/2 cup fresh or frozen corn, cooked

Grated Parmesan cheese, for garnish

1 cup cherry tomatoes, halved, for garnish

Green and white pasta with peruvian avocado sauce

PREPARATION

In a large pot of boiling water, cook the fettuccini al dente according to package directions. Drain and set aside.

In a food processor, process together the avocado, cream, olive oil, and cilantro into a smooth sauce. Season with salt and pepper to taste and transfer to a large skillet. Add the corn and pasta, and sauté over medium heat for 5 minutes or until heated through. Serve topped with the cheese and tomatoes.

RECIPE TIPS

Difficulty level: low
Preparation time: 15-20 minutes
Servings: 4



INGREDIENTS

Meatballs
1 pound ground beef
1 large egg
3 tablespoons breadcrumbs
Salt and pepper
1 teaspoon dried oregano
6 tablespoons olive oil, divided

Guacamole
1 Peruvian avocado, pitted and peeled
½ cup finely chopped fresh parsley
1 teaspoon finely chopped rocoto chili pepper
(or other mild to semi-hot red pepper, such as red serrano)
1 teaspoon Dijon mustard

RECIPE TIPS

Difficulty level: medium
Preparation time: 25 minutes
Servings: 4

Meatballs with peruvian avocado-cilantro guacamole

PREPARATION

To make the meatballs, in a large bowl, combine the ground beef, egg, breadcrumbs, and oregano, season with salt and pepper, and mix well. Shape into 1 $\frac{1}{2}$ -inch balls.

In a large skillet, heat 2 tablespoons of olive oil over medium heat and cook the meatballs until well-browned and thoroughly cooked, about 10 minutes.

To make the guacamole, in a medium bowl, mash the avocado with the remaining olive oil, parsley, chopped pepper, and mustard. Serve with the meatballs.



INGREDIENTS

2 Peruvian avocados, pitted, peeled, and cubed
3 cups cooked white rice, cooled
2 cups cooked, diced lean beef
2 cups thinly sliced escarole lettuce
1 ½ cups cherry tomatoes, halved
1 cup fresh or frozen corn, cooked

1 cup fresh peas, cooked
1 cup canned or jarred hearts of palm,
drained, chopped
1 medium carrot, grated
½ cup walnuts, chopped
½ cup light mayonnaise
¼ cup olive oil
Juice of 2 limes
Salt and pepper
1/2 Peruvian avocado, pitted, peeled,
and thinly sliced, for garnish
Watercress for garnish

RECIPE TIPS

Difficulty level: low
Preparation time: 10 minutes
Servings: 8

Vegetable confetti rice with peruvian avocado

PREPARATION

In a large bowl, toss together the avocados, rice, beef, escarole, tomatoes, corn, peas, hearts of palm, carrot and walnuts. In a small bowl, combine the mayonnaise, olive oil, and lime juice. Add to the bowl and mix well to coat all ingredients. Season with salt and pepper to taste. Place approximately 2 cups of the mixture into an individual mold, press firmly with a spoon, and unmold onto a small plate. Repeat for each serving. Garnish with an avocado slice and serve with watercress on the side.



INGREDIENTS

2 quarts shrimp or seafood broth 1 pound quinoa, rinsed and drained 4 tablespoons unsalted butter 2 tablespoons olive oil 1 medium onion, finely chopped 7 slices bacon, finely chopped 1 cup white wine 1 cup heavy cream Salt and pepper 1 Peruvian avocado, pitted, peeled, and cubed 2 tablespoons finely chopped basil leaves 1 cup grated Parmesan cheese 2 cups large shrimp, peeled 2 large eggs, lightly beaten 2 cups panko bread crumbs Oil for frying ½ Peruvian avocado, pitted, peeled, and cubed for garnish Basil leaves for garnish

RECIPE TIPS

Difficulty level: medium Preparation time: 35 minutes Servings: 4

Quinotto with peruvian avocado and breaded shrimp

PREPARATION

In a large pot, bring the broth to a boil and add the quinoa. Reduce the heat and simmer for 12 minutes or until fluffy. Drain and cool.

To make the quinotto, in a large skillet, heat the butter and oil. Add the onion and bacon and cook over low heat until the onion becomes translucent, about 5 minutes. Add the wine and cream and bring to a boil. Add the cooked quinoa, cover, reduce the heat, and simmer until thick and creamy. Season with salt and pepper to taste. Add the avocado cubes, basil, and cheese. Turn off the heat and keep warm.

Dip the shrimp in the beaten egg and then dust with the panko. In a large Dutch oven, heat the oil over medium heat until it reaches 350° F. Adjust the heat to maintain the temperature. Fry the shrimp until golden brown, about 5 minutes. Drain on paper towels.

Serve the guinotto in deep, wide plates, topped with the fried shrimp and garnished with the cubed avocado and basil leaves.





Main course

INGREDIENTS

1 ½ pounds Idaho potatoes, peeled 3 tablespoons heavy cream 1 tablespoon unsalted butter ³/₄ cup peas, cooked 3 tablespoons finely chopped red bell pepper 2 tablespoons coarse mustard (with seeds) 3 teaspoons minced chives, divided Salt and pepper 1/8 teaspoon ground nutmeg 1 Peruvian avocado, pitted, peeled, and cubed 3 tablespoons olive oil 1 pound fresh tilapia fillets

RECIPE TIPS

Difficulty level: medium Preparation time: 30 minutes Servings: 4

Tilapia with rustic mashed potatoes and peruvian avocado

PREPARATION

In a large pot, boil the potatoes until soft. Drain and mash in the pot while still hot. Return the pot to the stove, add the cream and butter, and mix well. Add the peas, red bell pepper, mustard, and 1 teaspoon chives. Season with salt, pepper, and nutmeg, and then add the avocado. Keep warm.

In a large skillet, heat the olive oil over medium heat and cook the fish until lightly browned, about 3 minutes per side. Season with salt and pepper. Garnish with the remaining chives and serve with the mashed potatoes.



PERUVIAN-INSPIRED RECIPES

Main course

INGREDIENTS

2 boneless, skinless chicken breasts, about 6 ounces each

3 cups water 2 cups soda crackers 1 can (15-16 ounces) evaporated milk 2 tablespoons olive oil 1 medium onion, peeled and finely chopped 1 clove garlic, finely chopped 3 tablespoons yellow chili pepper paste (aji amarillo) 3 tablespoons walnuts, finely chopped Salt and pepper 2 cups hot cooked rice 2 Peruvian avocados, pitted, peeled, and mashed 3 tablespoons finely chopped parsley 3 hardboiled eggs, peeled and guartered, for garnish ½ cup pitted black olives, for garnish

Chives, for garnish

RECIPE TIPS

Difficulty level: medium Preparation time: 40 minutes Servings: 6

Creamy chicken with peruvian avocado and rice salad

PREPARATION

In a medium saucepan, simmer the chicken in the water until cooked, about 10 minutes. Remove the chicken and reserve the broth. Allow the chicken to cool. Shred and set aside.

Meanwhile, in a blender, blend the soda crackers with the evaporated milk to form a smooth paste.

In the medium saucepan, heat the oil over medium heat. Sauté the onion and garlic until soft and translucent, about 5 minutes. Add the chicken, cracker mixture, chili paste, and walnuts and cook for 10 minutes, stirring occasionally and adding the reserved broth as necessary if the mixture is too dry. Season with salt and pepper to taste.

In a medium bowl, mix the rice with the avocado and parsley, season with salt and pepper to taste, and serve with the chicken, garnishing with the hardboiled eggs, olives, and chives.



INGREDIENTS

1 pound ground beef
5 large eggs, divided
2 tablespoons finely chopped red bell pepper
2 tablespoons finely chopped parsley
2 tablespoons breadcrumbs
Salt and pepper
6 tablespoons olive oil, divided
4 hamburger buns
2 tablespoons coarse mustard (with seeds)
1 cup lettuce leaves
2 medium tomatoes, sliced
2 Peruvian avocados, pitted, peeled, and sliced

RECIPE TIPS

Difficulty level: medium Preparation time: 25 minutes Servings: 4

Hamburgers with fried egg, peruvian avocado, tomato, and lettuce

PREPARATION

In a medium bowl, combine the ground beef, 1 egg, red bell pepper, parsley, and breadcrumbs until well blended. Season with salt and pepper and shape into 4 hamburger patties.

In a large skillet, heat 3 tablespoons olive oil on medium heat and cook the hamburgers, 2 minutes per side or until cooked through. Remove from the skillet and keep warm.

Wipe out the skillet with a paper towel and return to medium-low heat. Heat the remaining 3 tablespoons of oil over medium-low heat and fry the remaining four eggs.

Spread mustard on the bottom of each bun. Add the lettuce, tomato slices, hamburger patty, and avocado, and top each with a fried egg. Cover with the top of the bun and serve.



INGREDIENTS

4 hot dogs 4 hot dog buns 2 Peruvian avocados, pitted and peeled Salt and pepper

Peruvian Avodog

PREPARATION

Place the hot dogs in boiling water and cook for 5 minutes. Remove from water and set aside.

Meanwhile, heat the hot dog buns in a 350° F oven for 8 minutes or until lightly toasted.

In a small bowl, mash the avocados and season with salt and pepper to taste. Place the cooked hot dogs in the buns, top with mashed avocado and serve.

RECIPE TIPS

Difficulty level: medium Preparation time: 15 minutes Servings: 4



INGREDIENTS

4 tablespoons olive oil, divided
1 pound London broil, beef tenderloin,
or other lean steak cut
2 tablespoons mixed fresh herbs, such as parsley,
cilantro, thyme, rosemary
Salt and pepper
1 medium zucchini, thickly sliced
1 large tomato, sliced into 8 wedges
4 flour tortillas
4 tablespoons mayonnaise
2 Peruvian avocados, pitted, peeled,
and sliced into strips
2 cups mixed lettuce

RECIPE TIPS

Difficulty level: medium
Preparation time: 40 minutes
Servings: 4

Peruvian avocado, steak, and roasted vegetable wrap

PREPARATION

Preheat the oven to 350° F.

In a large oven-proof skillet, heat 2 tablespoons of oil over medium heat. Season the meat with the herbs, salt, and pepper, and sear on all sides until browned. Place the skillet in the oven and roast the meat for 20 minutes or to the desired degree of doneness; remove from the oven and allow to cool. Slice into thin slices and set aside.

Meanwhile, place the zucchini slices and tomato wedges on a baking sheet. Drizzle with the remaining olive oil, season with salt and pepper, and place in the oven at the same time as the meat for 20 to 30 minutes or until well-roasted. Set aside.

Place a tortilla on a flat surface, spread with mayonnaise, and top with the avocado, lettuce, meat slices, and roasted vegetables. Roll up and then wrap in parchment paper. Cut in half and serve.



INGREDIENTS

4 whole-wheat pita breads
1 cup cooked quinoa
¼ cup chopped roasted peanuts
6 tablespoons olive oil, divided
2 tablespoons cilantro, rinsed and finely chopped
1 cup plain yogurt
Salt and pepper
1 cup cooked, cubed chicken
1 Peruvian avocado, pitted, peeled, and sliced
1 cup cherry tomatoes, quartered

RECIPE TIPS

Difficulty level: medium Preparation time: 15 minutes Servings: 4

Pita pocket with peruvian avocado and quinoa salad

PREPARATION

Cut the pita breads in half and toast lightly. Set aside.

In a small bowl, mix the quinoa, peanuts, and 2 tablespoons of olive oil. Set aside.

In a small bowl, mix the cilantro with the yogurt and the remaining 4 tablespoons of olive oil . Season with salt and pepper to taste and set aside.

Fill the pita pockets with the chicken, quinoa mixture, avocado, and cherry tomatoes. Serve with the cilantro-yogurt sauce.







Dressing
1/2 cup olive oil
1/4 cup balsamic vinegar
3 tablespoons lime juice
2 tablespoons honey
2 tablespoons soy sauce
Salt and pepper

Salad

1 tablespoon unsalted butter
2 tablespoons sugar

1 medium apple, peeled and coarsely chopped
3 cups mixed greens

1 Peruvian avocado, pitted, peeled, and sliced
1/2 pound smoked salmon

1/2 pound mushrooms, cleaned and sliced
½ cup sliced and toasted almonds
1/4 cup crumbled blue cheese
1 cup red rose petals (optional)

RECIPE TIPS

Difficulty level: medium
Preparation time: 20 minutes
Servings: 4

Smoked salmon, peruvian avocado, blue cheese, and mixed greens salad

PREPARATION

To make the dressing, in a small bowl, whisk together the olive oil, balsamic vinegar, lime juice, honey, and soy sauce. Season with salt and pepper to taste. Set aside.

In a small skillet, heat the butter and sugar. When the mixture begins to darken and caramelize, add the apple and cook for 4 minutes. Set aside.

In a large bowl, combine the greens, avocado, smoked salmon, mushrooms, almonds, blue cheese, caramelized apples, and, if desired, rose petals. Toss lightly with the dressing and serve.





Dressing
4 tablespoons lime juice, divided
3 tablespoons olive oil, divided
1 tablespoon Dijon mustard
Salt and pepper

Salad
2 cups peeled and cooked medium shrimp
Salt and pepper
3 cups mixed greens
2 Peruvian avocados, pitted, peeled, and sliced
1 Camembert cheese, approximately 8 ounces, sliced
1 medium red bell pepper, seeded and cut into thin strips
½ cup walnuts, chopped

RECIPE TIPS

Difficulty level: low Preparation time: 10 minutes Servings: 4

Peruvian avocado, sautéed shrimp and mixed greens salad

PREPARATION

For the dressing, in a small bowl, whisk together 3 tablespoons lime juice, 2 tablespoons olive oil, and the mustard. Season with salt and pepper to taste. Set aside.

In a large skillet, heat the remaining olive oil over medium heat and sauté the shrimp for 2 minutes. Season with the remaining lime juice and salt and pepper to taste. Set aside.

In a large bowl, carefully toss the greens, avocados, cheese, red bell pepper, walnuts, and reserved shrimp. Serve with the mustard dressing.



PERUVIAN-INSPIRED RECIPES



INGREDIENTS

2 Peruvian avocados, pitted and peeled, cut into ¾-inch cubes 2 medium tomatoes, peeled and seeded, cut into 3/4-inch cubes 1 pound fresh cheese (queso fresco, fresh mozzarella, farmer cheese, or other fresh soft cheese), cut into ¾-inch cubes 4 slices crisp bacon, crumbled Salt and pepper 3 tablespoons olive oil

Salad with peruvian avocado, tomato and cheese cubes

PREPARATION

In a large bowl, combine the avocados, tomatoes, cheese, and bacon. Season to taste with salt and pepper. Add the olive oil and gently toss before serving.

RECIPE TIPS

Difficulty level: low Preparation time: 5 minutes Servings: 4





2 Peruvian avocados, pitted, peeled, and cubed
1 can (5-6 oz) water-packed tuna, drained
1 medium cucumber, seeded and diced
1 cup cherry tomatoes, halved
1 cup diced celery, diced
1/2 cup cilantro leaves, rinsed and finely chopped
1/4 cup walnuts, chopped
1/4 cup olive oil
1/2 cup lime juice
Salt and pepper

Peruvian avocado, tuna, and vegetable salad

PREPARATION

In a large bowl, combine the avocado, tuna, cucumber, cherry tomatoes, celery, cilantro, and walnuts. Gently toss with olive oil and lime juice. Season to taste with salt and pepper to taste before serving.

RECIPE TIPS

Difficulty level: low Preparation time: 5 minutes Servings: 4



INGREDIENTS

6 tablespoons olive oil
4 boneless, skinless chicken breast fillets,
about 6 ounces each
2 cups mixed greens
2 Peruvian avocados, pitted, peeled, and sliced
1 cup coarsely chopped endive
½ cup red bell pepper strips
½ cup canned or jarred, drained hearts of palm,
cut into rounds
½ cup almonds, toasted
Salt and pepper

Grilled chicken fillets with peruvian avocado, mixed greens, red bell pepper, and hearts of palm

PREPARATION

In a large skillet, heat 2 tablespoons olive oil over medium-low heat. Add the chicken and cook until golden on all sides and cooked through, about 10 minutes.

Meanwhile, to make the salad, in a large bowl, combine the greens, avocado, endive, bell pepper, hearts of palm, and almonds. Drizzle with the remaining olive oil, season with salt and pepper to taste, gently toss, and set aside.

Slice each chicken breast, plate, and serve with the salad.

RECIPE TIPS

Difficulty level: low Preparation time: 15 minutes Servings: 4



INGREDIENTS

Grilled salmon over peruvian avocado and cilantro puree

PREPARATION

To prepare the puree, in a food processor, process the avocados, yogurt, and 2 tablespoons of olive oil until it forms a smooth puree. Add the cilantro and mint and season to taste with salt and pepper. Set aside.

In a large skillet, gently heat the tomatoes over medium heat until they soften, about 5 minutes. Set aside.

In the same skillet, heat the rest of the olive oil on medium heat and cook the salmon for 2 minutes on each side or until cooked through. Remove from the heat and keep warm.

Place the avocado puree on a serving platter and top with the cooked salmon. Garnish with the roasted cherry tomatoes and mint leaves.

RECIPE TIPS

Difficulty level: low Preparation time: 20 minutes Servings: 4



3 packets (7 teaspoons) unflavored gelatin

½ cup chicken broth 2 large Peruvian avocados, pitted and peeled Juice of 1 lime

INGREDIENTS

2 teaspoons yellow chili paste (aji amarillo) 1 cup plain yogurt

Salt and pepper

½ cup light mayonnaise 1 cup medium shrimp, cooked and peeled

1 $\frac{1}{2}$ cup canned or jarred hearts of palm, drained,

cut into rounds

1 Peruvian avocado, pitted, peeled, and sliced for garnish

RECIPE TIPS

Difficulty level: medium
Preparation time: 30 minutes
(plus 3 hours cooling)
Servings: 6

Peruvian avocado, yogurt, shrimp, and hearts of palm terrine

PREPARATION

In a small microwaveable bowl, place the gelatin and broth, and allow the gelatin to soak for a few minutes. Microwave at 30-second intervals until the gelatin dissolves. Allow to cool.

In a food processor, process the whole avocados, lime juice, chili paste, yogurt, and dissolved gelatin until smooth and well-mixed. Add the mayonnaise, mix, season to taste with salt and pepper and set aside.

Line a terrine mold or loaf pan with plastic wrap and place the shrimp in the bottom. Cover with half of the avocado mixture and then the hearts of palm. Top with the remaining avocado mixture. Refrigerate until the terrine is set, at least 3 hours and preferably overnight. Unmold, cover well and refrigerate until ready to serve.

Garnish with avocado slices and serve cold.



32 PERUVIAN-INSPIRED RECIPES

Healthy choices

INGREDIENTS

1 cup soy sauce 1 teaspoon toasted sesame seeds ½ teaspoon sesame oil 12 rice papers 2 carrots, peeled and finely grated ½ cup basil leaves, rinsed and blotted dry ½ cup mint leaves, rinsed and blotted dry 1 cup shrimp, cooked, peeled, and chillled 1 Peruvian avocado, pitted, peeled, and cut into strips

Rice paper rolls with peruvian avocado, shrimp, and basil

PREPARATION

Mix the soy sauce, toasted sesame seeds, and sesame oil in a bowl; set aside.

In a pie plate or flat bowl, soak the rice paper in warm water one piece at a time to rehydrate. Place each piece of rice paper on a flat surface. Place some of the grated carrot, basil, mint, shrimp, and avocado in the center. Fold in both sides and roll up. Repeat for the remaining rice papers and ingredients.

Cut the rolls in half and serve with the reserved sauce.

RECIPE TIPS

Difficulty level: medium Preparation time: 10 minutes Servings: 4



INGREDIENTS

Dressing

1 Peruvian avocado, pitted and peeled
½ cup olive oil
¼ cup lime juice
Salt and pepper

Salad

6 ounces light cream cheese, at room temperature
1 teaspoon minced chives
1/2 pound sliced turkey ham
2 cups mixed greens
½ cup thin red bell pepper strips
½ cup thin green bell pepper strips
1 cup cherry tomatoes, halved

RECIPE TIPS

Difficulty level: low Preparation time: 20 minutes Servings: 4

Turkey roll, mixed greens, and bell pepper salad with peruvian avocado dressing

PREPARATION

In a blender, blend the avocado, olive oil, lime juice, and salt and pepper to form a smooth dressing. Set aside.

In a small bowl, mix together the cream cheese and chives. Lay a slice of turkey ham on a flat surface and spread with some of the cream cheese mixture, covering the entire surface. Roll up, slice into 2-inch pieces, and set aside. Repeat with the remaining turkey ham and cream cheese mixture.

In a large bowl, add the greens and top with the bell peppers, cherry tomatoes, and ham rolls. Serve the dressing with the salad.





3 cups heavy cream
½ cup sugar

1 Peruvian avocado, pitted, peeled, and mashed
1½ cups passion fruit puree with seeds
1 packet unflavored gelatin
½ Peruvian avocado, pitted, peeled, and cubed
1 cup raspberries

raspberry, and passion-fruit parfait

Peruvian avocado,

PREPARATION

In a large bowl, beat the cream until it begins to thicken and forms very soft peaks. Avoid overbeating. Add the sugar, mashed avocado, and passion fruit puree. Mix well and set aside.

In a small microwaveable bowl, soak the gelatin in 3 tablespoons of water. Then heat in a microwave at 30-second intervals until the gelatin dissolves. Carefully add to the passion fruit mixture.

Line a loaf pan with plastic wrap. Place the avocado cubes on the bottom, followed by half the passion-fruit mixture, half the raspberries, and the remaining passion-fruit mixture. Smooth the top and freeze for 12 hours or overnight.

Unmold onto a serving platter, and discard the plastic wrap. Let rest for 10 minutes before serving.

RECIPE TIPS

Difficulty level: medium
Preparation time: 25 minutes
(plus 12 hours cooling)
Servings: 10





1 medium Peruvian avocado, pitted, peeled, and cut into chunks
1 ¼ cups packed brown sugar
2 large eggs
1 teaspoon vanilla
2 1/3 cups whole-wheat flour
1 ½ teaspoons baking soda
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon salt
2 cups rolled oats
1 cup walnuts, chopped
¾ cup raisins (optional)

RECIPE TIPS

Difficulty level: medium Preparation time: 25 minutes Servings: 20 cookies

Oatmeal peruvian avocado walnut cookies

PREPARATION

Preheat the oven to 350° F. Grease a cookie sheet.

In a large mixing bowl, cream the avocado using an electric mixer. Add the brown sugar and mix well. Add the eggs and vanilla and continue beating until well-mixed.

Into a large bowl, sift the flour, baking soda, cinnamon, nutmeg and salt. Add to the avocado mixture. Beat slowly, gradually increasing the speed to mix well. Mix in by hand the oats and walnuts, and raisins, if desired. Drop the mixture by tablespoonfuls onto a greased cookie sheet. Bake 10 to 12 minutes or until cooked. Remove from the oven, cool, and serve.



Notes

PART ONE

- (1) Cocina Prehispánica, by Lucía Rojas de Perdomo, Editorial Voluntad, Bogotá, Colombia, 1994.
- (2) Ibid, p:124.
- (3) Ibid, p:122. This information was obtained from the drawings and the relationship of Guamán Poma de Ayala.
- (4) Ibid, p:142.
- (5) www.gabrielbernat.es.
- (6) "Historia general y antropológica del área andina," Monograph by Martha Delfín Guillaumin, published at www.historiacocina.com.
- (7) www.gabrielbernat.es
- (8) Source: www.pachacamac.cultura.pe.
- (9) Extracted from Producción de la Palta en el Perú, by Leslie Johanna Ortega Figueroa, published at www.monografías.com, in which she cites Daniel Téliz from his book "El Aguacate y su manejo integrado."
- (10) La cocina en el virreinato del Perú, by Rosario Olivas Weston, edited by the Escuela Profesional de Turismo y Hotelería of the Universidad San Martín de Porres, Lima 2003 (1st edition).
- (11) Ibid, p:26.
- (12) Ibid, p:29.
- (13) La cocina de las cebicherías, by Gastón Acurio. El Comercio collection, Vol 2, p:35. Empresa Editora El Comercio, Lima, Peru, 2006.
- (14) Ibid, p:29
- (15) Una fiesta del sabor, el Perú y sus comidas, by Sara Beatriz Guardia, p:22. Edición Bonus, Lima, Peru, 2002.
- (16) Olivas, pp. cit., p: 102.
- (17) Olivas, op. cit., pp: 107, 110, 113, 114.
- (18) Sara Beatriz Guardia, op. cit. Cited in "Bosquejo del Perú," by Samuel Haigh.
- (19) Olivas, op. cit., pp: 186, 188.
- (20) Olivas, op. cit., p: 190.
- (21) Olivas, op. cit., p: 284 and following.
- (22) Guardia, op. cit., pp: 93–94.
- (23) Guardia, op. cit., pp: 115–117.
- (24) Guardia, op. cit., p: 133.

PART TWO

- (1) La cocina norteña, by Gastón Acurio, Vol 7, p: 2, El Comercio Collection, Lima, Peru, 2006.
- (2) Ibid., pp: 8–9.
- (3) La cocina nikkei, by Gastón Acurio, Vol 4, p.:. 2, El Comercio Collection, Lima, Peru, 2006.
- (4) Ibid., pp: 18–19.
- (5) Nikkei es Perú, by Mitsuharu Tsumura and Josefina Barrón, published by Telefónica, Lima, Peru, 2013, p: 44.
- (6) Ibid., p: 216.
- (7) Diccionario de Gastronomía Peruana Tradicional, by Sergio Zapata Acha, Fondo Editorial de la Universidad San Martín de Porres, 2nd ed., 2009.
- (8) La cocina criolla, by Gastón Acurio, Vol 1, El Comercio Collection, Lima, Peru, 2006, p: 38.
- (9) Ibid., pp:46–49.
- (10) La cocina de las cebicherías, by Gastón Acurio, Vol 2, El Comercio Collection, Lima, Peru, 2006, p: 8.
- (11) Ibid., p: 30.
- (12) Ibid., p: 25.
- (13) La cocina novoandina, by Gastón Acurio, Vol 9, El Comercio Collection, Lima, Peru, 2006, p: 17.
- (14) Bernardo Roca Rey, cited by Sara Beatriz Guardia in Una fiesta del sabor, el Perú y sus comidas, p: 150.
- (15) Guardia, op. cit., p: 223.
- (16) La cocina del sur, by Gastón Acurio, Vol 8, El Comercio Collection, Lima, Peru, 2006, pp: 20–37.
- (17) Guardia, op.cit., p: 329.
- (18) Zapata Acha op. cit., p: 412.
- (19) La cocina de los chifas, by Gastón Acurio, Vol 3, El Comercio Collection, Lima, Peru, 2006, p: 13.
- (20) Ibid., p: 19.
- (21) *Ibid.*, p: 26–27.
- (22) La cocina de la calle, by Gastón Acurio, Vol 6, El Comercio Collection, Lima, Peru, 2006, p: 8.
- (23) Ibid., p:10.
- (24) Guardia, op. cit., p: 25.

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