

AQUAMARINE

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The Food & Cooking of Peru

Traditions, ingredients, tastes and techniques in 60 classic recipes

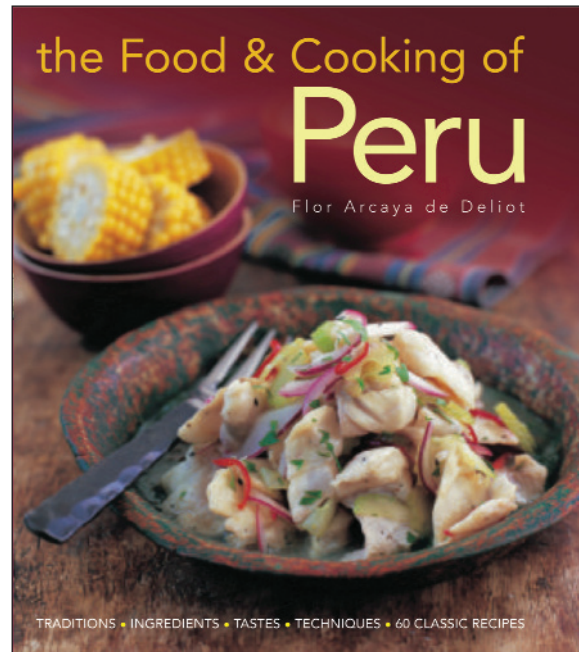
Flor Arcaya de Deliot

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- Discover the vibrant food of Peru, one of the most delicious and ancient cuisines of the world
- Explores the fascinating roots of Peruvian eating traditions, from its roots in the Inca culture, to the rich inheritance of the Spanish Conquistadors, and the later immigrant influences of the Moorish, Genoese, French and Chinese
- A comprehensive guide to the local ingredients and how to use them, from chillies and limes to maize and yucca
- The fantastic collection of authentic recipes includes snacks and street foods, delicious chilli-infused main courses, a rich variety of vegetable dishes, and tempting sweetmeats and desserts
- Includes more than 300 stunning photographs, specially commissioned for this book, with complete nutritional information given for every recipe

About the Author

Flor Arcaya de Deliot was born in Lima, where she lived for some years. Her travels since then have given her a taste for national and regional dishes from the countries she has visited, but have also reinforced her love for Peruvian cuisine. Flor has written two Peruvian cookery books and one of her recipes obtained an honourable mention in the annual International Competition for the Potato, organized by the San Martin University in Peru and Unesco.



This beautiful new book includes many favourite dishes, such as the irresistible little pastries, Empanaditas, the popular street food Humitas and Butifarras, but it also introduces dishes that have yet to travel further than the borders of Peru. These include tasty soups that are meals in themselves, delicious corn, potato and bean side dishes, fish in spicy sauces, and tempting sweets and desserts that reflect the Peruvian love of almonds and pastry.

Peru's cuisine is a triumph of fusion cooking; more than any other cuisine it is a unique blend of the ancient with the modern, bound together by an extraordinary geographical diversity, and fuelled by an abundance of natural ingredients. With this book you can explore Peruvian food, and feast on dishes that combine the old world with the new.



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