

Peruvian Recipes

CEVICHE



Ingredients

- 1 ¾ lb (800g) sea bass or flounder fillets
- 1 red onion, in very fine slices
- ½ red **ají limo**, (chilli) chopped finely
- ½ yellow **ají limo**, (chilli) chopped finely
- Juice of 16 key limes
- Salt
- **To serve:**
- 1 boiled ear of corn, cut into rounds
- Boiled sweet potato
- Lettuce leave

Preparation

Cut fish into bite size pieces and mix together with onion in large bowl. Wash onion and fish and drain well. Season with salt and ají limo. (chilli)

Toss fish preparation quickly in lime juice. Refresh by adding a couple of ice cubes, mixing well and removing immediately before they have a chance to melt. Serve ceviche immediately in a deep dish, accompanied by boiled sweet potato, freshly cooked corn and lettuce leaves.

For more Peruvian recipes contact:
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PERUVIAN NATURAL PRODUCTS

MACA

Maca is a tuberous plant that grows between 3,000 and 4,000 meters above sea level in the Peruvian Andes. The soil in which Maca is grown contains huge amounts of minerals which make the Maca plant high in nutritional values, essential amino acids and important fatty acids. In Peru, Maca is consumed in different ways: raw, baked or dried. Europe mainly knows Maca in its dried form, capsulated or gelatinized. This natural product is an excellent restorative, improves mental activity, eliminating mental fatigue and weakness becoming an essential element in children's and adult's daily diet.

CAT'S CLAW

This medicinal vegetable species is known traditionally as a supplement treatment for asthma, gastric ulcer, diabetes, viral processes, and skin inflammations, degenerative diseases such as cancer, convalescence and general fatigue. It is also an antioxidant.



QUINOA Is one of the main sources of proteins and can be compared with other food such as milk, meat, eggs and others. QUINOA characterizes itself for the quality of its proteins given by the essential amino acids. The concentration of lysine in the protein of the quinoa is almost twice of that found in cereals and minerals.

Peruvian Restaurants in London

Tito's

4-6 London Bridge Street, London SE1 9SG

Tel: 020 7407 7787

Nearest tube: London Bridge

El Aguajal

54 Balls Pond Road, Islington N1 4AP

Tel: 020 7923 4883

Nearest tube: Highbury Islington

Embassy of Peru

postmaster@peruembassy-uk.com

SUSPIRO A LA LIMEÑA

Ingredients

- 1 can (14 ½ oz) evaporated milk
- 1 can (14 oz) condensed milk
- 8 egg yolks

For the syrup:

- 1 cup port
- 1 ½ cups granulated sugar
- 4 egg whites

For serving:

- Ground cinnamon



Preparation

To prepare the caramel:

Combine the two milks in a heavy-based pan and simmer gently over low heat, stirring continually with a wooden spoon until the mixture thickens and the spoon leaves tracks across the bottom of the pan, about 1 hour.

Take off the heat and whisk in beaten egg yolks. Leave to cool and then pour into shallow dessert bowl or individual serving cups.

To prepare the syrup:

Combine sugar and port in a small pan and boil until syrup forms an unbroken thread when dropped from the spoon.

To prepare the meringue:

Beat the egg whites until they form soft peaks. Continue beating, adding hot syrup in a slow steady stream.

In a bowl or individual cups, mound the meringue on top of the caramel mixture and dust lightly with ground cinnamon.

PISCO SOUR



Blend 2 measures of pure Pisco, 10 ice cubes, and 1 measure of sugar syrup or sugar. Add 1 measure of freshly squeezed lime juice and ½ a measure of egg white, or alternatively a 1/4 of a sachet of egg white powder (can be found in Sainsbury's). Serve in cognac goblet with 3 drops of Angostura bitter.

CAUSA

Ingredients

For the causa:

2 yellow potatoes
1 tbsp ají amarillo paste
1 tbsp vegetable oil
Juice of ½ key lime
Salt and white pepper

Garnish:

1 fresh ají amarillo, seeded, deveined and cut into julienne
2 black olives, pitted and julienned
3 or 4 cooked crayfish tails
Fresh white farmer cheese
Salsa criolla (optional)



Preparation

Scrub the potatoes and place them in a saucepan with plenty of salted water. Bring to the boil and cook until tender, about 10 minutes. Strain and when cool enough to handle (but still warm) peel and mash them by pressing them through a fine mesh sieve with the back of a spoon. Alternatively you can use a ricer.

Add vegetable oil, ají amarillo paste, lime juice and salt and white pepper to taste. Mix thoroughly until all ingredients are well incorporated.

Lightly oil and line an individual cup mold with plastic wrap. Line the base of the mold with an even layer of the potato mixture and then spoon in a layer of the crayfish and salsa golf mixture. Add another layer of potato and then a layer of sliced avocado sprinkled with a little lime juice and salt.

Finish off with a layer of the potato mixture and chill for at least 1 hour until ready to use.

To make the sauce:

Melt the butter in a small skillet over medium heat and cook the shrimp corals for two to three minutes. Stir in the béchamel sauce and add the crayfish stock and white wine. Bring back to the boil, reduce the heat and simmer until the mixture reduces and thickens to a rich sauce, about 20 minutes. Stir in the cream and adjust seasonings. Keep warm.

To serve:

Invert the causa onto an individual serving plate and unmold. Serve with warm crayfish coral sauce and garnish with a julienne of fresh ají amarillo, olives, whole crayfish tails and slices of fresh white cheese.

For the filling:

3 avocado slices
4-6 peeled, cooked crayfish tails,
Mixed with 1 tbsp salsa golf
(mayonnaise mixed with tomato
ketchup)

For the crayfish coral sauce:

1 tbsp butter
1 ½ tbsp crayfish corals
¼ cup double cream
2 ½ tbsp béchamel sauce
1 cup crayfish stock
½ cup white wine

SECO DE CORDERO

Ingredients

- 6 lamb shanks, weighing approximately ¾ lb (325g) each
 - 2 cups (1/2lt) chichi de jora, corn/malt beer
 - 1tsp paprika
 - 3tbsp ají amarillo paste
 - 1tsp oregano
 - ½ cup vegetable oil
 - 1 red onion chopped finely
 - 4cloves garlic, crushed
 - 1 cup cilantro purée
 - 2 cups stock
 - Salt and pepper



Preparation

In a large bowl, combine beer, paprika, oregano, ají Amarillo paste, salt and pepper. Trim lamb shanks and marinate in the beer mixture for at least four hours.

In a large pot, heat a little of the oil and sear lamb shanks until golden brown all over. Remove shanks from the pan and set aside. In the same pan, heat remaining oil and sauté onion, over medium heat, until translucent, about 3 minutes. Add garlic and continue cooking for another couple of minutes until the mixture starts to colour. Add ½ cup of the cilantro purée and cook for a further 2 minutes.

Add stock and bring to a boil. Replace lamb shanks, cover and simmer gently, on very low heat, until meat is fork tender, about 2 hours. When meat is cooked, stir through the remaining cilantro purée and the peas. Serve immediately with rice, yellow potatoes and frijoles guisados (beans).

Where to find Peruvian Ingredients in London

- **Harrods 102:** (ají Amarillo, limo y panca)
102 Brompton Road, London SW1X
- **Partridges:** www.partridges.co.uk
17-23 Gloucester Road, London SW7 4PL
2-5 Duke of York Square, London SW3 4LY



- **Sol Andino Services UK**
Amazonas Shopping Center, 206 Old Kent Road
Elephant & Castle, London SE1 5TY
Mobile: 07957326685, Phone: 02077019780
Nearest Tube: Elephant & Castle
Opening Hours: 11:00am to 08:00pm

CRAYFISH RICE



Ingredients

- 2 cups rice
- 3 tbsp vegetable oil
- 1 medium red onion, chopped
- 3 cloves garlic, minced
- 2 tomatoes, peeled and finely chopped
- 1 ½ tsp paprika
- ½ tsp dried oregano
- 2 bay leaves
- 1 tsp rocoto paste: Seed, devein and dice rocotos. Place in a large bowl of water with sugar and vinegar. Soak for 5 minutes. Drain and rinse well in 2 changes of water. Add vegetable oil, lime juice, chopped scallions and salt and pepper to taste. Mix well and serve as a condiment.
- ½ cup white wine
- 2 cups (400 g) peeled crayfish tails
- 1 tbsp crayfish corals
- 2 red bell peppers, peeled and finely diced
- 3 tbsp freshly chopped cilantro
- 1 cup fish stock or fumet
- salt

Preparation

In a large pan heat the oil over medium heat and sauté the garlic for 2 or 3 minutes until cooked but not brown. Add rice and combine well. Cook, stirring for a couple of minutes. Season with salt and add the water. Bring to a boil. Lower the heat and simmer, covered, on very low heat for 15 minutes. Then turn off heat and leave covered for 5 more minutes.

In a large pan, heat the oil and sauté onion, over medium heat, until translucent, about 3 minutes. Add garlic and continue cooking until ingredients are just turning golden, 1 or 2 more minutes.

Add tomato, paprika, bay leaves and oregano and cook for a further 5 minutes.

Add rocoto paste and white wine and cook, stirring, until all the liquid has evaporated. Remove the bay leaves.

Add crayfish tails and corals, stock or fumet and red bell pepper. Once the tails have turned pink, add cooked rice, cilantro and salt to taste. Mix well and serve immediately.