

The Bounty of Peru



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CHILCANO COCKTAIL

Serves 1

1 2/3 fl oz Pisco Acholado
juice of ½ lime
Ginger ale, to top up
2 drops of Angostura bitters
Lime slice

Pour the pisco and lime juice into a highball glass and fill the glass with ice cubes. Top up with ginger ale, add the bitters, and drop in a couple of lime slices to serve



WHOLE WHEAT ARTICHOKE EMPANADAS

Author: Morena Escardó

Recipe type: Appetizer Cuisine: Peruvian

Prep time: 1 hour Cook time: 45 mins Total time: 1 hour 45 mins Serves: 12 empanadas

My favorite, hands down, is the artichoke empanada, which is not filled with artichoke pieces, but with an intensely flavored artichoke paste instead

Ingredients

For the dough***

2 cups sprouted whole wheat flour 1 teaspoon salt

1/2 cup butter

1/2 cup cold water

Filling***

1 tablespoon olive oil

1/2 onion, chopped

2 garlic cloves, chopped

2 12-ounce jars artichokes

1 cup Parmesan cheese

1 teaspoon oregano

Salt and pepper, to taste

1 egg

Instructions

1. Mix the flour and salt. Add the butter, in small pieces, and start kneading it quickly with your hands.
2. Add the water, and keep kneading until the dough is uniform, and it doesn't stick to your fingers anymore.
3. Put it in a sealed container, and refrigerate for 30 minutes.
4. In the meantime, make the filling:

5. Heat the oil in a small saucepan over medium heat, and saute the onion and garlic, stirring, until golden (about 5 minutes).
6. Process the onion, garlic, artichokes, and cheese in a food processor, and season with oregano, salt, and pepper.
7. When the dough is ready, preheat the oven to 350oF.
8. Flour a clean surface on your kitchen counter, and divide the dough in 8 pieces.
9. Roll one piece at a time, until you make a circle of about 4 inches in diameter. The dough should be about 1/8-inch thick. You can put a cup of about that size (4 inches) on top of the rolled dough, and cut around it with a knife to get perfect circles.
10. Put 2 tablespoons of the filling in the middle of the circle, and then fold the circle in half, pressing the edges with your fingers, and being careful so that the filling doesn't seep out through the sides.
11. Press the edges with the tip of a fork to create indentations.
12. Repeat with the rest of the dough. You will have some dough left from each circle you cut, so keep making circles with this extra dough, until you use it all.
13. Beat an egg in a cup, and add 1 tablespoon of water.
14. Use a pastry brush to paint the surface of each empanada with a thin layer of this egg wash.
15. Bake for 30-35 minutes.
16. Let cool a little bit before serving.

Recipe by PERU DELIGHTS at <https://perudelights.com/meatlessmondays-whole-wheat-artichoke-empanadas>

SEA BASS/HALIBUT CEVICHE

From chef Ricardo Zarate of Picca and Mo-Chica in Los Angeles

For the sauce:

1/3 cup honey
4 cloves garlic
1/4 red onion, thinly sliced
4 sticks celery, peeled
1/8 pound fresh sea bass or other firm fleshed pacific fish. (I used halibut.)
1 cup lime juice, key lime if available (make sure not to squeeze too deeply into the lime, or the juice will taste bitter)
1/2 cup coconut milk
1 tablespoon aji amarillo paste.

For the ceviche:

1 pound fish sea bass or other firm fleshed pacific fish. (I used halibut.)
1/2 red onion, sliced

1 tablespoon cilantro, minced
Salt and pepper (to taste)

Notes: Aji amarillo is a yellow Peruvian chili paste found in Latin markets

WHAT TO DO:

1. In a blender, puree all the sauce ingredients until smooth.
2. Sharpen a long thin knife and slice bass into 1/3 inch cubes.
3. Mix the sauce with all the ceviche ingredients and let marinate for 15 minutes before serving. Ceviche is best eaten immediately, but will also be good, though different, after an hour or two. Keep chilled at all time



TIRADITO DE COLIFLOR

Cauliflower and tomato salad

Serves 4



INGREDIENTS

1 medium cauliflower, broken into florets
4 medium tomatoes, seeded and finely diced
4 Butter lettuce leaves, whole in a cup form is best

DRESSING

4 tablespoons grated parmesan cheese
2 tablespoons extra virgin olive oil
3 tablespoons white wine vinegar
1 teaspoon dark soy sauce
1 tablespoon lime juice, fresh squeezed
2 cloves garlic, crushed
2 teaspoons cilantro leaves, chopped

cilantro leaves, stemmed and whole for the garnish

Bring a large saucepan of salted water to a boil over medium heat. Drain in the cauliflower and blanch for 1 minute. Drain and plunge into iced water to refresh. You want the cauliflower to be on the crisp side.

To make the dressing, put all the ingredients in a food processor or blender and blitz until smooth. Strain the mixture through a sieve if you want it completely smooth.

To serve, place a lettuce leaf cup on each salad plate. Scoop a $\frac{1}{4}$ of the cauliflower into each of the lettuce leaf cups. Top the cauliflower with the chopped tomatoes. Drizzle over the dressing, garnish with cilantro leaves and serve immediately.

Lomo Saltado

Peruvian Beef Stir-fry.

This is not just Peru's most popular stir-fry. It is the perfect fusion of East and West, thanks to the combination of Chinese Soy, Peruvian chile, and pisco.

Serves 4

1 1/3 lb. fillet steak, cut into 1 1/4-inch cubes *
Vegetable oil for frying
1 large red onion, cut into thick wedges
2 tomatoes, halved, seeded and cut lengthwise into eighths
1 amarillo chile, seeded, and sliced lengthwise *
4 tsp. (20 ml.) pisco
1 1/2 cups (25 grams) cilantro leaves, finely chopped
2/3 cup (10 grams) flat leafed parsley, finely chopped

Marinade:

4 cloves garlic, chopped
2/3 cup soy sauce
2 Tbsp. red wine vinegar
2 tsp. Worcestershire sauce
1/2 tsp. dried oregano
1/2 tsp. ground cumin
2 Tbsp. water
salt and pepper

Aji Sauce – a Peruvian sauce. Use as a condiment.

Make the marinade by mixing all ingredients in a bowl. Add meat so it is well covered. Marinade in refrigerator for 4 hours.

Drain the meat, reserving the marinade.

Heat veggie oil in a wok until just smoking. Add the meat. Cook as quickly as possible, tossing the meat until it is browned on all sides. Add the red onion and cook for one minute. Add tomatoes and chile and immediately pour in the pisco.

Pour in the reserve marinate, turn off the heat and leave the meat to rest in the sauce for a couple of minutes.

Garnish with cilantro and parsley. Note, we used about a quarter of the parsley and cilantro.

Dot the plate with a small amount of Aji Sauce.

*Meat – you can use flank steak or sirloin steak cut in thin slices against the grain.

*Chile – a Peruvian yellow chile or pepper. I used a yellow bell pepper.

PERUVIAN RICE

servings - 6

2 cups Thailand rice

4 cups water

1 garlic clove

olive oil

Heat olive oil in sauce pan. Add garlic clove and sauté until clove is brown. Remove clove and add rice. Saute, stirring, until rice is white, then add the water. Boil with lid off until the water has reduced just enough to see the top of the rice.

Cover and reduce heat to simmer. Cook about 15 minutes until water is gone and rice is soft.

FRENCH FRIES

The dish is typically served with both rice and French fries. I used steak cut frozen French fries.



ENCANELADO DE PISCO - CINNAMON PISCO SYRUP CAKE

SERVES 6 TO 8

5 eggs, separated
1 cup / 200 g superfine sugar
2 tsp vanilla extract
¾ cup plus 1 tbsp / 100 g all-purpose flour

FOR THE SYRUP

5 tbsp / 75 ml water
¾ cup / 150 g granulated sugar
1 tsp ground cinnamon, plus extra for dusting
1 large cinnamon stick
5 tbsp / 75 ml pisco

TO SERVE

Peruvian Dulce de Leche or ice cream
A small handful of goldenberries

This light, airy cake can also be considered good for you, as the sponge contains no oil or butter and, despite being soaked in sugar syrup, it isn't too sweet.

Preheat the oven to 350°F and line a 12 by 8 inch /30 by 20-cm baking pan with parchment paper.

First, make the cake. Whisk together the egg yolks and half the sugar in a bowl until the mixture increases in volume, is very pale, and is stiff enough to hold a ribbon trail. Keep whisking while you add the vanilla extract.

In a separate bowl, whisk the whites until they form soft peaks and then gradually incorporate the rest of the sugar until you have a stiff, glossy meringue mixture.

Very carefully, fold the meringue into the egg yolk mixture and then stir in the flour. Try to make sure your mixture doesn't lose too much volume at this stage. Pour the cake mixture into the prepared pan and bake in the preheated oven for 30 to 35 minutes, until firm and a light golden brown on top. To test if the cake is done, insert a skewer into the center. It should come out clean. Remove the cake from the oven and allow to cool.

Meanwhile, make the syrup. Bring the water, sugar, ground cinnamon, and cinnamon stick to a boil, stirring constantly until all the sugar has dissolved. Remove from the heat and add the pisco.

Turned the cooled cake out of the pan, peel off the parchment, turn the cake right side up, and place it on a plate. Pour the warm syrup over the cake and then chill for 2 hours. Cut into individual slices and dust with cinnamon.

Serve with the dulce de leche or ice cream and garnish with goldenberries.