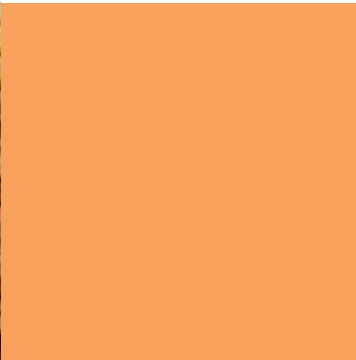
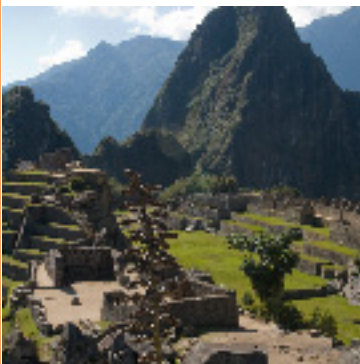




*The Culinary Institute of America's*

# Peru

## RECIPES



# Ceviche Tradicional con Leche de Tigre

**Yield:** 4 portions

*Peruvian Ceviche with Leche de Tigre*

Ingredients	Amounts
Flounder, Sea Bass, Tilapia or other white fleshed fish (freshest possible)	2 lb.
Sea salt	to taste
Habanero chiles, seeds and veins removed, julienned	2 ea.
Red onion, halved, thinly sliced, rinsed in cold water	1 cup
Mexican lime, hand squeezed	1 cup
Salt	to taste
Sugar	to taste
Ice cubes	2 ea.



<i>GARNISH</i>	
Sweet potato, boiled or steamed skin on, peeled ½" slices	8 oz.
Choclo, Peruvian corn kernels, frozen blanched, chilled	1 cup
Cancha, toasted Peruvian corn	½ cup
Romaine lettuce leaves	4 ea.
Cilantro sprigs, stems removed	4 ea.

<i>LECHE DE TIGRE</i>	
Ginger, 1", peeled, thinly sliced	1 ea.
Garlic, germin removed, finely diced	2 ea.
Celery stalks, peeled, finely diced	2 ea.
Mexican limes, freshly squeezed	3 cups
Fish, white flesh, cubed	1 cup
Red onion, finely diced, rinsed in cold water	1 cup
Dried bonita fish flakes	2 Tbsp.
Habañero chile, seeds and veins removed, roughly chopped	2 ea.
Cilantro stems, roughly chopped	4 ea.
Sea salt	1 Tbsp.
White pepper, finely ground	1 pinch

*Recipe continues on next page* ►

# Ceviche Tradicional con Leche de Tigre *(continued)*

*Peruvian Ceviche with Leche de Tigre*

## Method

1. Remove any discolored flesh and bones from the fish.
2. Cutting with the grain of the fish, dice into ½ inch pieces.
3. Place the fish in a bowl and season generously with salt. Toss the fish with the salt for several minutes to release the natural juices from the fish. Add the onion and the ají limo and continue tossing for 10 minutes to marinate the flavors. Set the ceviche in an ice bath to maintain freshness.
4. In a separate bowl, squeeze the limes from the ceviche through a fine mesh sieve. Take care to not oversqueeze the limes (squeeze only halfway). Season the lime juice with sugar and salt to taste. Set the lime juice over an ice bath.
5. Combine all the leche de tigre ingredients in a non-reactive bowl and chill over ice.
6. Once ready to serve, pour the freshly squeezed lime juice over the fish and toss until well coated. Pour the leche de tigre through a strainer over the ceviche. Transfer the ceviche to a serving platter and serve with slices of sweet potato, choclo, and sprinkle with cancha. Garnish with lettuce and sprigs of cilantro.



# Choros a la Chalaca

Cold Peruvian Mussel Appetizer

Yield: 2 dozen mussels

Ingredients	Amounts
Pacific mussels	2 ½ doz.
Salt	3 Tbsp.
Water, cold	3 qts.
<i>CHALACA VINAIGRETTE</i>	
Lime juice, freshly squeezed, sieved	4 Tbsp.
Extra-virgin olive oil	2 Tbsp.
Ají Amarillo Paste ( <i>recipe p.13</i> )	2 Tbsp.
Rocoto Paste ( <i>recipe p.13</i> )	2 Tbsp.
Red onion, finely minced, rinsed in cold water	1 cup
Choclo kernels, blanched, cooled in an ice bath, halved	1 cup
Tomato, concasse (optional)	½ cup
Salt	to taste
Ground white pepper	to taste
<i>GARNISH</i>	
Parsley leaves, finely mince	1 Tbsp.
Cilantro Oil (for drizzling)	to taste



## Method

1. Inspect the mussels to ensure all close properly. Combine the salt and water and soak the mussels for 30 minutes to release any grit or dirt.
2. Prepare a steamer with simmering water and steam the mussels over low heat, just until they open (take care not to overcook the mussels or they will be hard and chewy).
3. Immediately remove the mussels from the steamer basket and arrange them (half shell) on a serving platter. Refrigerate until completely cooled.
4. In a bowl, whisk together the vinaigrette ingredients and season with salt and white pepper to taste. Refrigerate until ready to serve.
5. Place a generous spoonful of the vinaigrette on top of each mussel.
6. Garnish with parsley and decorate the plate with parsley or huacatay oil.
7. Served chilled.



# Causa de Papa con Pulpo Salteado Yield: 4 portions

*Yukon Gold Potato Causa with Sautéed Octopus*

Ingredients	Amounts
<i>CAUSA DE PAPA MORADA</i>	
Yukon Gold potato	1 lb.
Extra-virgin olive oil	¼ cup
Lime juice	2 tsp.
Parsley, finely minced	2 Tbsp.
Salt	to taste
<i>PULPO GRELLADO</i>	
Octopus, boiled, cleaned, cut into 1" pieces	1 lb.
Extra-virgin olive oil	3 Tbsp.
Garlic, minced	1 Tbsp.
Parsley, finely minced	1 Tbsp.
Mexican lime	1 ea.
Salt	to taste
<i>GARNISH</i>	
Garlic chives, sprigs	2 ea.



## Method

1. Marinate the cooked octopus with the ingredients listed under Pulpo Grellado. Refrigerate until ready to cook. Remove from the refrigerator 10 minutes prior to grilling.
2. Steam or boil the Yukon Gold potatoes until cooked through. The cooking time will vary depending on the size of the potatoes.
3. Once cooked, immediately remove the skin and pass the potatoes through a ricer, while still hot.
4. Add the olive oil, lime juice, and parsley to the potatoes and stir until combined. Season with salt to taste.
5. Strain the octopus from its marinade liquid. Heat a nonstick skillet over high heat and cook the octopus until browned and crisp. Once cooked, toss the octopus with a dash of fresh olive oil, parsley, and salt.
6. Portion the causas into quenelles, using large serving spoons. Arrange the octopus on top of the causas. Serve warm, garnished with garlic chives.



# Tacu Tacu de Lentejas y Mariscos

Peruvian Lentil and Rice Cakes stuffed with Seafood

Yield: 8 portions

Ingredients	Amounts
Lentils, dry	1 lb.
Long grain white rice	2 cups
Olive Oil	2 Tbsp.
Crawfish tails	2 cups
Shrimp, large, butterflied	½ lb.
Shrimp stock, concentrated	2 cups
Shrimp coral	2 Tbsp.
Ají Amarillo Paste ( <i>recipe p.13</i> )	¼ cup
Ají Mirasol Paste ( <i>recipe p.13</i> )	¼ cup
Pisco	2 Tbsp.
Salt	to taste
Pepper	to taste
<b>SOFRITO</b>	
Red onion	3 ½ oz.
Garlic cloves	2 ea.
Ají Amarillo Paste ( <i>recipe p.13</i> )	1 Tbsp.
Salt	to taste
Canola oil	¼ cup
<b>GARNISH</b>	
Salsa Criolla ( <i>recipe p.14</i> )	2 cups



## Method

1. Cook the lentils in a large pot with water for 40 minutes, or until soft.
2. Rinse the white rice in hot water and cook according to instructions.
3. Heat the oil in a sauté pan and sear the crawfish tails and shrimp over high heat. Remove the shrimp & crawfish and deglaze the pan with shrimp stock, shrimp coral, ají pastes, and pisco. Reduce slightly and reserve warm. Season with a salt and pepper to taste.
4. For the Sofrito: Blend the red onion, garlic, and ají amarillo paste to a smooth purée.
5. Heat ¼ cup of canola oil in a non-stick pan, add the sofrito, cooked beans, rice, and reduce. Constantly stir the mixture mashing the beans and rice with the back of a spoon until the ingredients cook down. Season with salt and pepper to taste.
6. Once the mixture comes together like dough, spoon several tablespoons of the crawfish and shrimp mixture along the middle of the pan and flip the mixture in half to form half moon. Gently press the tacu tacu towards the front of the pan, flipping the log until it is nicely browned on all sides.
7. Garnish with cooked crawfish, shrimp, and serve warm with chilled Salsa Criolla on the side.

# Patarashca

Amazonian Fish Wrapped in Banana Leaves

Yield: 4 portions

Ingredients	Amounts
Catfish or tilapia filets, portioned into 8 oz. portions	2 lb.
Misto ( <i>recipe p.14</i> )	1 cup
Red onion, halved, finely sliced	4 cups
Habanero peppers, thinly sliced	4 ea.
Culantro leaves	2 bu.
Salt	to taste
Banana leaves, or bijao leaves*	1 bu.
<b>GARNISH</b>	
White rice, cooked or Yuca, peeled, boiled, tossed with minced garlic, lime juice, olive oil, and salt to taste	2 cups 2 lb.
Salsa Criolla ( <i>recipe p.14</i> )	2 cups



## Method

1. Rub the misto paste evenly over the fish filets and season with salt to taste.
2. Arrange 4 banana leaves on a work surface. Arrange a fish filet in the middle of each leaf and evenly portion red onion, habanero peppers and culantro leaves between all 4 leaves.
3. Bring the top edges of the pouch together, folding to create a tight seam. Fold the remaining two edges and tuck underneath the filets.
4. Preferably cook the fish over slowly burning embers. If cooking inside, cook the Patarashca on a griddle over medium heat.
5. Cook the packets, seam side down, for 10 minutes. Flip and continue cooking for five minutes on the other side.
6. Serve immediately with white rice or seasoned yuca.

## Note

In the Amazon, bijao leaves are used for wrapping and cooking fish. Banana leaves can be substituted. If using fresh banana leaves, first pass them over an open flame to soften.



# Huátia

Andean Beef Cooked in Herbs

Yield: 8 portions

Ingredients	Amounts
Canola oil	2 Tbsp.
Brisket	2 lb.
Ají Panca Paste ( <i>recipe p.15</i> )	½ cup
Salt	to taste
Black pepper	2 Tbsp.
Canola oil	¼ cup
Garlic paste	2 Tbsp.
Ají amarillo paste ( <i>recipe p.13</i> )	2 Tbsp.
Red onion, quartered	1 lb.
Red wine vinegar	¼ cup
Oregano, fresh	1 bu.
Rosemary, fresh	1 bu.
Cilantro leaves, fresh	2 bu.
Thyme, fresh sprigs	1 bu.
Spearmint, hierbabuena, fresh	1 bu.
Huacatay	2 bu.
Beef stock	1 cup, plus as needed
Salt	to taste
Sweet potato, scrubbed, skin on	2 lb.

## Method

1. For the huatia: Heat 2 tablespoons of oil in a cast iron skillet over medium-high heat and brown the meat on all four sides. Season the seared beef with ají panca paste and salt to taste and black pepper Reserve and set aside.
2. Heat the oil in a clay pot set over medium heat and sweat the garlic and the ají amarillo paste for 3 minutes. Add the red onion, vinegar and stir until combined. Add the meat to the pot and cover with the herbs. Bring the mixture to a boil, cover with a tightfitting lid and cook the huátia at 300° F for 1 ½ hours in a pre-heated oven.
3. Check the huátia for moisture and add more beef broth if the liquid evaporates completely, as it is important to keep the meat moist.
4. Cover the sweet potatoes with wet kitchen towels and place in a clay pot set over medium-high heat. Cover with a tightfitting lid and cook until the potatoes are soft, about 30 minutes. Remove the skin from the potatoes and cut into 2 inch thick slices.
5. Arrange the huatia and sweet potatoes in a clay pot and serve tableside. Ladle a generous amount of the “jus” from the meat onto each portion.

## Note

Fresh huacatay leaves infuse a particular aroma into this stew. Huacatay is sometimes referred to as black mint and is related to the marigold.

# Ají de Gallina

*Creamy Peruvian Ají Amarillo and Chicken*

**Yield:** 8 portions

Ingredients	Amounts
Chicken breasts	2 ea.
Bay leaves	2 ea.
Mirepoix, onion, carrot, leeks	2 cups
Loaf, French bread	1 cup
Whole milk	2 cups
Canola oil	¼ cup
White onion, finely diced	1 ea.
Garlic cloves, minced	4 ea.
Ají Amarillo Paste ( <i>recipe p.12</i> )	1 cup
Cumin	¼ tsp.
Turmeric powder	½ tsp.
Walnuts, lightly toasted	¼ cup
Parmesan cheese, finely grated	½ cup
Yellow Peruvian potatoes, cooked, cut into thick round slices	1 lb.
Salt	to taste
White pepper	to taste
<b>GARNISH</b>	
Botija olives, quartered	4 ea.
Hard-boiled egg, quartered	2 ea.
Walnuts, lightly toasted, thinly sliced	¼ cup



## Method

1. Poach the chicken with the bay leaves and the mirepoix until tender. Strain and reserve the broth and shred the chicken.
2. Soak the bread in the milk and reserve.
3. In a saucepan, make an aderezo with the oil, onion, garlic, ají amarillo paste, cumin, and turmeric. Slowly add some of the reserved stock to the aderezo, stirring to maintain a thick consistency.
4. Transfer the soaked bread and aderezo to a blender and process until smooth. Return the mixture to the saucepan and add a small amount of stock to ensure the sauce has a balanced texture, not too thin or thick.
5. Keep stirring the sauce over medium-low heat and add the remaining milk, shredded chicken, walnuts, and Parmesan cheese. Season with salt and pepper to taste.
6. Warm the potatoes and serve the Ají de Gallina over two slices of potatoes, garnished with Botija olives, hard-boiled eggs, and sliced walnuts.



# Chicharrones con Limón

Yield: 4 portions

*Lime Marinated Rendered Pork Ribs*

Ingredients	Amounts
Pork ribs	2 lb.
Mexican limes	2 ea.
Salt	1 Tbsp.
Pork lard	2 Tbsp.
Water	3 cup
<b>GARNISH</b>	
Mexican limes, sliced	4 ea.



## Method

1. Season the pork ribs with salt and lime juice and marinate for 30 minutes.
2. Heat the lard in a dutch oven on high heat. Fry the marinated ribs until browned on all sides.
3. Slowly add the water, cover, and cook on medium-high for about 30 minutes.
4. Remove the lid once most of the water has evaporated. Let the pork ribs render in their own fat. Cook the ribs until crispy and golden.
5. Arrange the ribs on a serving platter with slices of lime.



# Tachado

Yield: 4 portions

*Amazonian Plantain and Chicharron Breads*

Ingredients	Amounts
Plantains, ripe, peeled, sliced	3 lb.
Lard	for frying
Amazonian Chicharron, finely diced	1 cup
Mexican limes, freshly squeezed	1 ea.
Salt	to taste

## Method

1. Heat the lard in a skillet over medium heat. Lightly brown the plantain slices on both sides and drain on paper towels.
2. Working in batches, mash the plantains in a wooden batán.
3. Once the plantains are mashed, add the chicharrones and some of the reserved lard from the cooking process. Season with salt to taste.
4. Form the mixture into small balls, serve as an appetizer or snack.

# Solterito Nikkei

Peruvian Edamame Salad with Seaweed

Yield: 4 portions

Ingredients	Amounts
Seaweed, dried	¼ cup
Extra virgin olive oil	to taste
Rice vinegar	¼ cup
Tomatoes, de-seeded, finely diced	2 cup
Red onion, finely diced	½ cup
Edamame, frozen, blanched, cooled	1 lb.
Choclo, Peruvian corn kernels, frozen, blanched, cooled	8 oz.
Cilantro leaves, fresh	to taste
Extra-virgin olive oil	¼ cup
Mexican lime, juiced	2 ea.
Rice vinegar	3 Tbsp.
<i>GARNISH</i>	
Togarashi salt	as needed



## Method

1. Rehydrate the seaweed in cold water for 30 minutes. Drain and finely slice into thin strips.
2. Marinate the strips of seaweed in the olive oil and rice vinegar for 15-30 minutes.
3. Finely chop the tomatoes and onion.
4. Transfer the seaweed and the chopped ingredients to a bowl with the edamame and choclo. Mix all the ingredients with the cilantro leaves, olive oil, lime juice, and vinegar.
5. Season to taste with togarashi salt.
6. Serve chilled.



# Pisco Sour

Peruvian Cocktail made with Grape Brandy

Yield: 8 portions

Ingredients	Amounts
<i>SIMPLE SYRUP</i>	
Sugar	½ cup
Water	5 Tbsp.
<i>PISCO SOUR</i>	
Pisco	7 ½ oz.
Key lime juice, freshly squeezed	2 ½ oz.
Egg white, large	1 ea.
Ice	as needed
<i>GARNISH</i>	
Angostura Bitters	8 drops



## Method

1. Bring the simple syrup ingredients to a boil in a saucepan until the sugar dissolves. Cool completely before mixing with the remaining ingredients.
2. Blend the simple syrup, Pisco, lime juice, and egg white together with enough ice to double the volume. Blend for 30 seconds on high speed to froth the egg whites.
3. Pour into chilled glasses and garnish each glass with two drops of Angostura Bitters.



# Pasta de Ají Amarillo

*Peruvian Ají Amarillo Paste* Yield: 3 cups

Ingredients	Amounts
Frozen ají amarillo, thawed	6 lb.
Canola oil	¾ cup

## Method

1. Thaw the ají amarillo in a colander. Split open the ajís lengthwise and remove the seeds and veins using a spoon. Bring a saucepan of water to a boil and blanch the ajís until yellow foam rises to the top of the water (about 2 minutes).
2. Remove from the heat and strain.
3. Transfer the ajís to a blender and puree with the canola oil.
4. Pass the ingredients through a fine mesh sieve. Reserve the paste in a sealed container for up to two weeks in the refrigerator.

Note: Ají amarillo is sold frozen in one pound bags at specialty Latin markets.

# Pasta de Ají Mirasol

*Peruvian Ají Mirasol Paste* Yield: 1.2 liters

Ingredients	Amounts
Ají mirasol	7.5 oz. (five 1.5 oz. bags)
Canola oil	5 oz.
Water	as needed

## Method

1. Using gloves, cut the stem from the dried ajís and wipe with a cloth to remove dirt or dust. Split the ajís open to remove the seeds and veins.
2. Reconstitute the ajís in hot water for 15 minutes, discarding the water.
3. Transfer the ajís to a blender and process with oil and water until smooth. Add just enough water for the blades to process the paste.
4. Pass the ají mixture through a fine mesh sieve.
5. Store the paste in a sealed container in the refrigerator (will last for up to two weeks).

Note: Dried ají mirasol are sold at gourmet and specialty Latin markets.

# Pasta de Rocoto

*Peruvian Rocoto Paste* Yield: 1.2 liters

Ingredients	Amounts
Frozen rocoto, thawed	3 lb. (48 oz.)
Sugar, refined	4 Tbsp.
White vinegar	4 Tbsp.
Canola oil	6 Tbsp.

Note: Rocotos are sold frozen in one pound bags at specialty Latin markets.

## Method

1. Thaw the rocotos in a colander. Cut the tops from the rocotos and remove the seeds and veins using a spoon. Bring a saucepan of water to a boil with 2 tablespoons of sugar and vinegar. Blanch the rocoto two times in boiling water until red foam rises to the top of the water. Be sure to change the water each time you blanch the rocotos and season with sugar and vinegar.
2. Transfer the rocotos to a blender and puree with canola oil.
3. Pass the ingredients through a fine mesh sieve and reserve.
4. Store the rocoto paste in a sealed container (for up to two weeks) in the refrigerator.

# Misto

*Amazonian Seasoning Paste* Yield: 2 cups

Ingredients	Amounts
Canola oil, or Annatto oil	3 Tbsp.
Red onion, finely diced	2 cup
Garlic, germin removed, finely diced	2 ea.
Palillo, peeled and freshly grated	4 Tbsp.
Water	1-2 cup

## Method

1. Heat the oil in a sauté pan and cook the red onion until soft and translucent. Add the garlic and grated palillo to the pan with 1 cup of water and cook until the water evaporates. Repeat the process, adding more water and cooking until the mixture forms a paste.
2. For a smoother misto, blend the red onion, garlic, grated palillo, and water until smooth. Fry in the canola or annatto oil until reduced by half.
3. Store the misto paste in a sealed container in the refrigerator (for up to one week).

# Salsa Criolla

*Peruvian Red Onion Salsa* Yield: 3 cups

Ingredients	Amounts
Red onion, halved, thinly sliced, rinsed in ice water	2 cups
Habanero chile, orange, seeds and veins removed, thinly sliced	2 ea.
Cilantro stalks, leaves only, finely minced	2 ea.
Lime juice, freshly squeezed	2 Tbsp.
Sugarcane vinegar	1 Tbsp.
Extra virgin olive oil	1 Tbsp.
Salt	to taste

## Method

1. Combine all salsa ingredients in a non-reactive bowl and season with salt to taste.
2. Serve slightly chilled.

Note: In Peru, the ají amarillo is commonly used to make this iconic Peruvian condiment. If fresh ají amarillos are not available, the de-seeded and de-veined orange habañero is a good substitute both in terms of flavor and color.

# Cancha Tostada

*Toasted Peruvian Corn* Yield: 2 cups

Ingredients	Amounts
Cancha, small kernel	2 cups
Canola oil	2 Tbsp.
Salt	to taste

## Method

1. Place the cancha in a sauté pan and swirl over low heat until the kernels are warm. Cover with a lid, increase the heat to medium, and shake vigorously until the cancha turns golden brown and the kernels begin to pop and split open.
2. Remove from the heat, add the canola oil, and continue shaking to evenly coat the cancha. Season with salt to taste.
3. Cool to room temperature and store for up to two weeks in a sealed, airtight container.
4. If necessary, refresh the cancha by reheating in a pan on low heat and dusting with salt.

# Pasta de Ají Panca

*Ají Panca Paste* Yield: 1/2 cups

Ingredients	Amounts
Ají panca	1 1/2 oz.
Vegetable oil	2 Tbsp.
Water	as needed

## Method

1. Using gloves cut the stem from the dried ajís and wipe with a cloth to remove dirt or dust. Split the ajís open to remove the seeds and veins.
2. Heat a griddle over medium heat and briefly toast the ajís.
3. Reconstitute the ajís in hot water for 15 minutes, discarding the water.
4. Transfer the ajís to a blender and process with oil and water until smooth.
5. Pass the ají mixture through a fine mesh sieve.
6. Store the paste in a sealed container for up to two weeks in the refrigerator.

Note: Dried ají panca is sold at gourmet and specialty Latin grocery markets.