



Mango Suspiro

The “suspiro limeño” is a traditional spoon dessert with egg-yolk custard, topped with a soft meringue made with port. This version includes mango turning it particularly fresher.

Mango Suspiro

10 servings



Ingredients:

- 1 can condensed milk (395 grams)
- 1 cup evaporated milk
- 3 eggs
- 1 cup mango puree
- 1 cup granulated white sugar
- 1/3 cup of water, sweet port or pisco
- Cinnamon powder

Directions:

Heat a saucepan over medium heat, add condensed milk and evaporated milk. Stir constantly for 15 to 20 minutes or until the mixture becomes thick. Separate the egg yolks from the egg whites. Reserve the egg whites for the meringue. Slightly beat the egg yolks with a fork. Temper the egg yolks with a portion of the hot milk mixture stirring constantly. Be careful not to cook the eggs. Add this mixture to the rest of the milk mixture. Add the mango puree and cook at a low temperature for five minutes stirring constantly. Remove from the heat and cool over an ice water bath. For the meringue, combine sugar and water in a saucepan. Bring to high heat and cook the syrup until it reaches the thread stage. Beat the egg whites in a bowl until they reach stiff peaks. Add the syrup slowly to the egg whites beating until the mixture is firm and cold. Serve the custard in glass cups, top with meringue and sprinkle with cinnamon powder.

* If you use fresh mango, chop and then blend without adding any other liquid.

Cebiche

This is Peru's most iconic dish which includes five basic ingredients: fish, salt, limo chilli, onions, and lime. Easy and delicious.





Cebiche

4 servings

Ingredients:

- 450 g fresh fish, fillet (sushi grade)
- 250 g shrimps, cooked or a mix of shellfish
- 2 small onions, julienned
- 1 limo chili pepper, minced, deveined and seeded
- 1 tablespoon ají amarillo chili pepper paste (optional)
- 1-2 ice cubes
- 12 to 16 key limes
- Cilantro, finely minced
- Lettuce leaves
- Sweet potato and corn, cooked
- Salt and pepper

Directions:

Cut fish in bite-size pieces and place in a glass bowl. Place julienned onions in a separate bowl and cover with cold water, wash them very well, strain and add to the fish and shrimp bowl. Add limo chili, ají amarillo chili pepper paste and salt to the fish and shrimp and mix well. Add the ice cubes and mix. Gently juice the limes and strain. Add the lime juice to the fish little by little. Season with salt and pepper. Discard the ice cubes, add minced cilantro to taste and let stand for a few minutes before serving. Serve cebiche over lettuce leaves with corn, and sweet potato slices.

* To enhance flavor, add grated ginger, minced garlic, limo chili pepper paste, rocoto paste, or any other chili paste.



Quinoa Solterito

Quinoa is a nutritious and delicious Andean grain that enriches the traditional recipe from Arequipa known as "solterito".



Quinoa Solterito

6 servings

Ingredients:

- 1 cup quinoa, cooked
- 1 ½ cups fresh fava beans, shelled and cooked
- 1 corn, cooked and cut off the cob
- 3 tomatoes, seeded and cubed
- 1 cup queso fresco or farmer's cheese, cubed
- 4 tablespoons extra virgin olive oil
- ½ onion, chopped
- 1 tablespoon rocoto or any other chili, deveined, seeded, and chopped
- 3 tablespoons parsley, chopped
- ½ tablespoon red wine vinegar
- 1 key lime, juiced
- 6 peruvian alfonso olives, chopped
- 6 potatoes, boiled
- Salt and pepper

Directions:

Place fresh fava beans, corn, and tomato in a bowl. Add the cheese and two tablespoons of extra virgin olive oil. Season with salt and pepper. In another bowl mix onion, rocoto, parsley, vinegar, and lime juice. Mix in the remaining extra virgin olive oil, salt and pepper. Combine both sets of ingredients in one bowl adding the quinoa and black olives and season to taste. Serve with boiled potatoes.

* Fava beans can be substituted with, fresh lima beans, peas or edamame.

* Fresh cheese can be substituted with feta or any other fresh cheese.





Anticucho -style Shrimp and Octopus (Skewers)

The traditional anticucho is prepared with cow's heart marinated in a mix of aji panca chilli pepper paste, garlic, and spices. This seafood version is easier and ideal for grilling.



Anticucho-style Shrimps and Octopus (Skewers)

6 servings

Ingredients:

- 6 tablespoons aji panca chilli pepper paste
- 5 tablespoons olive oil
- 2 garlic cloves, puree
- 1 tablespoon red wine vinegar
- 1 octopus, cooked
- ¼ kg shrimps, peeled
- Dried oregano, cumin powder, salt, and pepper
- Wood skewers

Directions:

Soak the wood skewers in cold water to keep them from burning on the grill. In a bowl, mix the olive oil, aji panca chilli pepper paste, garlic, and red wine vinegar, season with oregano, cumin, salt and pepper. Cut the octopus in pieces and marinate together with the shrimps in the chilli mixture for five minutes. Thread the shrimps and octopus onto the wooden skewers and cook on a lightly oiled grill or pan over high heat. Cook one to two minutes on each side. Serve with cooked corn and boiled potatoes.

*** You can substitute seafood with beef tenderloin, chicken livers, or chicken hearts.**



Pisco Punch and Passion Fruit Chilcano

Two refreshing cocktails prepared with traditional Peruvian pisco. You can use pisco acholado or any other type such as aromatic pisco (Italia, Albilla, Torontel), and non-aromatic pisco (Quebranta or Mollar).



Pisco Punch

1 serving

Ingredients:

- 4 ounces pisco
- 2 tablespoons pineapple juice
- 2 tablespoons gomme syrup or simple syrup
- 1 lime, juiced
- 4 drops angostura bitters
- 4 ice cubes

Directions:

Put all ingredients in a cocktail shaker and shake together until well combined. Serve in a tumbler glass or a wine glass.

Passion Fruit Chilcano

1 serving

Ingredients:

- 2 ounces pisco
- 1½ ounces passion fruit juice
- ¼ teaspoon gomme syrup or simple syrup
- 3 drops angostura bitters
- Ginger ale
- Ice cubes

Directions:

Fill a Tom Collins glass with ice cubes. Add pisco, passion fruit juice, syrup and angostura bitters. Top with ginger ale. Stir and serve.


