

# HEALTH & LIFESTYLE



*Peruvian beef tenderloin strip steak sauteed with tomatoes and onions.*



*Peruvian Seafood Paella*

## Restaurants with Entertainment:

# Discover the Taste of Peruvian Cuisine

**By Sandy Zimmerman**  
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**Photos by Sandy Zimmerman**

When you walk into the Mi Peru South American Grill, the world seems to stop and it feels as though you are in Peru! The Peruvian Indian music and videos of the country, the decorations, masks, art, and the authentic food cast a magical spell around you. Peruvian cuisine has arrived in Las Vegas and now we can taste their authentic flavors and delicate spices. You will be enticed by the zesty cuisine because it is different. Although there are not many Peruvian restaurants in the United States, the cuisine has become very popular. Raymi Mosca, the Mi Peru Grill's owner, explained, "Our food combines a mixture of all of the different cultures who lived in Peru throughout our history coming from Spain, Japan, Italy, France, Africa, and China. We take pride in trying to stay close to our roots, to emphasize traditional cuisine. Remains of old ancient Pre-Inca and Inca civilizations still are found in Peru and we also have their influences in our food."

"In Spain, Paella is prepared with pork and meat while ours, Arroz con Mariscos, is mostly seafood – muscles, octopus, squid, oysters and rice – with a lot of flavor. We import the red and yellow peppers, corn, spices, and as much as we can from Peru. The result is good mild food with a lot of flavor, not very spicy. People always ask how spicy our food is; you can always request a little extra spice and we will make sure you have it."

"Yucca root is big in Central and South America as well as parts of Asia. We bring yucca

from Costa Rica and mix with cheese, spices, and yellow peppers in a sauce. People love it and keep coming back for more because the results are delicious."

"For a really healthy meal, the rotisserie chicken, Pollo a la Brasa, is marinated overnight with almost 18 different spices to absorb the flavor then slowly cooked for 3-1/2 hours. Because the charcoal rotisserie is different from those gas rotisseries at the supermarket it gives a unique flavor to the chicken. The chicken takes a lot of effort because we use so many ingredients and is only offered from Thursday to Sunday, after 3 p.m. It is served with French fries or white jasmine rice and salad." I can understand why this is one of his best-selling dishes: these chickens are so tender, and so juicy! They are big, around 4 to 4-1/2 pounds each, as Raymi always serves large portions for all of his dishes.

The Seco de Carne, beef stew dish, was placed inside a large pottery bowl from Peru to take pictures for this article, with an exciting presentation for an exciting entr e. This would be a great idea for dinner at home or a party if you brought back some large pottery from your South or Central American trip. The large pieces of beef towered over the plate.

Choose Anticuchos Peruvian kabobs with beef tenderloin, beef beef heart, chicken breast, shrimp, fish, or combos. If you have never tasted Peruvian dishes, try the sampler Piqueo Criollo with three entrees sample size, appetizer tapas with three appetizers, or the Piqueo Mi Peru of four entrees sample size.

When you enjoy Raymi's Pe-



*Raymi Mosca, the owner of Mi Peru South American Grill, is sitting with his family.*

ruvian delicacies, you also enjoy soft Peruvian Indian music. Once a month he schedules different live entertainment and invites the

public to call for dates and information.

Appetizers: \$6.95-12.95; Seafood: \$12.95-18.95; Carne/Beef:

\$12.95-15.75; Pollo/ Chicken: \$11.95-12.95; House Specialties: \$11.95-15.95; Anticuchos/ Peruvian Kabobs: \$9.95-13.95;

Samplers: \$15.95-17.95; Lunch Specials, Monday - Thursday: \$8.95.

I had a feast tasting many of the delightful dishes and recommend them highly. Their plantains reminded me of our trips to the Caribbean. Raymi says, "The world has already discovered the wonderful Peruvian cuisine; it is your turn, you will be so happy you did." Mi Peru caters if you want an authentic Peruvian party at your office or home. Raymi can even arrange Peruvian entertainment with dancers and music. Or you can have your party at his restaurant. It is a trip to Peru but you do not have to leave Las Vegas! Mi Peru serves Peruvian and South American wines as well as Peruvian and domestic beers. Open: Thursday - Saturday, 11 a.m. - 10 p.m. and Sunday - Wednesday, 11 a.m. - 9 p.m. For information, call 220-4652. Mi Peru South American Grill is located at 1450 W. Horizon Ridge Pkwy., Suite B-314, inside the Foot Hills Plaza, near #215, corner Stephanie, in Henderson. [www.miperugrill.com](http://www.miperugrill.com).



*Rotisserie Chicken*



*A selection of wines from Peru and other South American countries.*



*Beef Stew*