

Pisco Sour

By Yílmар García
Ready in 30 minutes
Serves 1

Ingredients
» 3 ounces of pisco » 1 ounce of lemon juice » 1 ounce of gum syrup » 4 ice cubes » Egg white

Pisco Sour is delicious!

Chilcano de Pisco

By Yílmар García
Ready in 30 minutes
Serves 1

Ingredients
» 2 ounces of pisco » 1 ounce of gum syrup » 1 lemon » 5 ice cubes » 5 drops of Angostura bitters

Chilcano de Pisco is delicious!

Crema de Maíz

By Yílmар García
Ready in 30 minutes
Serves 1

Ingredients
» 75g of fresh corn » 10g of huacatay (Peruvian Black Mint), can be replaced with native spices. » ¼ onion » Salt to taste » Egg white

Crema de Maíz is delicious!



Photo by Mom

Ceviche

By Yílmар García
Ready in 30 minutes
Serves 1

Ingredients
» 100g of white fish (preference for Mahi Mahi) » Half a spoon of salt » ¼ spoon of pepper » 1 ounce of garlic sauce with water » 1/2 cup grated cheddar cheese » 1 ounce of ginger and lemon sauce (2 lemons) » Aji limo sauce (to taste) » Cilantro (to taste) » 3 lemons (to add at the end and finish cooking the fish) » 1 ounce of milk

Directions
1. Add to the previously cubed fish: salt, pepper, garlic sauce (made with 2 ounces of water), ginger sauce made with lemon, aji limo sauce, cilantro, and finally, add onion and 3 lemons along with milk.
2. Serve with toasted corn or sweet potato.

Ceviche is delicious!

Lomo Saltado

By Yílmар García
Prep time 10–15 minutes
Cooking time 35 minutes
Serves 1

Ingredients
» 100g of tenderloin » 2 yellow chili peppers (julienned) » 1 ounce of vinegar » 2 ounces of soy sauce » 1 ½ spoon of salt » ½ spoon of pepper » ½ spoon of cumin » 4 ounces of garlic sauce » 6 ounces of Oztion sauce » 2 tomatoes (leaf cut) » 2 onions (leaf cut) » 1 ounce of pisco (for flambé) » A portion of potatoes and rice to taste

Directions
1. Add to the tenderloin or meat first the salt, pepper, and cumin, followed by garlic sauce, vinegar, soy sauce, and Oztion.
2. Marinate for 20 min.
3. Fry the tenderloin or meat until the desired doneness, then flambé 3 times (the fire will give a unique flavor).
4. Add the onion, tomato, and yellow chili pepper (julienned).



Photo by Mom

Lomo Saltado is delicious!

5. Get the last flame with the help of pisco until the onion and tomato are browned.
6. Place the rice and French fries on the plate.
7. Serve the tenderloin on top of the potatoes.

Aji de Gallina

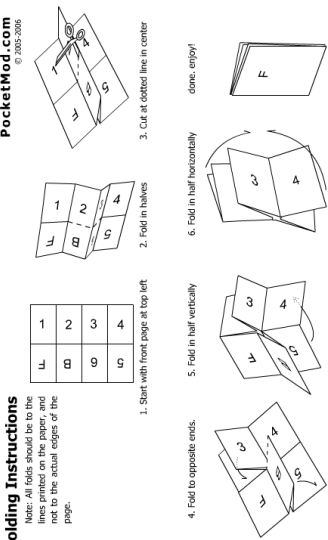
By Yílmар García
Ready in 30 minutes
Serves 2

Ingredients
» 100g of shredded chicken (boiled) » 10 ounces or 1 cup of chicken broth » 2 red onions, one cut into large pieces and caramelized, the other in julienned » 40g of peanuts and caramelized, » 2 red onions, one cut into large pieces » 100g of saltine crackers » 3 cloves of garlic » 6 ounces of milk » 2 boiled eggs » 2 boiled potatoes

Directions
1. Make the sauce in a blender with the caramelized yellow chili pepper with the onion and 3 cloves of garlic, then add the broth or chicken stock along with the crackers
2. Cook the sauce made in the blender and add the shredded chicken with 6 ounces of milk.
3. Place the rice, potatoes, and boiled egg on the plate.
4. Serve the prepared sauce (ají de gallina) on top of the potatoes.

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Folding Instructions
Note: All folds should be to the lines printed on the paper, and not to the actual edges of the page.

Rick Gray

Traditional Peruvian Recipes