



# The Peruvian Kitchen: Traditions, Ingredients, Tastes, and Techniques in 100 Delicious Recipes

*Morena Cuadra*

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Peruvian food has been climbing the culinary ladder at full speed, praised by the untrained palate of the average traveler and by food experts alike. Local Peruvian chefs are quickly gaining international celebrity status, opening restaurants in major cities around the world. Peru's millenary staple ingredients, such as quinoa, maca, and purple potatoes, have finally reached beyond their country's boundaries, and are seducing people of every background. Peruvian food's popularity surged in 2013, named as the International Year of Quinoa by the UN, during which Peru was named the world's leading culinary destination for the second year on a row.

Peruvian food, as it is known today, is a fusion of its Incan roots, mixed with Spanish, Arab, African, Chinese, Italian, Japanese, and French influences. The ingredients and techniques of each of these culinary traditions have left a clear mark through time on the basic Incan diet, and the result is a vast and colorful range of dishes, each telling a distinct story.

*The Peruvian Kitchen* is a journey through the diverse gastronomy of this country that will allow both those who have tried and fallen in love with Peruvian food already, and those who are first encountering it, the opportunity to get intimately acquainted with this exotic universe of flavors, techniques, and traditions. This book will be your go-to guide for creating a real Peruvian culinary experience at home—learn the history and traditions behind this famous cuisine and enjoy more than one hundred recipes, including cebiches, piqueos, soups, traditional sweets, and much more!

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