



Perú mucho gusto



*How to discover a country
through its*

GASTRONOMY



Peru Menu

North
Coast
p. 10



Juane



Jungle
p. 38

Chicharrón
(fried pork
meat)



Cusco
PÁG. 34

Highlands
p. 26



Quinoa
bread

South coast
p. 20



Lima
p. 16

Fan
shell



Peru.

THE GREAT CUISINE

What is behind the boom of Peruvian gastronomy? To answer this question we have to take a journey through our most remote history, to travel our territory from the sea to the jungle, to appreciate the knowledge of farmers, the sagacity of our cooks and, lastly, to enjoy the flavors that make us unique.

A carefully
CONCEIVED
STRATEGY

1994

Foptur supports the publication of the book "La Gran Cocina Peruana" ("The Great Peruvian Cuisine"), by Jorge Stambury Aguirre.

1997

Peru starts to participate in International Culinary Festivals.

The Peruvian cuisine starts filling the shelves of bookstores and libraries with the support of PROMPERU.

F

rancisco and Trinidad Mamani Quispe live in Chahuay (Sangarará), an hour and a half away from the city of Cusco. Their everyday view is a huge lagoon and their fields which go all through the shore. They have quinoa, potato, corn, aromatic herbs they bring from the mountain. They also own cattle and a small greenhouse for when the frost arrives. **Francisco and Trinidad have a twinkle in their eyes every time they talk about their farm** and how they managed to turn it into a self-sustainable space which allows them to avoid shopping at the store, except when it comes to cooking oil or sugar.

Over time and with the help of nonprofit organizations they have been able to build rural cottages with all the comforts in the middle of beautiful greenery. There they welcome visitors, share their everyday lives, teach them how to cook and to eat like them.

In Huánuco, Fausto Blas, a former violinist and huaino singer, won the National Environment Award in 2014. In the last 14 years he has devoted himself to cultivate almost

more and more unpredictable.

The hunikuin live along the banks of rivers Purús and Curanja in Ucayali and they have learnt to modify the traditional method of peanut cultivation in fluvial beaches in order to adapt to climate change.

The women at the La Balanza de Comas community kitchen in Lima summoned up the courage and determination to complete a project that would progressively

The idea is to enjoy the culture, the history, the traditions, and the knowledge linked to local gastronomy.

300 varieties of native potatoes. He does not use any chemical fertilizers and has endured frosts and droughts that are becoming

bring healthier food to their whole community. They were supported by an association that organizes the annual theater festival, and

2003

Peru participates in the **Culinary Festival** held at the **Ritz Hotel** of **Madrid, Spain**.



PROMPERU publishes "**Pisco es Perú**" (**Pisco is Peru**), by Mariella Balbi.

2004

*Peru is the guest of honor at the **Internationale Tourismus-Börse** in **Berlin**.*



*Quinoa harvest
in Puno*

specialized cooks with voluntary counseling. Nowadays they even have their own vegetable garden and are visited by locals and travellers.

Today, gastronomic tourism is considered an interesting business and a big challenge. It has to do with getting to know (and taste) about the offers of restaurants around the country and the main gastronomic fairs which are a relevant attraction for tourists and locals. The objective is mainly to enjoy the culture, the history, the traditions, and to appreciate the knowledge linked to local gastronomy: from the simplest cebiche, the tasting menus from the most sophisticated restaurants, to a huatia at the shore of a lagoon over 3,000 meters above sea level. The gastronomic tourist looks for experiences and knowledge. It is the most delicious way to know the country.

2005

Peru participates for the first time in Madrid-Fusion.



PROMPERU launches the brand "Perú, Mucho Gusto".

The **gastronomy** is named by the Peruvian Government as a **flagship product**. Since then, Peru's cuisine has officially represented the image of the country abroad.

2006

"Perú, Mucho Gusto" tours through Latin America. First stop: Chile.



PROMPERU PUBLISHES "PERÚ, MUCHO GUSTO"

In the case of Peru, we have come this far with the help of public and private programs. **For example, the Peru, Mucho Gusto gastronomic fairs held every year in different cities of the country gathering thousands of attendants have played an important role.**

It is important to start by getting to know what is ours, which is why these fairs promote the typical cuisine from different departments, taking diners on a journey through all our national territory. It is also an inviting proposal to promote tourism. Who does not want to try that dish that blew you away in the place it was invented? To get to know how its ingredients were grown or who prepared it? One thing leads to another.

We have come this far, also because of the generous and thriving energy of the cooks, who are able to show all their creativity in their cuisine, and at the same time, their respect for what

already exists. We have come this far because of the revaluation of our land and the work of farmers, the guardians of all of our kitchens. Also because of our appreciation to local products, the one that only grows in specific areas and at certain times of the year. All of these set us in the path of an honest commitment towards sustainability.

The gastronomic tourist not only looks for experiences but also for knowledge. It is about knowing the country in the most delicious way.

The traced path leads us to a tourism that appreciates, and protects our national cuisine by knowing all its ingredients (history, geography, farmers, fishermen, landscape, weather, wildlife, flora, traditions, and knowledge). ■



PROMPERU publishes "La cocina de Teresa Izquierdo" ("The cuisine of Teresa Izquierdo"), by Mariella Balbi.

2007



THE BOOK "PERÚ, MUCHO GUSTO" IS AWARDED AT THE GOURMAND WORLD COOKBOOK AWARD.

Sampling bars where people can have a taste of the Peruvian cuisine are incorporated in international food and beverage fairs.

2008



THE FIRST CULINARY FAIR OF LIMA IS ORGANIZED: "PERÚ, MUCHO GUSTO".

2009

THE SOCIEDAD PERUANA DE GASTRONOMÍA-APEGA (PERUVIAN SOCIETY OF GASTRONOMY) IS CREATED AND TAKES OVER THE ORGANIZATION OF THE CULINARY FAIR OF LIMA. THEY CALL IT THE "MISTURA".

PROMPERU begins to organize the fair "Perú, Mucho Gusto" in various regions of the country.

2011

THE OFFICIAL PRESENTATION IN LIMA OF THE "MARCA PERÚ" ("BRAND PERU") TO THE WORLD.



Simultaneously in Lima, Iquitos, Arequipa and Trujillo, the documentary "Peru, Nebraska" is presented to the Peruvian public. The video quickly goes viral on the internet.

Peruvian cuisine is named Cultural Heritage of the Americas.

Peruvian restaurants are beginning to appear on The World's Best Restaurants list.

PERU IS CHOSEN AS THE WORLD'S LEADING CULINARY DESTINATION, ACCORDING TO THE WORLD TRAVEL AWARD.

2012

CEVICHE & PISCO PARTY, AS PART OF THE INTERNATIONAL LAUNCH OF THE CAMPAIGN "RECORDARÁS PERÚ" ("YOU WILL REMEMBER PERÚ") BOTH IN WASHINGTON (UNITED STATES) AND IN BARCELONA (SPAIN).

Peru receives the award for **Leading Green Destination for Machu Picchu** and the award for **World's Leading Culinary Destination 2012** by the World Travel Awards.

2013



PROMPERU participates in Fruit Logística 2013 as honorable guest - Berlin, Germany.

"CEVICHE & PISCO PARTY" IS HELD AS PART OF THE "HAY FESTIVAL" IN CARTAGENA, COLOMBIA.

"Marca Perú" participates in the 1st Festival 'Taste of Peru' in Dubai

The restaurants **Astrid & Gastón** (post 14) and **Central** (50) appear in the list of **World's 50 Best Restaurants**.

PERU RECEIVES THE AWARD FOR **LEADING CULINARY DESTINATION** AND PROMPERU IS RECOGNIZED AS **LEADING TOURIST OFFICE** IN THE REGION.

Peru is home to the first edition of **Latin America's 50 Best Restaurants**. First place is awarded to the restaurant **Astrid & Gastón**.

The Peruvians **Gaston Acurio** and **Hector Solís** represent Peru at the **Star Chefs International Chefs Congress** in New York, Star Chefs, with two presentations: "Un imperio peruano construido con pasión" ("A Peruvian empire built with passion") and "Antiguo arte del cebiche" ("The ancient art of cebiche"), respectively.

2014

PERU TRIUMPHS IN THE REGIONAL EDITION OF THE WORLD TRAVEL AWARDS 2014 (WTA), BY BEING RECOGNIZED AS **SOUTH AMERICA'S LEADING CULINARY DESTINATION**, **LEADING HERITAGE DESTINATION**, AND **LEADING CULTURAL DESTINATION**; AND LIMA AS **SOUTH AMERICA'S LEADING CITY BREAK DESTINATION**.

PICANterías from AREQUIPA WERE DECLARED NATIONAL CULTURAL HERITAGE.

Peru again is home to the second edition Latin America's 50 Best Restaurants.



The "Misión Itinerante del Pisco" "Pisco itinerant mission" visits Berlin, London, Madrid, Milan, and several cities in France to promote and market our own ship drink.



Peru gets **two new awards** in the global edition of the World Travel Awards (WTA).

2015



PERU PRESENTS AT THE FAIR MADRID FUSIÓN "LA PANDILLA LECHE DE TIGRE" ("TIGER MILK GANG") COMPRISED OF THE AMBASSADORS OF THE BRAND "MARCA PERÚ": GASTÓN ACURIO, VIRGILIO MARTÍNEZ, HECTOR SOLÍS, MITSU HARU TSUMURA, AND RAFAEL PIQUERAS

PICANTERÍAS FROM TUMBES AND LA LIBERTAD AS WELL AS THE CHICHERÍAS FROM CUSCO, PIURA, AND LAMBAYEQUE WERE DECLARED NATIONAL CULTURAL HERITAGE.



PERU IS INVITED AS A GUEST FOR THE FIRST TIME AT THE STREET FAIR "MERCAT DE MERCATS" IN BARCELONA.



The start of the program "Peru feeds your soul!", which seeks to bring the best of our gastronomy and other cultural expressions (dances, writers, designers, photographers) to Milan within the framework of the activities of the Expo in Città.



"Perú. Mucho Gusto" Gourment and the Peru Handicraft Market offer the best of our gastronomy and handicrafts during the The Board of Governors of the World Bank and the IMF.



The Peruvian stand at Star Chefs 2015 is named best of the fair. The theme of the stand was that of a typical Peruvian restaurant.

2016



THE AMBASSADOR OF THE BRAND "MARCA PERÚ", VIRGILIO MARTÍNEZ, HOLDS A PRESENTATION AT THE MADRID FUSIÓN FAIR.



Lima is recognized by NatGeo as one of the Leading Culinary Destinations for 2016.



Lima becomes the venue for the 2nd UNWTO World Forum on Gastronomy Tourism.



Peru was conceived IN DIVERSITY

Ten thousand years ago, generous climate and wise people were the two main ingredients of the main recipe for our current agrobiodiversity.

A sea rich in fish, a desert with many fertile streams across, the highest tropical mountain range in the world, and a throbbing Amazonia, these formed the ideal scenario for the first Peruvians to start a wise process of food domestication. This transformation of rough surroundings into sustainable productive systems turned our country into one of the main sources for agriculture in the world.

Long before there were even the first borders, Peru was where our ancestors harvested many of the

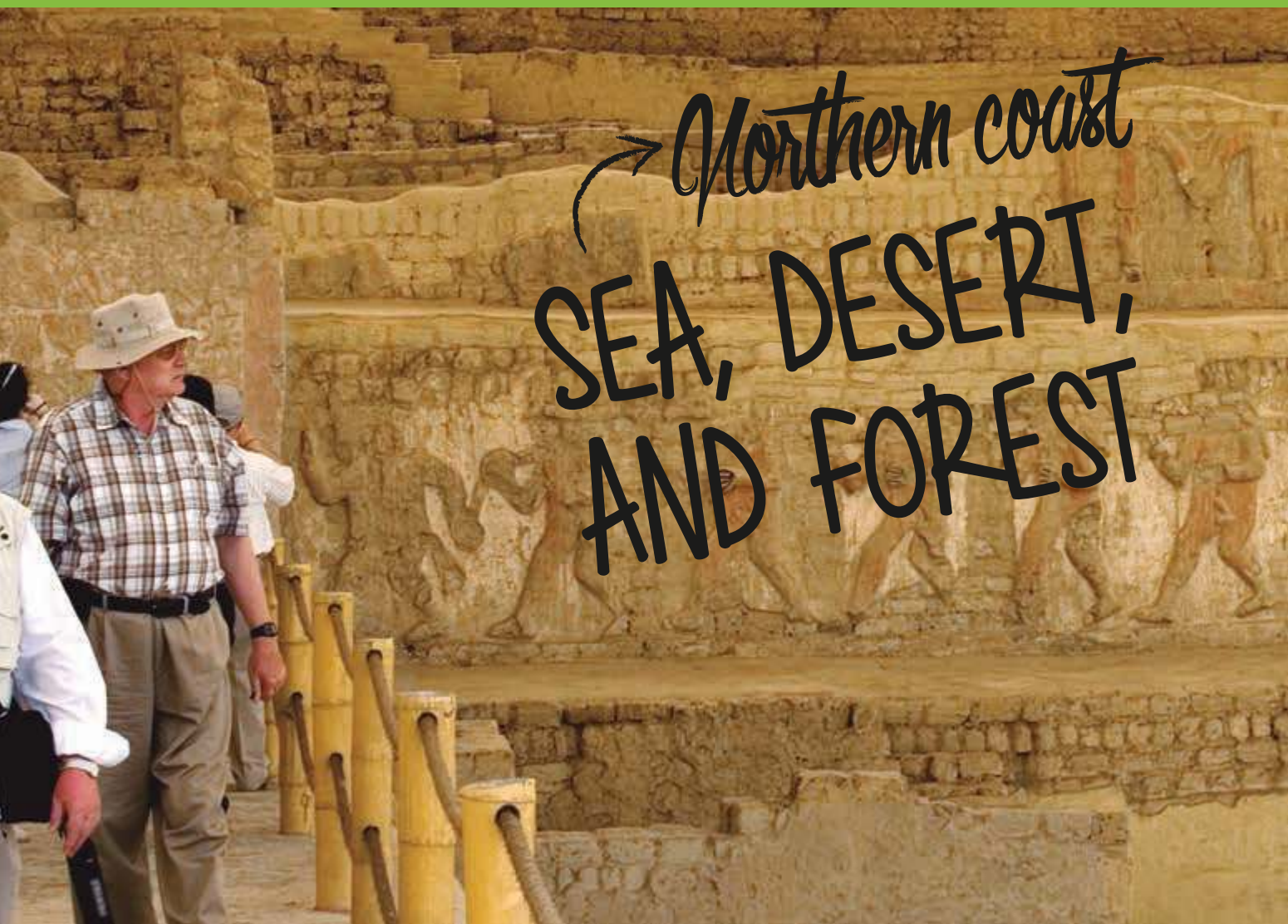
food products that nurture our planet nowadays.

More than 4 thousand varieties of potato, 2 thousand of sweet potato, 600 species of native fruit, 35 types of corn, and 15 species of tomato were planted, and then also were used in cooking. The food products were brought to the kitchen and their preparation became an art.

Today, the family farms and pens are the place par excellence for agrobiodiversity developers to learn the trade. **Their knowledge,**

traditional beliefs, and the modern technology complement each other to achieve the food security of thousands of families.

That kind of resources disposition has forged a diverse, delicious, unique, and interesting local gastronomic offer: The Andean cuisine, which maintains to this day its recipes based on pre Inca ingredients; the coastal cuisine, which dates as far as the colonial era; and the jungle cuisine, which is as wide as it is unknown, exuberant, and exotic. Each cuisine type has assimilated influences and at the



The northern coast is a wonderful mix of a series of elements that make it a desired destination for local and foreign tourists.

We are talking about the sea and its beaches, the warm weather, the exquisite cuisine, and the interesting pre-Columbian archaeological complexes such as the ones from Moche culture.

This coastline territory comprehends Ancash, La Libertad, Lambayeque, Piura, and Tumbes.

When we talk about the northern coast and its biodiversity we talk about the Peruvian sea. In Tumbes and part of Piura we can find the uniqueness of the tropical sea, the only place in Peru where we can find coral reefs and mangroves. Right in front of

Piura we can find the transition point between the Peruvian or Humboldt Current, the cold sea, and the tropical current. In land, we travel from the Pacific tropical forest in Tumbes (its wildlife originated in the Amazon, there are pumas, jaguars, and primates) to the dried forest of mesquite trees in Lambayeque. The diversity is ours.

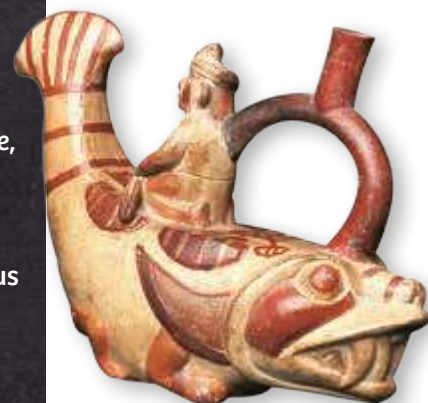
Some of the most used food products in the Peruvian



Culture + Taste

One of the best ways to experience the always praised northern cuisine is by following the Moche Route. This is a tour designed to structure the archaeology sites in the north coast, awarded in 2011 with the Ulises Award, the highest recognition from the World Tourism Organization.

All around the ancient Moche, Lambayeque, and Chimú Temples the region offers a wide and inviting variety of restaurants, huariques (small traditional restaurants), chicherías (chicha selling bars). Their menus are based on the local food products that had already been cultivated by ancient Peruvians more than 1500 years ago.



cuisine such as loche pumpkin, sutil lemon, and many varieties of chili pepper come from this area. With the arrival of the Spaniards the north became a mestizo population area, and we can still see the signs of that in the urban center of its cities and even in its traditions and celebrations. ■

NORTHERN DELIGHTS

TODAY...

Arroz con pato



This is the most powerful ecoregion in terms of sea fauna diversity. The Lobos de Tierra Island is the gathering point of three currents:

- 1 Peruvian or Humboldt Current.
- 2 Equatorial Current.
- 3 Cronwell Sub-superficial and Subtropical Waters Current.



Altitude 500 masl /1,640.4 fasl.



Temperature between 16 and 19 °C during nighttime and between 22 and 40 °C during daytime.



Best time to travel All year long, but the hottest season is from November to April.



How to arrive from the airport? There are flights from Lima to all main Northern cities.

Piura and Tumbes

SEA AND LAND



White cacao, also called “el blanco de Piura”, is produced in Alto Piura, and is one of the most sought after types of cacao in the world.

Sutil lemon (*citrus aurantifolia*) is one of the main ingredients in our cebiches. More than 50% of national production is cultivated in Piura.



Travelling through this area in the north we can witness how the desert turns into a tropical paradise. The combination of beaches and gastronomy makes this place perfect for enjoyment. Here we can go from fishermen’s coves, where you can eat the freshest cebiche, to sophisticated hotel restaurants by the sea.

Here is where the ecosystems of the **valley, desert, sea, dried forest, and mountain meet.** The sea provides us with fresh fish and seafood; and the fields with juicy mangos, sutil lemons, aji limo chili pepper, cassava, and bellaco plantain. Thus is born a mixture of seafood and field cuisine that results in unforgettable recipes. ■



Sail through Tumbes Mangroves

This is a unique ecosystem in Peru full of swamps, where trees grow in salt water creating a sort of labyrinth inhabited by crustaceans, mollusks, fish, birds, crab-eating raccoons, neotropical river otters, and American crocodiles. ■

Majado de yuca (Mashed cassava)



Northern menu

In Tumbes is a must to try *conchas negras* (black scallops) and crab, *majado* and *majarisco* (fried bellaco plantain covered in seafood sauce).

In Piura we have the *picanterías*, typical places where we share food and the table. Here we eat *malarrabia* (yellow rice with salty fish, green bananas and goat cheese dressing), green tamales and *seco de chabelo* (fried green plantain, dried meat and seasoning). And to bring some joy, there is *chicha de jora* prepared with fermented white corn.

As a side dish, chifles or fried green plantain chips. ■

Lambayeque

FLAVORS FROM THE GODS



Lambayeque is such a rich archaeological destination.

Here we have the Sipan Archaeological Site, the Royal Tombs of Sipan Museum (from the Moche culture) and the Tucume Pyramids (from the Lambayeque culture). **If travellers want to admire the nature, they must visit the Bosque de Pomac Historic Sanctuary and the Chaparri Ecological Reserve.** But so as the history and nature, local gastronomy is very stimulating. Gastronomy adds taste to the journey and turns it into an unforgettable celebration. It is the result of a "simmered" cultural mix inherited from the Moche, Sican, and Chimú cuisine, mixed with European, African, Chinese, and Japanese gastronomy. Here we come to eat *arroz con pato*

(green rice with duck and dark beer), *cabrito a la norteña* (braised kid stew), *espesado* (special rice and meat soup), stingray tortilla, *chiringuito* (special cebiche made of dried guitar fish), *chirimpico* (kid offal stew), *cebiche de tolo* (speckled smooth-hound), *tortita de choclo* (corn cakes), etc. And for dessert, the solid King Kong made out of milk caramel or *manjar blanco*. These dishes should be eaten with no rush; the perfect ending after the archaeological tour. Then comes naptime. ■



Chirimpico

MARKET

SHOPPING LIST

- ✓ LOCHE PUMPKIN (WITH DENOMINATION OF ORIGIN)
- ✓ CASSAVA
- ✓ SWEET POTATOES
- ✓ POTATOES
- ✓ BEANS
- ✓ LIMA BEANS
- ✓ AJÍ PANCA CHILI PEPPER, AJÍ LIMO CHILI PEPPER, MOCHERO CHILI AND CHERRY CHILI PEPPER
- ✓ HERBS: PAICO, CORIANDER, MOLLE (SCHINUS MOLLE), AND HUACATAY (BLACK MINT)
- ✓ ACHIOTE AND TURMERIC
- ✓ KID (YOUNG GOAT)
- ✓ PORK
- ✓ POULTRY
- ✓ FISH AND SEAFOOD

What did the Lord of Sipan eat?

The Lord of Sipan, Moche governor, warrior, and priest, had a special and exquisite diet. The ceramics and iconography revealed food products such as duck, fish, seafood, tumbo (fruit), deer, guinea pigs, loche pumpkin, avocado, achiote, lima beans, paca and even chicha de jora (fermented corn beer).



La Libertad

ARCHAEOLOGY AND FLAVOR



ANCESTRAL KNOWLEDGE

The domination of agriculture and the generosity of the land allowed powerful cultures to rise, such as Moche and Chimú. In the Moche archaeological route, recommended attractions include the Huaca de la Luna (Temple of the Moon) and the Huaca del Sol (Temple of the Sun). Whereas in the Chimú route, Chan Chan is the place to visit. The majestic Señora de Cao (Lady of Cao) in El Brujo Archaeological Complex is also a must-see attraction. ■



The department of La Libertad was home to important civilizations of ancient Peru such as Moche, Chimú and Inca. The Moche Route, which starts in Ancash, goes through La Libertad and finishes in Lambayeque. It stands out especially because of its archaeological wealth.

Trujillo, the capital, was founded during the Colonial era and became an administrative center, influential in terms of politics and religion. In the Republic era, its coast was home to many important sugar refineries. Its colonial and republican architecture can be seen in the mansions around the Plaza de Armas (Main Square). ■

Between soups and stews

SOPA
TEÓLOGA
(PRIEST'S SOUP)



La Libertad cuisine is characterized by the use of food products from its rich valleys, the close mountain range, and the sea. Shambar, Trujillo's typical soup prepared every Monday, is just an example. Its ingredients include moron wheat, chickpeas, peas, fava beans, pork rinds, smoked ham, ají panca (Peruvian red pepper), garlic, onion, coriander, and hen, is just an example. There is also the sopa teóloga (priest's soup), which is prepared with turkey or hen broth, the frito trujillano (loin of pork fried Trujillo style), and the seco de cabrito a la norteña (northern-style kid stew), a dish from the Moche region. ■

What you must try and see.

Enjoy a cebiche at the Huanchaco seaside resort while watching the caballitos de totora (totora reed boats) ride the waves. Get around the city of Trujillo, see its colonial and republican houses and take a break to have lunch. There is a wide variety of restaurants and cafes. ■



Ancash

FROM THE SEA TO
THE HIGH SUMMITS



ADVENTURE IN THE WHITE MOUNTAIN RANGE.

A mountain range with perpetual snow is ideal for the most intrepid adventurers. Part of this territory belongs to the Huascarán National Park. Its turquoise lagoons and impressive summits merge with the remains of the first Andean civilizations. We are referring to Chavin de Huantar, an archaeological site from the formation period and is one of the most visited attractions in the region. ■

The coast and highlands coexist in Ancash. Here we find six of the eight different altitudinal tiers in the country.

Gastronomy arises from this diversity. The coastal area feeds on the products of the ocean and the valleys, tilled by farmers. In the highlands, the techniques learnt through generations such as the ones for the conservation of food products, can lead us to a tasty salted ham, jerky, charqui (dried-salted meat), tocosh (fermented potato pulp), and dried potato. From the beaches in Huarmey to the lagoons extending as water mirrors in the highlands, the landscape is one of the most powerful attractions in Ancash. ■

Restorative meals from the highlands

- Jaca kashki (guinea pig soup)
- Lllunca kashki (wheat and hen soup)
- Cuchicanca (grilled pork meat)
- Pecan caldo or caldo de cabeza (sheep's head soup)
- Chicha de jora (fermented corn beer)



**PICANTE
DE CUY**
(SPICY GUINEA PIG)

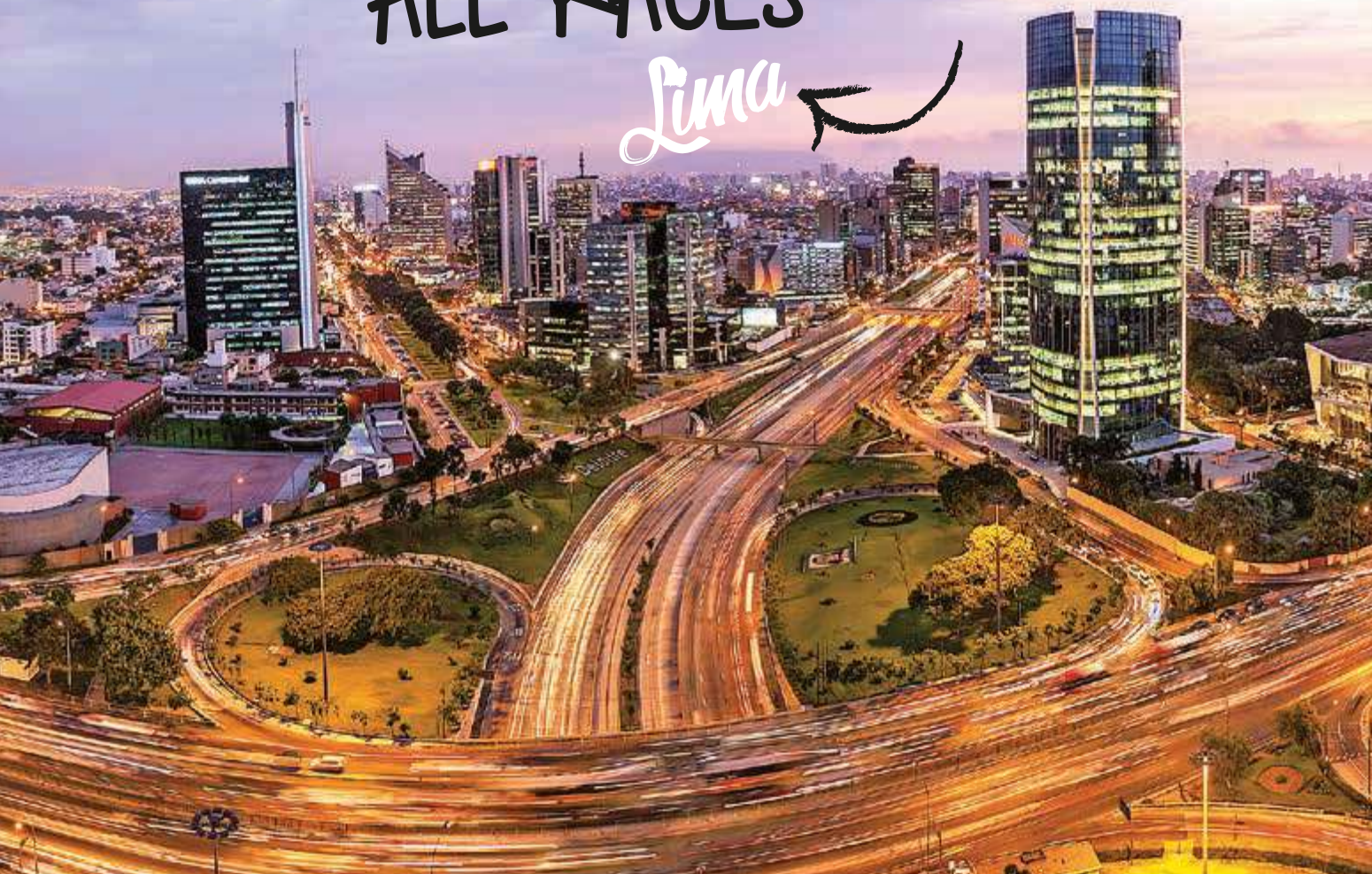


MENU FROM THE COAST: SEA AND LAND

The connection between the agriculture from the valleys and the sea provides us with: tamales, Cebiche de pato de Casma (Casma duck cebiche), and Huarmey cebiche, seasoned with arnaucho chili pepper.

THE GATHERING OF ALL RACES

Lima



SEA LIFE

From the district of San Miguel to Chorrillos, in a promenade full of gardens and parks, we find different options, from sports to seafood gastronomy and bike rides. The old beach mansions, some of them restored and in very good shape, show some bright colors and patios in the bohemian neighborhood of Barranco, and compete with the modernity that greatly invades Miraflores and San Isidro.



 **Average Altitude** 154 masl / 505.2 fasl
**Temperature**

Deserted, very humid, subtropical. Moderate and warm temperature. Annual average is 14°C in winter and 25.5° C in summer. Permanent average humidity 80%.

**Best time to travel**

Any moment is good enough because it does not present extreme temperatures. Even when the sky is clouded almost all year long, it does not rain that much. The sun comes out between December and April around the coastline.

**How to get there**

Lima has a great and modern airport that allows communication with the main capital cities and cities around the world. Flights to and from the provinces of Peru are also available.

Jorge Chavez International Airport

Au. Elmer Faucett s/n, El Callao.
Telephone: (51 1) 517-3100 / 517-3500 / 517-3502.
www.lap.com.pe

MIXED
CEBICHE =
ovsh
+
seafood

The story of this city, from its pre-Columbian origins to postmodernity, can be known (or tasted) through one dish or hundreds of them. In Lima, a set table is an invitation to a journey through its history and geography. If we look to the west, the ocean will remind us that this is the only capital city in South America overlooking the Pacific Ocean. **The Andean foothills kiss the coastline, interrupt the desert, and form valleys where agriculture blooms.** But this diversity is not only the product of our fortunate and rugged geography; receiving and assimilating culinary customs of foreign populations was a key factor.

Since the conquest of Peru in 1535, Spaniards, Africans, Chinese, Italians, and Japanese arrived, stayed, and contributed to the development of the capital city. **Walk around the streets, observe its architecture, taste its food.** If we **take** a look inwards and backwards, since ancient times, the beginning of the reciprocity between regions allowed and promoted the exchange of food products. Later on, between 1960 and 1990, the city received an even higher number of immigrants. Peruvians from the highlands and jungle arrived, settled down, and structured a new Lima. The one that you have to taste to get to know it. ■

The Costa Verde The official name of this promenade is *Circuito de Playas* (Beaches Circuit). It dates from 1960 and has eleven access points that open up from the top of a cliff. Nowadays, it is the meeting point for vacationers, surfers, and people going to the restaurants placed at the foot of the beach.



The Peruvian Sea From the capital city we can see fullness of the Pacific Ocean. Its huge wealth comes from its hydrobiological diversity and its picture-perfect beaches, ideal for surfing.



MARKETS

Here is where the essence and heart of our cuisine is revealed. From places where producers offer their crops daily, to organic fairs.

- **Mercado de Productores de San Isidro** (Market of Producers of San Isidro)
- **Mercado de Surquillo 1** (Surquillo Market 1) / Miraflores.
- **Organic fairs.** Miraflores (Saturdays), Surquillo (Sundays), and San Isidro (Sundays).
- **Agricultural fair.** Magdalena del Mar. Sundays only.
- **Terminal Pesquero de Villa María** (Fishing Terminal of Villa Maria). Villa Maria del Triunfo.
- **Ecofair Pachakamac.** Pachacamac, Saturday from 9 a.m. to 5 p.m.

CULINARY TEMPLES

Three Lima restaurants are found in the world-renowned list of the **World's 50 Best Restaurants**:

- **Central**, by Virgilio Martinez (4).
- **Astrid & Gastón**, by Gaston Acurio (14).
- **Maido**, by Mitsuharu Tsumura (44).

In the Latin-American version of the 2015 rankings, nine Peruvian restaurants were chosen:

- | | |
|-----------------------|----------------------|
| • Central (1) | • Fiesta (31) |
| • Astrid y Gaston (3) | • Osso (34) |
| • Maido (5) | • La Picantería (36) |
| • La Mar (12) | • Rafael (50) |
| • Malabar (20) | |



Lima on your menu

It began more than a decade ago. The combination of economic stability, the actions of certain institutions, and the return to the country of several culinary students turned into solid professionals, among other factors, provided new strength to the Peruvian cuisine. Since then, it has become one of the cultural heritages that defines, reflects, and explains us best as country.



Mistura Latin-America's largest culinary fair. This 10- to 13-day event assembles the most renowned chefs on the planet. The latest (eighth) edition was attended by about 400 thousand people. ■

Gastronomic Culture

Many of the capital's archaeological sites combine gastronomy and culture, as well as the private collections of the Larco Museum and the Amano Museum, both exhibiting pieces that boast the value of our products since ancient times. The four-course menu is completed with a visit to the Casa de la Gastronomía Peruana (House of Peruvian Cuisine), and the Museo de la Papa Nativa Peruana (Peruvian Native Potato Museum). ■

The first gastronomic fair in Lima Peru was called "**Perú, mucho gusto**" and was held in September 2008.

*Sugar + Lima =
Suspiro a la limeña*

Creole sweets remind us of the Arabic influence and devoted Spanish convent preparations



u



Lima recipe books are filled with casseroles and home-made stews, *ajjes de gallina* (hen chili stews), *papas rellena* (stuffed potatoes), *sancochados* (braised meat and vegetables), and dishes from the Chinese-Peruvian (*chifa*) and Nikkei cuisine.

Each dish, whether offered at modest market stands or places with a sophisticated tasting menu, is elaborated using an endless recipe. ■



Al Centro... y adentro

An old drinking toast, but in this case it refers to the city centre, one of the highlights of Lima. This area boasts old mansions, restored wooden balconies; baroque, classical, and rococo churches as well as colorful streets, full of life. Also to be found here are the main seats of government, the Cathedral, the central market, Chinatown, and its active restaurants, art museums, and those old taverns that stood the test of time and were the meeting point for intellectuals, poets, and politicians during the 20th century. The route is intense, chaotic, and happy. It is recommended to do it all on foot. ■

Callao

Located 15 minutes from the centre of Lima, Callao has been and still is one of the most important ports of the American continent and this has characterized its identity.

It was here where many Italian immigrants, many of them small entrepreneurs, set foot on Peruvian soil. They soon opened their popular *pulperias*, selling all sorts of stuff, such as food, clothing, liquors, as well as providing an essential meeting point and one of social gathering. The vibrancy of Callao can still be felt nowadays in its neighbourhood markets, fresh fish, and seafood restaurants, the salsa music echoing through its streets, or in the charming streets of La Punta.



The must-sees of Callao

Chucuito For a quiet town stroll and to enjoy a good Chilcano (Ginger Ale, lemon, and pisco drink) in one of its local seaside establishments.

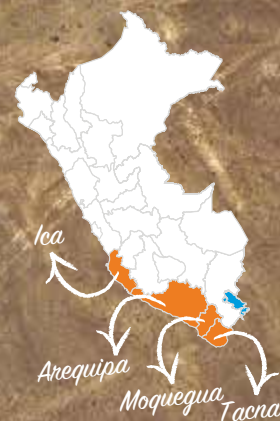
Real Felipe Fortress Built during Colonial Peru. Today it functions as a museum.

La Punta With its classic restaurants. The local custom? A good cebiche and bread with battered silverside.

Casa Ronald (House of Ronald) and surroundings It was built at the beginning of the 20th century, and recently renovated for trade and restoration purposes.



Southern Coast THE VITALITY OF A DESERT



The Peruvian southern coast is deserted, though crossed by rivers, causing the formation of fertile and abundant valleys, around which civilizations were established, to be followed by cities. The ancient men of these cultures dominated the aridity of the desert through hydraulic engineering works, such as the Nasca aqueducts. This region includes Ica, Arequipa, Moquegua, and Tacna. For the fans of archaeology, there is the **desert of Ocucaje to look at fossils or to visit the geoglyphs of the Palpa Valley; the Paracas culture and its looms;**

the Nascas and their ceramics, and the Cahuachi oracle white city.

More to the south we set foot on the coastal and mountainous lands of Arequipa with its picantera-culture, deep canyons, fiery volcanoes, and intellectual wits such as Nobel Prize in Literature-winner Mario Vargas Llosa, white cities, rivers rich in shrimp, and unforgettable pisco vineyards. Next up, the regions of Tacna and Moquegua: two small gems, both of them posed as powerful, strong and flavorful thanks to their nature, gastronomy, and history. ■

Pisco

A high-proof spirit exclusively obtained through a process of distillation of fresh musts of pisco grapes from the geographical regions of Lima, Ica, Arequipa, Moquegua, and the valleys of Locumba, Sama, and Caplina in Tacna.

The first vines were brought to Peru by the Spanish conquerors, who had the habit of drinking wine enrooted in their culture. The excellent climate and conducive soil of the south coast quickly made the cultivation of vines spread all over the viceroyalty.

Pisco can be found in the designation of pure, "acholado" (multivarietal), and green must. They are prepared with eight varieties of grapes: quebranta, negra criolla, mollar and uvina (all non-aromatic); italia, moscatel, torontel, and albilla (all aromatic).

Pisco is recognized as a protected denomination of origin (PDO) product. According to the World Intellectual Property Organization (WIPO) and INDECOPI (Peruvian National Institute of the Defence of Competition and the Protection of Intellectual Property), PDO is defined as: "any agricultural or foodstuff product that uses the name of a region or geographical area and that serves to designate, distinguish, and protect a product based on its special characteristics derived, essentially, from the geographical environment in which it is made, taking into account natural, climatic, and human factors".



Altitude From sea level in coastal areas up to 4,910 masl / 16,108.9 fasl



Temperature Warm and less humid than the northern coast. There is sunshine in winter and the temperature is 23°C during the day, dropping to 9 °C at night. Summers range on average between 33 °C and 23 °C.

There is an excellent hotel offer for everyone's taste and budget.



THE MAKING OF A QUALITY SINGLE-DISTILLED PISCO REQUIRES A GOOD GRAPE. ONE LITRE OF PISCO USES APPROXIMATELY 8 KILOGRAMS OF GRAPES AND ITS ALCOHOLIC STRENGTH VARIES BETWEEN 38° AND 48°.



Ica

PERU'S MIXED HERITAGE



Lima bean

A legume, with denomination of origin, which has inspired salads, chupes (chowders) and *picante de pallares* (spicy lima beans).

Candied lemons



Pure blend. This is the union of the Creole cuisine and African influence, encouraged by the agriculture in local valleys. Typical of the region are burst (or in omelette) river shrimp, chickpea salad, lima bean dishes, *carapulcra*, dulce de higos (sweet fig), *mazamorra de uva* (grape grits), *galletas paciencia* (patience biscuits), and *tejas* filled with manjar.



In Ica, we find the greenest vines, the most powerful Piscos and the most fertile valleys for agriculture. Here, the sun shines all year round. The gastronomic route is a succulent and a perfect companion to visit two emblematic sites of the region: Chincha and El Carmen. In these places they dance (and eat) to the rhythm of Afro-Peruvian dances; there is a craving for *sopa seca* ("dry" soup), *carapulcra* (stew of pork and dehydrated potatoes), *tamales*, *frejol colado* (sweet mashed beans), and *machacado de mebrillo* (crushed quince). We continue our journey to the Paracas National Reserve to stroll on beautiful beaches and for a tour to the Ballestas Islands. We will discover the petroglyphs of Palpa and savour the famous local shrimps, whereas in Nasca, mysterious lines are awaiting us. A lot to discover (and taste) in one single place. ■

Wine, Pisco,
wineries...
cheers!



There is a route that is made up of wineries and vineyards, with wine tasting areas, accommodation, and restaurants. It is a unique experience that includes horseback riding through the fields, gathering ripe grapes, and participating in sumptuous lunches.

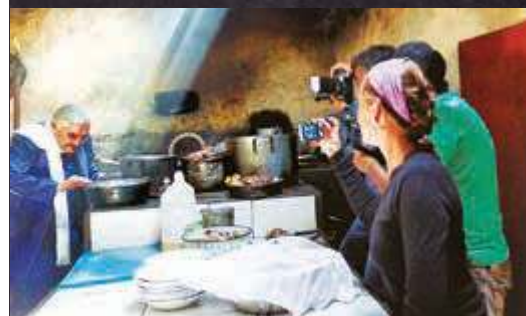
Arequipa



→ FINGER-LICKING GOOD

The custodians of the tradition

Here, it is a must to **visit a picanteria**, a place where day after day the more traditional cuisine, with intense and well-defined flavors, is prepared. They have been declared National Cultural Heritage in 2015 for their role in the safeguarding of the local cuisine. The Arequipenian cuisine is one of the strongest regional offers in the country. It consists of more than 194 varieties of typical dishes. Thanks to its large pantry and culinary creativity, unforgettable stews are cooked.



What to order in a picanteria?

Among the most renowned dishes are the *rocoto relleno* (stuffed rocoto chili pepper), *chupe de camarones* (shrimp chowder), *chairo* (stew of vegetables and beef), *pebre* (traditional beef or hen soup) *ocopa* (black mint and chili based sauce with potatoes), *adobo* (pork chop soup) *cauche de queso* (potato, chili, and cheese appetizer), *chaque de tripas* (tripe soup), *solterito arequipeño* (vegetables and fresh cheese salad), *cuy chactado* (deep-fried guinea pig); and for dessert... the famous *queso helado* (frozen milk pudding).

Rocoto relleno



The Arequipenian identity is as powerful as Arequipa's volcanoes and canyons. Its strength derives from the privileged landscape of the Andean plains where vicuñas and alpacas roam under the clearest indigo-blue sky. From endless beaches, abundant resources, well-conducted agriculture, biodiversity, traditional villages, and a capital which has always been a cosmopolitan centre, declared by UNESCO as a World Cultural Heritage Site. The local gastronomy tops off this identity in tasty fashion. If we encounter a traveller who goes to Arequipa, we will surely make a comment on how much he or she is going to enjoy the food. ■

The must-see places

Santa Catalina Monastery. Opened in 1579, its walls have jealously kept many of the recipes that have survived to this day.

San Lazaro neighborhood. Made up of alleys, small squares, and large homes. It is the most representative area of old Arequipa.

The Colca Valley. In the province of Caylloma. Its 14 villages are true gems.

Moquegua

A SECRET WAITING TO BE DISCOVERED



This region is blessed with a dry and sunny climate, narrow—but fertile—valleys, mineral resources, and rich sea waters. The capital is Moquegua (at 1,400 masl /4,593.1 fasl), an important city since colonial times for its pisco and wine production, as well as its proximity to the port of Ilo. Buildings from the past are still preserved and in the stately homes the same stews and sweets that form part of the famous local cuisine are still part of the menu. Today the Piscos made in Moquegua are among the most famous and there is even a route marked out by the Organización de Gestión de Destinos Turísticos OGD (Destination Management Organisation for tourism).■

From Spain, the sweet stuff

The preparations, brought from Castile, arrived together with the first Spanish ladies.

Famous are their alfajores de penco (regional shortbread cookies), guargueros (pastry flutes filled with manjar blanco), puddings, sponge cakes, almond pastries, fritters, biscuits, and corn cakes.

Famous are the chupe de camarones and the giblest soups with corn and mint called patasca; the guinea pig; nogada de camarones (shrimp in walnut sauce); cacharrada de menudencia de res frita (fried beef giblets); and chicharrón de chancho (fried pork meat).



Chupe de camarones
(Shrimp Chowder)

The route to good eating

Torata. This district is famous for its bread baked in wood-burning ovens. There are estrellas, jetonas, empanadas (meat pies) or roscas.

Ilo. There are fairs on Mondays. The beaches of Ilo are full of life and its sea food cuisine is delightful.

Omate. Land of bakers and fresh fruit, such as the avocado, cherimoya, lime, and mango.

Samegua. Famous for its avocados, and guinea pigs "spicy stew" or "chactado".

Tacna

THE SOUTHERN BORDER



A peaceful region of coast and mountains where the sun always shines. Its valleys are rich—and perhaps for this reason—good food and Piscos are served here. This also the place of very popular beaches and seaside resorts, especially in summer they can be crowded. Tacna's volcanic regions helped in the formation of beautiful landscapes, and the fertile soil provides generous supplies for the agriculture. As in Moquegua, at the end of the 19th century there was a strong Italian migration that influenced the city's local cuisine. ■

Highlands + Coast + Italy

It is impossible to think of a local dish without its star ingredient: The Peruvian red pepper or Aji Panca, which needs to be cooked for long hours at low heat. One of the most representative recipes is picante a la tacneña, elaborated with tripe, potatoes, beef paw, and dressing. Other highlights are the adobo with beef pork, and the gapallo de carga (giant squash), a cucurbit which only grows in this region. In addition, there are humitas and the Pachia corn pie; the olive oil and olives; cheese and sausages and the famous lamb of the Candarave region, which has a delicate flavor and soft, pulpy, and juicy meat.



Your order

Tarata: from the Andean terraces to the pot

We travel 88 km / 54.6 mi northwest of the city of Tacna, 3,070 masl / 10,072.1 fsl, to find pre-Hispanic terraces on capricious slopes that are still used nowadays to cultivate two Peruvian classics: the potato and the corn.

Locumba, the "Spicy" Valley

A fertile and peaceful valley, once famous for its vines; today for the cultivation of chili peppers or aji. It is here where the devotion of the Tacna people is concentrated, since it is the place where the Sanctuary of the Lord of Locumba can be found, also known as el Señor de los Pies Quemados (Our Lord of the Burned Feet).



LET'S ENJOY THE HOLIDAYS

Virgin of Candelaria. In Puno. This 18-day event is dedicated to the Virgin of Candelaria in the Church of San Juan. There are dances with the dancers wearing elaborated costumes that leave the crowd in awe.

Carnival. February is the time of carnival in all the towns in the highlands. Standing out the most are the ones of Cajamarca, Ayacucho, Apurímac, and Huanuco, for their colorfulness and liveliness.



Altitude:

Puno:

3,827 masl

Abancay:

2,378 masl

Huamanga:

2,761 masl

Huancavelica:

3,676 masl

Huancayo:

3,259 masl

Oxapampa:

1,470 masl

Tingo Maria:

373 masl

Cajamarca:

2,750 masl



Temperatures:

Puno: average temperature is 8 °C, reaching a max. of 15 °C and a min. of 1°C in winter.

Abancay: the city of Abancay has a mild climate, with an annual max. average of 23.8°C and a minimum of 11.7 °C. The rainy season starts in November and ends in March.

Huamanga: an average max. temperature of 23°C and min. of 9 °C.

Huancavelica: a max. of 16°C and min. of 2°C. Dry season: May - October, and the rainy season: November - April.

Huancayo: an average max. temperatures of 23°C and a min. one of 4 °C.

Oxapampa: an average temperature of 10°C to 28°C. Rainfall ranging between 1,500 to 2,000 mm.

Tingo Maria: annual average temperature of 18°C to 29°C.

Cajamarca: annual average temperature: max. 21 °C and min. 6 °C.

JOURNEY TO THE HEART OF THE ANDES





The Highlands

The Peruvian Andes is full of contrasts.

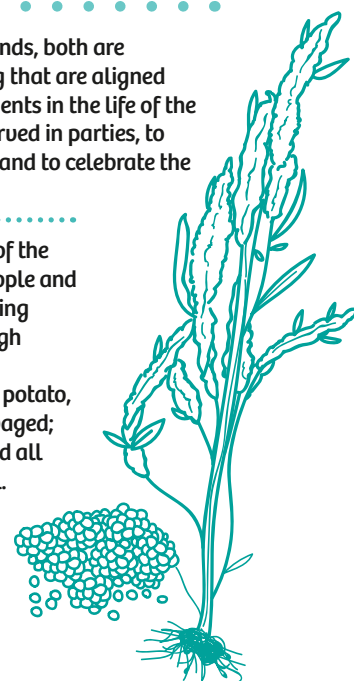
Crossed by the Andes mountain range, crowned with high snowy peaks, it goes all the way down into a cloud forest area, turning the landscape even more diverse and enriching the villages and its gastronomy. The trip to the highlands connects us to the dawn of our origin, the blending cultures, and the results thereof. Here we find important cultures of pre-Columbian times and the Inca Empire, valleys, puna; towns where time stood still and cities where the cosmopolitan beat goes on; religious festivals of pure syncretism, and people blessed with skills and ancient wisdom to help them pave the way in harmony with their environment. The taste, here, is that of the soil. ■



Pachamanca and the huatia. In the highlands, both are widespread techniques of ancestral cooking that are aligned with respect to the soil and important moments in the life of the farmers. The resulting food is commonly served in parties, to receive travellers, to pay tribute to the soil, and to celebrate the end of the harvest season.

Quinoa, potatoes, and corn. The very basis of the Andean cuisine and the daily food of the people and their communities. Quinoa stands out for being colorful, from the heights, and for having high nutritional values.

There are more than 4 thousand varieties of potato, of which several native ones have been salvaged; an achievement that nowadays is celebrated all over the country through an annual festival. Last, but not least, the wide range of corn, including the ones cultivated in the Urubamba Valley with immense grains, and of course the purple corn.



Cajamarca

FROM THE COUNTRYSIDE
TO THE TABLE



Caldo Verde
(Green broth)



Cajamarca embodies the highlands and jungle, and finds itself located to the north of the country. Its history tells us about pre-Columbian cultures, such as the Cajamarca, the Wari and, of course, the Inca.

The chroniclers tell tales of Inca-emperor Atahualpa offering two rooms laden with gold and one with silver to the conqueror Francisco Pizarro for his freedom. Aside from its mineral wealth, Cajamarca is also rich in agriculture and livestock. Its rivers, mountain passes, and valleys make up an idyllic set ranging from 400 to 4,800 masl. The countryside is beautiful.

Cajamarca provides us with important agricultural inputs and products, because its people know how to implement agricultural systems, integrating farms, mountains, and forests.

There are broths and stews of lamb and beef; guinea pig, humitas (steamed or boiled corn dough), fish with cassava, revuelto de chicharrón con mote (sautéed pork with a type of boiled corn), cachangas (a fried pastry), minga or banana pottage (with mote and egg), mashuas (a tuber) with milk and fritters with honey. All can be tasted in restaurants and picanterías, together with a good glass of chicha (a purple corn drink). ■



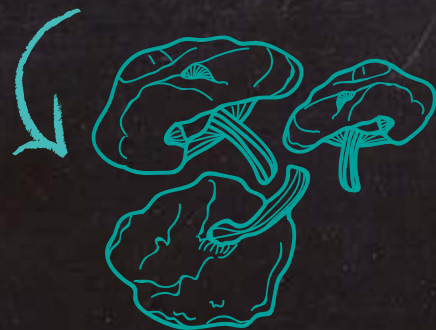
The Qhapaq Ñan food trail

The Inca Trail or Qhapaq Ñan has significantly influenced the cuisine of the local region.

The connection of several villages in the area saw the establishment of tambos (Incan structure built for administrative and military purposes) and storage sites along the way (also serving as inns). It was here where an interesting cuisine was created thanks to the seasoning of expert cooks. For example, in the highlands, pre-Hispanic traditions based on tubers and corn are being preserved.

Mushrooms

One of the most prominent local products of recent times are the edible mushrooms that grow in the pine forests of the agricultural cooperative Porcon, a must-see place. They have turned into the star ingredient of the cuisine: all the way from the forest to an elegant Lima restaurant table.



Puno

AN EMPIRE OF NATURE AND CELEBRATION



The heart of Puno is Lake Titicaca, which by its vastness seems more like a sea. It is the highest navigable lake in the world, situated 3,812 meters above sea level. There is the myth that from its waters emerged the founders of the Inca Empire: Manco Capac and Mama Ocllo. Around this lake there is a vibrant culture, as well as solitary sites and white sandy beaches. On the Peruvian side of the lake are the floating islands of the Uros, Taquile, Amantani, the Anapia archipelago, and the private island of Suasi. All these can be reached to be able to share and live the experience of their inhabitants. There are alternative accommodation options, including sumptuous hotels. Puno is home to both the Andes and the Amazon region, hence with a highly diverse agriculture, from quinoa and cañihua to the coffee plantations of Sandia. The city of Puno, the capital, is the venue of one of the most important festivals of the country, the Virgin of Candelaria, declared Intangible Cultural Heritage of Humanity by UNESCO. ■

Our
Quinoa

The local cuisine is based on quinoa, potato, chuño (freeze-dried potato), grains, aromatic herbs, fish, and meat. Puno's geography made it the largest producer of superb-quality quinoa; not only unique in color, but also in nutraceutical properties. ■

AYAVIRI AND THE CANCACHO

Dedicated to livestock, Ayaviri is famous for the canchacho, a roast lamb marinated with aji panca red chili, garlic, cumin,

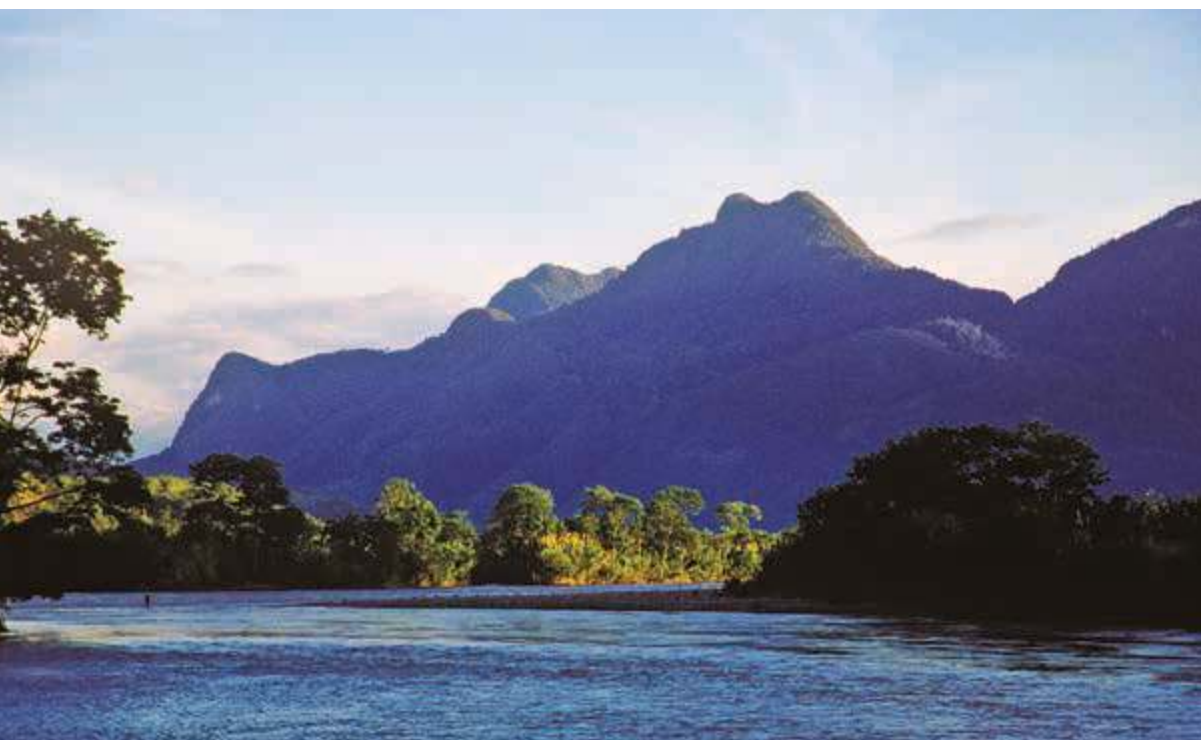
pepper, and black beer, baked in a clay oven. It is served together with local potatoes and a good aji chili sauce.

Huánuco, Pasco and Junín

BETWEEN THE HIGHLANDS AND
THE JUNGLE... A ROAD



Pachamanca



The Huanuco cuisine blends the jungle and the Andes with ease: river fish, dry meat, bananas, chifles (fried bananas), cassavas, corn, mountain hen, guinea pig, aji panca red chili, cecina (salt-cured, air-dried meat), pork, mutton, and fruit beverages. Here you can eat spicy guinea pig, pachamanca, locro de gallina (a hen stew), juane with hen meat and cassava or with paiche (an Amazon fish). True classic drinks are aguajina (with the pulp of the aguaje fruit), the chapo (made from plantains), camu camu (a citric fruit with an extraordinarily high vitamin C content), masato (a fermented cassava drink), and guarapo de caña (sugar cane juice). Let's not forget medicinal drinks such as the chuchuhuasi (made from the bark of the tree with the same name), cat's claw, and siete raíces (seven roots). ■



3

Must-see places

**Kotosh or
Temple of the
Crossed Hands.**
A four-thousand-
year-old
archaeological
complex.

Tingo Maria.
The gateway to
the Amazon.

**Wanuko Pampa
or Old Huanuco.**
Inca citadel



*Andean
cock-of-the-rock*



All these three regions include the highlands and the jungle. That is what makes them special places where everything flourishes: this area is considered the storeroom of Lima. The Mantaro Valley is fertile and productive, and stocks up daily the wholesale markets in the capital. Many of these places are still working in a communitarian way and begin to attract curious travellers in search of alternative routes and cultural living experiences. For this reason, community rural tourism is an increasingly chosen alternative. **It is a delight to do the route by car; a long and unhurried trip. ■**



Pasco is intense and tasty. Its gastronomy blends Tirolean and Chinese influences. Today, one can enjoy opulent breakfasts with bread, cheese, jams, butter; grilled sausages and other local cold cuts. Even recipes with European heritage, of which the banana strudel and kramlas stand out, but also Carbonathalan (fried beef balls and fried seasoned pork); and shitala soup. It is mandatory to drink the flagship of the region: kito kito juice. And to conclude the breakfast, a good cup of coffee. ■

The typical Junin dishes are fried trout (with boiled potatoes and salad or Creole zarza, an onion condiment), trout cebiche and artichokes rinds, picante de cuy (spicy guinea pig) or cuy chactado (deep-fried guinea pig), yacu chupe or green soup (based on potato, bone broth, cheese and seven aromatic herbs), mutton or lamb on a stick, huallpa chowder or hen meat chowder (with aji amarillo chili peppers and garlic, potatoes, rice, and an abundant parsley dressing), patachi or wheat soup, pachamanca or huatia, among others. ■

Not-to-be-missed *Pasco Junín*

Villa Rica.

In Villa Rica there is an important coffee route and pretty well organized too. You can visit the old plantations to taste coffee and harvest the beans.

Paca Lagoon.

The Paca Lagoon or Laguna de Paca is located 6 km north of the city of Jauja. It is inexcusable not to try a traditional dish based on freshly fished trout.



Oxapampa.

A lush valley colonized in the 19th century by Austrians and Germans.

Santa Rosa de Ocopa Convent.

This was the starting point for the religious missions during the Viceroyalty. Highlights are its art gallery, library and the Museo de Historia Natural de la Selva (Jungle Natural History Museum).

Ayacucho

THE TASTE OF THE ANDES



TASTY HUANTA.

An hour's drive from Huamanga. Famous for the local avocados, potatoes, fried pork meat, and its many countryside restaurants that serve pachamanca and guinea pig. It is the center of conservation of Peruvian native potatoes.



Ayacucho, located in the southern highlands of Peru, has a pure vibrant culture. Easter there is a true celebration.

You must see the scissor dancers, guardians of the "Danza de las Tijeras" or scissor dance; a dance declared Intangible Heritage of Humanity by UNESCO. The metal, stone, wood, and loom craftsmanship is exceptionally fine. The retablos (altarpieces) and candle making are emblematic. Huamanga, the capital, is known as the city of churches. There are 33 and the oldest dates back to the 16th century. Ayacucho is an agricultural region. Its puna landscapes are breathtaking. The local menu includes hot stews to provide the necessary energy and nutritious and calorie-rich recipes to fight the cold. In this region there is a preference for grains and a variety of potato that are cultivated since ancient times. ■

What is cooking in the kitchen?

- Picante de quinua y de trigo (spicy quinoa and wheat) (yellow potato, onions, wheat and red chili pepper)
- Puquio tamales of fresh ground corn.
- Lard and pork
- Soup of roasted barley with aromatic herbs
- Cakes and maicillos (corn biscuits)
- Chapla bread (with aniseed)
- Cuy picante (spicy guinea pig)

Puca picante
(a dish of potato, roasted peanuts, pork and beets)



MUST-SEE PLACES

Vilcashuaman.

Located 120 km of Huamanga. One of the country's best preserved pre-Hispanic cities.

Pampa Galera - Barbara D'Achille.

A protected area created in the Lucanas Province (Ayacucho). Covered with Peruvian feathergrass or ichu that spans over 6,500 hectares. It is the habitat of the vicuña, together with pumas, deer, foxes, viscachas, Andean condors, and eagles.

Sondondo Valley.

The town of Andamarca (a province of Lucanas) is a gateway to this stunning valley. It is here where condors roam freely. The home of pre-Incan terraces—still in use today—and scissors dancing.

Huancavelica and Apurímac

THE MYSTERIES OF THE ANDES YET TO BE DISCOVERED



They are places that are still little known, but very interesting.

Given the whimsical geography of this part of the Andes, going here is not for the faint of heart. However, there are possibilities for the more adventurous among us to get in touch with nature. Their soil produces the most delicious potatoes and a number of tuberous

roots as the oca, the mashua and olluco. Here alpacas and llamas are raised, as well as cattle and pigs. Some of the archaeological sites showcase how man has always had control over and respect for the environment. The local cuisine is both Andean and mestizo, with Spanish influences, based on what the soil provides, and the meat of cattle. ■

Archaeology
+ nature =

The Uchus Inkañam Archaeological Complex

A center for agricultural research and astronomical observation.

Ampay National Sanctuary

Here we find the natural Intimpa ("Sun tree") forest, the Angascocha and Uspacocha lagoons, and the snow-capped peak Ampay.

Combined menu combinado de la semana

Huancavelica Apurímac

- Tripe or mote soup (peeled corn or mote, beef, head, mutton, and cow legs)
- Chicharrones (fried pork meat) marinated with mint
- Pachamanca or huatia
- Guinea pig stuffed with spices, herbs, and ground roasted peanuts.
- Picante de cuy (spicy guinea pig)
- Home-made noodles with hen stew and accompanied with stuffed rocoto
- Piglet with chuño

AUTHENTIC AND COSMOPOLITAN

→ Cusco



What most impresses us about Cusco is the vitality of its history.

The cradle of the Inca Empire consists of colonial architecture built on Inca stones. Its archaeological sites, narrow and stony streets, religious festivals, and cuisine, are visited by travellers from all over the world who cannot resist to what this city has to offer.

Behind each dish of food there is a blend of local products, a regional recipe and ancestral agricultural engineering.

In Calca, for example, more than 100 varieties of Peruvian native potatoes are grown. Ancient knowledge that is still alive today thanks to the local farmers. Most likely, the traveller will visit Moray, a structure of terraced

circular depressions. It is believed that it was a center of Inca agricultural research and a hotbed.

The Cusco-cuisine embodies history, knowledge and the adaptation of man to his environment, as well as the authenticity of the local culture and further blending. It must be said that everything here is in perpetual motion. ■

**Altitude:**

Cusco: 3,399 masl
Machu Picchu: 2,490 masl
Chincheros 3,754 masl
Urubamba: 2,871 masl
Ollantaytambo: 2,792 masl

**Temperatures:**

Minimum: 4.2 °C
Maximum: 25 °C



Best time to travel: during dry season: from April to October.

The rainy season is from November to March.

**International airport**

Velasco Astete. Velasco Astete s/n, Cusco, Peru.
Telephone: 51 84 222 611.
www.corpac.gob.pe

Festivals

Inti Raymi. The Sun Festival. Held every June 24th to worship the Apu Inti or sun god.

Señor de Qoylloriti (Lord of Qoylloriti).

Celebrated the first week of May at the foot of the Ausangate mountain. This event causes a multitudinous pilgrimage of farmers, traders, and onlookers.

Paucartambo. Virgen del Carmen (Virgin of Carmen) Festival, held between 15 and 18 July.

Corpus Christi. In honour of the Blessed Sacrament that is celebrated in June.

Santurantikuy. Every December 24, a temporary craft fair is held on Cusco's main square, celebrating "venta de santos" ("buy oneself a saint"). You can find here important images and local crafts.

El Señor de los Temblores (Lord of the Earthquakes).

The procession takes place between the second half of March and the first week of April, on Holy Monday (Easter).





In Cusco, the farmer is the guardian of the rites.

He who still prepares the hearty breakfast inherited of pre-Columbian times, which gives the necessary strength to go out to the field; who provides the afternoon snack in the form of broken corn with cheese and chicha; and it is him, who takes a break from work to prepare a huatia. Here the eating tradition is still going strong: on Tuesdays, chairo, a vegetable and beef stew, is served. On Christmas, hen meat soup tops the menu, whereas on All Saints' Day nobody misses out on eating lechon asado (roast suckling pig) and tamales. The city offers international and Creole food, and signature

cuisine: **The Novo-Andean cuisine, which arose out of the interest of the chefs of local establishments to resume the eating habits of the prehistoric past by recreating them, thus being able to rescue and revalue many of the indigenous ingredients.** We must also discover the chicherías (chicha bars) and picanterías (rustic restaurants) where tables are shared and the menu includes pepian de cuy (thick stew based on guinea pig and head broth, lawa cream soups (of ground chuño and fresh lamb meat); adobo (pork stew), puchero stews, and chicharrones (fried pork meat) with mote. And of course, a cold chicha (made of corn) to accompany and rejoice.■

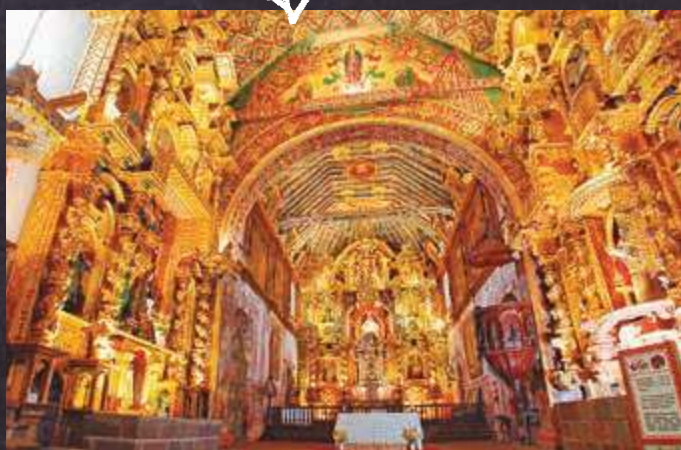
THE SAN PEDRO MARKET

Central point of Cusco's gastronomy. Colorful, intense and full of fresh seasonal products. Mountain cheeses, Oropesa breads, the giant corn of Urubamba and wawas (traditional bread) are sold in times of celebration. Going door-to-door, humitas and portions of tarwi stew are offered, and inside the market, there is an area where one can buy prepared food, juices, and breakfasts.



BAROQUE AND TASTY ROUTE

*San Pedro de
Andahuaylillas*



The Baroque route. Composed mainly of three churches whose murals are not to be missed: The San Pedro de Andahuaylillas Church, the Huaro Church, and the Canincunca Church.

OTHER ATTRACTIONS OF THE SOUTHERN VALLEY

Sitio Arqueológico de Tipón (Archaeological Site of Tipón). Agricultural terraces. Spectacular Inca irrigation system, still functioning nowadays with flowing water.

Chicharrones de Saylla. This fried pork meat is recognized throughout the region: juicy and crunchy, and sold with mote, Creole zarga, and potatoes.

The giant Urubamba corn must be eaten with a piece of queso fresco (white fresh cheese).

The chuncho is a Creole cacao from the cloud forest zone of Cusco, in the region of La Convención.

The diverse selection of Peruvian native potatoes growing in the Cusco region are usually eaten with Uchucuta, a spicy sauce starring fresh green parsley, mint, and coriander.

*Dishes of the
Novo-Andean cuisine*



*Machu Picchu-
Huadquina coffee*

It has Denomination of Origin status. It distinguishes the green coffee beans that are produced in the Huadquina farm (former Huadquina haciendas), in the Santa Teresa district of the La Convención province in the department of Cusco.



The Sacred Valley

This region runs parallel to the Vilcanota River (Urubamba) between the towns of Pisac and Ollantaytambo. Its fertile lands and archaeological sites have made this place a must-see and one of absolute peace and tranquility. You can horse ride from village-to-village to visit old farms; get lost in markets, share community real-life experiences, practice adventure sports, enjoy the local food or relax in one of the several hotels on the banks of the river.





Peru is the second country with the largest number of bird species in the world and the third in mammals: 44% and 63%, respectively, live in the Amazon Rainforest.

545 different bird species can be spotted in just 5.5 km² in the Reserva Nacional Tambopata (Tambopata National Reserve) in the department of Madre de Dios. All of it a World Record.

193 species of Peruvian native fruit such as camu camu, huito, sapote or the uvilla (little grape), are regularly consumed by the inhabitants of the lowland jungle.



The jungle

THE SOURCE OF LIFE

THE TASTE OF THE SAN JUAN FESTIVAL

This festival is celebrated on the 24 of June in all the jungle with religious masses, river festivities, and the preparation of special food. It is believed that on this date San Juan (Saint John) blesses the water streams and whomever is immersed in them will be blessed with happiness and good health. The celebration was brought to Peru by Spanish missionaries during colonial times. This is a perfect example of syncretism in every possible sense. And for each festival, there is a special dish...

We are a coastal country, an Andean country, and a jungle country:

The Amazon Rainforest covers over 60% of our territory. A green ocean inhabited by half a million people, in cities, towns and communities, like the matsiguenga, yanesha, and shipibo-conibo. Each of them have a different way of understanding and explaining the world. The Peruvian rainforest is divided in two regions: low and highland forest. The first is below 800 masl, whereas the second is found between 800 and 2,500 masl. There are five regions: Loreto, San Martin, Amazonas, Ucayali, and Madre de Dios. It is best to take your time to discover these regions, so that you will not miss out on many of their attractions.

The Amazon River is a snake that runs through the whole Peruvian jungle.

It is the supplier of life; a means of transportation and commerce; and a water highway. According to recent studies the birthplace of "El Gran Río" or "The Great River" can be found in the Quebrada Apacheta in Arequipa. From the highlands to the jungle. **In Peru, everything is connected.**

The Peruvian Amazon is home to the greatest diversity of bird species, amphibians, reptiles, and mammals in the world.

The Amazonian diversity flourishes in its gastronomy, based on what the river, forest, and land provide. Its cuisine incorporates unique inputs that are solely eaten and prepared here, such as meats of mount animals, fruits and vegetables, and even insects. ■



JUANE

This is a kind of rice tamale with hen meat, ranch eggs, olives, sachaculantro (jungle coriander) or tree tomatoes; wrapped in bijao leaves.



Altitude Low jungle: between 80 and 500 masl. High jungle: between 500 and 1,000 masl.



Temperature Low jungle: tropical warm, humid and rainy. Average temperature of 25 °C. The high jungle has a humid semi-warm climate. Average temperature of 22 °C.



Best time to travel: From April to November, outside the rainy season.

Loreto

INTENSELY RICH

Among Loreto's most consumed dishes is the tacacho con cecina (roasted plantain fritters with dried pork meat), the inchicapi or hen meat soup with peanuts, cilantro, and cassava; the timbuche soup, and the patarashca (fish wrapped in leaves).

Chonta (palm heart) salad



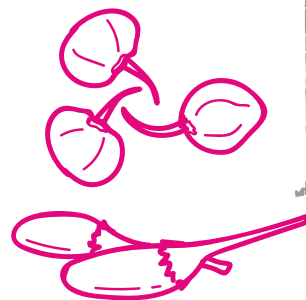
This is Peru's largest jungle region:

782,880.55 km² of Amazon Rainforest, part of which is virgin. Here, in the northwest and west, we find the Andean ecosystems and part of the Condor mountain range. The diversity of the habitats is quite exceptional. The vitality of jungle is the trademark of Loreto. The local traditional art can be found back in galleries, from Lima to Shanghai. Its gastronomy can be savored in the colorful markets and trendy restaurants, and all parties are filled with people dancing to the tunes of the local music. Iquitos, one of the most vibrant cities of the Amazon, is the capital. ■

In the jungle, life is tastier

The Amazon is the world's largest food pantry. Every day in Loreto an important variety of fruit, chili peppers and fish—that are not easily found in other parts of Peru—enter its markets. Bellavista-Nanay, a small port, is an ode to the grilled and outdoor-cooked fish in bijao leaves; the suris (an edible worm) and the macambo (theobroma) are browned on the bbq, whereas a good glass of camu camu lemonade, low in sugar, makes a fresh accompaniment. ■

Aji charapita
chili pepper



Ucayali and Madre de Dios

VIRGIN TERRITORIES

Ucayali and Madre de Dios are little-explored territories where travellers can live the total jungle experience. There is a generous offer of hostels and lodges: from economic and comfortable, to sumptuous ones including spas and high gourmet cuisine. Pucallpa is the capital and only city in the Ucayali region. The city is active and vibrant; the perfect enclave to discover the region, its gastronomy and virtues. At the same time Puerto Maldonado is the small but intense capital of Madre de Dios. The starting point to visit two of the main natural protected areas of the country. ■

SWEET BREADWINNER

In Madre de Dios, the Peruvian Amazon nut grows in the region's 1.2 million trees. This natural fruit sustains 30% of local families. They are used to prepare candies and sauces, thereby renewing the flavors of the local cuisine.



CULINARY BIODIVERSITY.

Mother Nature provides the food: suri, tapir, spotted paca, armadillo, and turtle. And also fish, such as paiche, paco and maiden. Typical dishes are the tacacho con cecina, pollo canga (prepared with oranges or lemon), inchicapi, juane, and the ninajuane (made with egg and without rice).



THE TAMBOPATA NATIONAL RESERVE.

Forests, lakes such as Lago Sandoval, aguajales, swamps, rivers and the famous collpas or clay cliffs (Chuncho and Colorado); all attract thousands of birds each year and are some of the highlights of Tambopata.

MANU, EXTREME BIODIVERSITY.

Between Madre de Dios and Cusco is situated one of the most impressive national parks, Manu. Recognised by UNESCO as Natural Heritage of Humanity and Rainforest Biosphere Reserve.

UNCOVER THE MYSTERY OF...

The Amazon Rainforest

The best kept treasure

The cacao from the Marañon basin is intense, rebellious, and impetuous, full of citrus, according to chocolatier Ivan Murrugarra. The dense Amazonian nature has jealously sheltered this generous fruit for years and today we are beginning to discover it.

The weather menu

To the north: wet, warm, heavy rains.

Condor mountain range: damp, misty.

To the south: Andean climate, warm in the valleys.

Centre-west: hot and dry, semiarid.



If the heart of Cusco is Machu Picchu, the soul of the Amazon region is the impressive fortified Citadel of Kuelap, cradle of the Chachapoya culture. In order to visit this place, one has to use Peru's first system of gondola lifts. The Amazon region is located in the northwest and most of its territory is covered by jungle. This place is famous for its microclimates. ■

Here you eat what nature provides

Corns, arracacha, pumpkins, peanuts, lucumas, guavas, avocados, potatoes, and fish. Typical of the region are the tamales and humitas; hen casseroles; stuffed bananas; beef rolled with fried ground beef, hard-boiled eggs, whole black olives and onion; purtumute, a dish made with beans, mote and cilantro; or the shipashmute with corn and green beans; juanes and guinea pig stew with roasted peanuts and potatoes.



San Martín

Anoma + Flavor =



THE KINGDOM OF CACAO AND COFFEE

San Martín is a complete jungle experience with easy access: nature, gracious lands, gastronomy, and cities. This is the region of cacao and coffee, thanks to its climate. There are many farmers who have replaced their crops of coca leaves for cacao and coffee. This has brought them peace. The communities are now grouped into cooperatives and associations that organized routes and visits to the plantations, where the process is explained from the cultivation all the way to the chocolate making. Their products have been recognized even in Paris - France, during the yearly trade fair Salon du Chocolat (Salon of Chocolate). ■



Tacacho
con cecina

Women cook the future

In the heart of the Amazon Rainforest—where there are no supermarkets—nature provides the ingredients to a group of ladies from the village of Chaguta to use in their project: The Asociación Gastronómica Uchuyaku (Uchuyaku Culinary Association), created to promote their kitchen, land inputs, and the tasty dishes their grandmothers prepared. Inchicapi with farm-raised hen, raised in traditional way; the rumu juane prepared with fish and cassava (instead of rice); chuchi juane of rice and pork; and the platano api, soup of plantains and smoked fish. ■

3-city Menu

Tarapoto. Try a juane made of hen in the "City of Palm Trees".

Moyobamba. Enjoy a cup of coffee in the capital of the region, also called: The "City of Orchids". More than 3,500 orchid species (10% of world's species) can be found here.

Lamas. Sweeten your journey through one of the most ancient cities of the Peruvian jungle with a traditional chaqui, prepared with corn and sugar.

THE SUPERFOODS

The table is served: we can choose native products and include them in our food. We continue the alternative healthy and diverse products of the ancient Peruvians; products that still fill the markets of our neighborhoods and villages with life. In this way, we will be ensuring the diversity of our ancestral crops which, in addition to nourishing us with delicious flavors, have the potential to adapt to climate change-related hazards.

TARWI

(Lupinus mutabilis)

Cultivation. Grown between 2,000 and 3,800 masl in mild and cold climates.

Properties. Highly nutritive in protein and fat. It contains nutrients such as Omega 3 fatty acids.

Some uses. Stews, cebiche de chocho, desserts, soft drinks, tarwi cream soup.

CAÑIHUA

(Chenopodium pallidicaule)

Cultivation. Area of the Peruvian highlands, above all in the Puno region, between 3,500 and 4,200 masl.

Properties. Cereal with high level of protein. Important source of insoluble fiber and energy.

Some uses. Flour that can be used in breads, cream, soups, sauces, cakes, drinks or porridges.

MASHUA

(Tropaeolum tuberosum)

Cultivation. Tuber that grows in the south and central highlands.

Properties. High values of protein, carbohydrates, fiber and calories.

Some uses. Boiled, steamed, fried, mashed, in soups, jams and sweets.

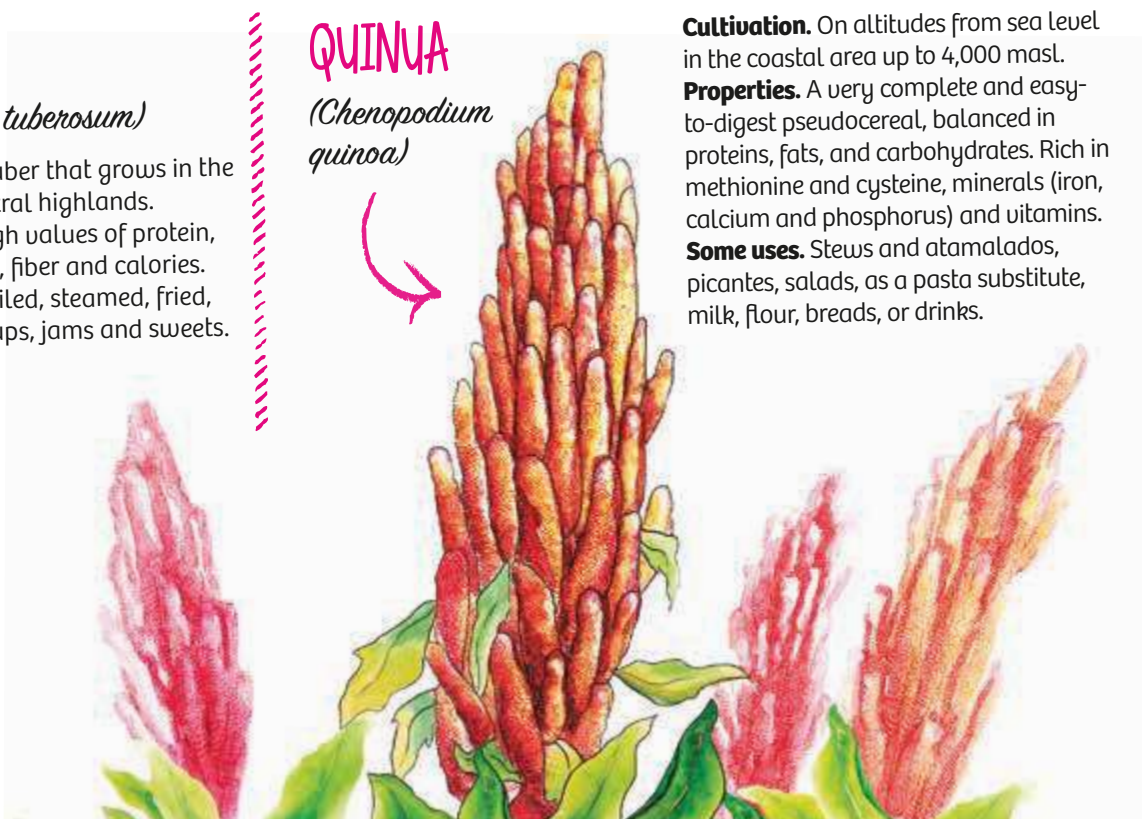
QUINUA

(Chenopodium quinoa)

Cultivation. On altitudes from sea level in the coastal area up to 4,000 masl.

Properties. A very complete and easy-to-digest pseudocereal, balanced in proteins, fats, and carbohydrates. Rich in methionine and cysteine, minerals (iron, calcium and phosphorus) and vitamins.

Some uses. Stews and atamalados, picantes, salads, as a pasta substitute, milk, flour, breads, or drinks.





SACHA INCHI

(*Plukenetia volubilis*)

Cultivation. A seed that grows in the Amazon rainforest.

Properties. It has essential fatty acids such as Omega 3, 6 and 9. Vitamins A and E.

Some uses. Seed or oil.



AMARANTH

(*Amaranthus Caudatus Linnaeus*)

Cultivation. A plant that grows between 2,000 and 3,800 masl in mild and cold climates.

Properties. High in leucine. Source of sodium, calcium, iron, zinc, vitamin E and B.

Some uses. Its flour can be used for buns, cakes, breads, tortillas; and also energy bars, and pastries.

CAMU-CAMU

(*Myrciaria dubia*)

Cultivation. Native fruit of the Peruvian Amazon.

Properties. It has up to 3 grams of vitamin C per 100 grams of fruit, almost 40 times more than oranges. It is an antioxidant.

Some uses. Soft drinks, natural juices, desserts and sauces.

PURPLE, BLACK OR BLUE POTATO

(*Solanum tuberosum*)

Cultivation. Peruvian Andes.

Properties. Rich in vitamin C and phenolic compounds. It is an antioxidant.

Some uses. Cooked, baked, fried, as a side dish with sauces, mashed, in soups or flours.

PURPLE CORN

(*Zea mays*)

Cultivation. Varieties that are most abundant are the purple corn of Canta (Lima), el mejorado, the ones from Caraz (Ancash), Arequipa, and Cusco, and maíz negro (black corn) from Junin.

Properties. It contains anthocyanin; with antidiabetic and antitumour effects; and helps to control obesity and hypertension. It is also a source of antioxidants.

Some uses. Chicha morada, magamorras (a kind of porridge), cakes and sauces.



MACA

(*Lepidium peruvianum*)

Cultivation. A root that grows between 2,800 and 4,800 masl.

Properties. Similar nutritional value of that of grains and cereals. High in protein, carbohydrates, fiber and fats. Helps to combat anemia; an important source of energy.

Some uses. Flours, powders, syrups, liquors. With the flour they make breads, cakes and tarts.

Perú mucho gusto
How to discover a country through its gastronomy

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Peru Menu. Juane: Antonio Incháustegui / Chicharrón (fried pork meat): Flor Ruiz / Pan de quinua (quinoa bread): Flor Ruiz / Rocoto Relleno (stuffed rocoto chili pepper): José Cáceres / Fan shell: Juan Aragón / Sutil lemon: Manchamanteles. Gastronomic chronology. Promperú's Archive.

Page 3: Quinoa harvest in Puno: Flor Ruiz. Pages 8-9. Ollucos (Andean tubers): M.Gil / Quinoa in diferente colors: Flor Ruiz / Peruvian Ingredients: Javier Ferrand / Yurimaguas Market: Fernando López.

Pages 10-11. Tourists at Huaca de la Luna: Daniel Silva / Arroz con pato (green rice with duck and dark beer): Alex Bryce / Moche Culture huaco: Alejandro Balaguer.

Pages 12-13. Royal Decameron Hotel in Punta Sal: Marco Garro/ Sutil lemon: Manchamanteles / Tourists in the Tumbes Mangroves: Walter Hupiu / Majado de yuca (mashed cassava): Antonio Incháustegui / Lord of Sipan Image: Royal Tombs of Sipan Museum /Loche pumpkin: Renzo Tasso / Chirimpico (kid offal stew): Antonio Incháustegui.

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Pages 40-41. El Dorado Lagoon: Walter Wust / Ensalada de chonta (palm heart) salad: Manchamanteles /Lodge in Madre de Dios: Richard Hirano.

Pages 42-43. Kuélap Fortress: Daniel Silva / Azul Lagoon: Gihan Tubbeh / Tacacho con cecina (roasted plantain friers with dried pork meat): Manchamanteles / Cacao beans: Gihan Tubbeh.

Pages 44-45. Illustrations of "Catorce recursos genéticos que cambiaron el mundo y uno que lo cambiará" (Fourteen genetic resources that changed the world and one that will change it), Antonio Brack Egg, Lucho Chumpitagi and Luis Ricaldi/Lingo.

An ornate, golden, carved frame surrounds the central text area. The frame features intricate scrollwork and circular motifs, giving it a classic, elegant appearance.

How to discover a country through its **GASTRONOMY**



The best way to learn about our culinary diversity is by tasting it. The path of knowledge begins in the mouth. The very reason why the programs, festivals, and fairs to support producers, which have been put in the motion in the recent years, are so important.

We are consolidating a process of reassessment of what is ours. The farmer no longer hides in anonymity. He or she are one of the main players. The tourist approach has also widened. We travel nowadays to live a series of experiences that allow us to understand the wealth of a country.

Where does the amazing food we eat with so much pleasure come from? What is the story behind the pachamancas, stews, soups, carapulcras and suspiros a la limeña? History, mixing of cultures, use and respect for ancestral agricultural techniques, knowledge of the soil and natural climate cycles. The journey, as you can see, is huge, interesting, complete and tasty, wherever you look at. This is the culinary tourism that Peru offers to the world.



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