



The Best Of Peruvian Food Writing, Recipes, & Blogs – June 2020

Greetings Peruvian food lovers.

I hope you're safe and well and enjoying cooking some good Peruvian food these days. This month I want to share with you some recipes and blog posts that you will hopefully find helpful. Or at least mildly interesting :-)

Let us know if you like this format and if there's anything you'd like to see on the blog.



Peruvian Bread Pudding Recipe ☐☐

Budín de pan is simple, peasant food. A dessert for the ordinary, working class Peruvian. And there's a reason it has remained a favourite dessert for decades. It's delicious and easy to make.

We'll admit that "bread pudding" might not sound quite as mouth-watering as

chocolate nougat dessert, sponge cake, or creamy flan. But when you add some crusty bread to full-fat milk, eggs and sugar and add raisins, vanilla, caramel and lemon zest, the magic happens. You have to try it.

Budín is the Spanish for pudding (in case you hadn't guessed it) and de pan means "of bread". This pudding of bread is sweet, very sweet, and will leave an aroma in the kitchen that begs you to return for second helpings. Don't say we didn't warn you!

[Recipe](#)



Huancaína Macaroni

In Peru, flavorsome spicy sauces change simple ingredients into delicious, moreish dishes enjoyed by locals and non-Peruvians. Huancaína sauce is a type of creamy, cheese sauce with a kick. Once tried, you'll never go back to the regular sauce.

Fans of Peruvian food will already be familiar with [Papas a la Huancaína](#), a potato-based dish with creamy [aji amarillo sauce](#). It's hugely popular and today we're taking another popular dish and making it distinctly Peruvian in flavor.

Recipe



Sopa de Quinoa

Forget those creative excuses, there's literally no valid reason on Earth not to try your hand at this traditional Peruvian quinoa vegetable soup: it's packed with vitamins and minerals, it's low-cost, it's super tasty and is easy to make. And this recipe is also versatile, so you can use that creativity toward trying out variations of the recipe and seeing which worked best! The straightforward quinoa soup recipe we present below contains the following ingredients: quinoa, carrot, leek, cabbage, garlic and some basic seasoning, but you could also use green beans, peas, and onion.

Before we get to the recipe steps, as always at Eat Peru we like to talk about the origins of a dish and the people and culture behind it. Food and culture are intertwined, and we feel that meals are enhanced by our appreciation of how a dish came to be. Let's get to know the protagonist of this soup a little better: quinoa, Queen of the Andes.

Recipe



Arroz con Leche

Craving a satisfying Peruvian dessert after your main course? We've got the perfect recipe to complete your full course menu from South America's hottest food destination. *Arroz con leche* will definitely hit the sweet spot! Try this combination of white rice, cinnamon, cloves, sugar, evaporated and

condensed milk tonight! Trust us, your taste buds will love you. If you're the kind of person who likes to impress your dinner guests (or your immediate family) with the background to a dish, keep reading. Or scroll straight down for the recipe and get started right away!

Recipe

▣ **11 Things I Learned on an Eating Tour of Peru | Food & Wine Magazine**

"I came to Peru with vague ideas about its complicated hyphenated culinary marriages."

[11 Things I Learned on an Eating Tour of Peru](#)

▣ **Peruvian Farmer makes Potato Wine | Fine Dining Lovers**

Born to potato farmers in Peru's Cusco region, Manuel Choque Bravo's playground was the fertile Andean land where his family cultivated tubers at 3,740 metres above sea level.

[Meet the Peruvian Farmer who turns Potatoes into Wine](#)

▣ **Netflix's Street Food: Latin America - Lima - Need To Know Info**

Avoiding hype and eschewing the typical bucket list destinations, Street Food was more akin to Anthony Bourdain's journeys into a country's cuisine. Netflix's Street Food, a presenter-less docu-series, is a gem. Lovers of [Peruvian food](#) will head straight to **episode 4 of Season 2: Street Food Latin America**, where the show explores the food of Peru from the point of view of the street food vendors of Lima, the capital city.

NETFLIX'S STREET FOOD: LATIN AMERICA – LIMA EPISODE – EVERYTHING YOU NEED TO KNOW

Question Time

What's your favorite Peruvian food?

Let us know if you'd like to see a new recipe on [EatPeru.com](#)

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