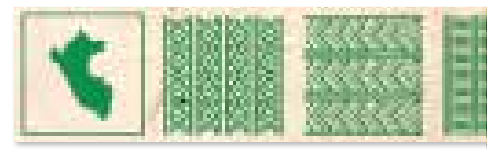




"UNA CONVERSACIÓN SE EMPIEZA CON UN BUEN PISCO"
Carlos "Chino" Domínguez



ESTA ES TU CASA



AQUÍ SE COCINA CON CARINO



CONTENTS

INTRODUCTION.....6

1. CEVICHES.....14

2. STREET FOOD.....36

3. FISH.....60

4. MEAT.....84

5. VEGETARIAN.....112

6. SALADS.....138

7. DESSERTS.....162

8. DRINKS.....196

9. THE PERUVIAN LARDER.....218

SUPPLIERS.....246

INDEX & ACKNOWLEDGEMENTS.....248





DON CEVICHE

SEA BASS CEVICHE *This is our signature dish, so called as it's really the daddy of all our ceviches and the most popular dish we serve at Ceviche. We suggest sea bass for this recipe, but use whatever is freshest at market – try sea bream, Dover sole or any other firm-textured white fish.*

Wash the sliced red onion and then leave it to soak in iced water for 5 minutes. Drain thoroughly, spread out on kitchen paper or a clean tea towel to remove any excess water and then place in the fridge until needed. This will reduce the strength of the onions and help to keep them crisp.

Cut the fish into uniform strips of around 3 x 2cm. Place in a large bowl, add a good pinch of salt and mix together gently with a metal spoon. The salt will help open the fish's pores. Leave this for 2 minutes and then pour over the tiger's milk and combine gently with the spoon. Leave the fish to 'cook' in this marinade for 2 minutes.

Add the onions, coriander, chilli and the cubed sweet potato to the fish. Mix together gently with the spoon and taste to check the balance of salt, sour and chilli is to your liking. Divide between serving bowls and serve immediately.

NOTES

- ◆ Keep your fish refrigerated until just before using.
- ◆ We recommend using fine sea salt for making any kind of ceviche as it is higher quality than other salts and more beneficial in cold 'cooking'. With any other kind of cooking with heat normal table or rock salt is sufficient.

SERVES 4

- 1 large red onion, very thinly sliced
- 600g sea bass fillet (or other white fish), skinned and trimmed
- 1 portion of Amarillo Chilli Tiger's Milk (see page 230)
- A few coriander sprigs, leaves finely chopped
- 1 limo chilli, deseeded and finely chopped
- 1 sweet potato, cooked and cut into small cubes (see page 221)
- Fine sea salt



PATARASHCA

GRILLED FISH PARCELS *A traditional dish from the Amazon region of Peru. You can use fish fillets or steaks instead of whole fish if you prefer, just allow roughly a 200g piece per person. This dish is best barbecued outdoors over hot embers, but if that isn't practical, use a griddle pan instead.*

SERVES 4

- 4 small- to medium-sized white fish (sea bream or sea bass are ideal), descaled, gutted and cleaned
- 1 tsp ground cumin
- 2 red onions, thinly sliced
- 4 garlic cloves, crushed
- 4 amarillo chillies, finely chopped
- 1 small bunch of coriander, leaves finely chopped
- Vegetable oil
- 4 banana leaves, for wrapping
- Salt and freshly ground black pepper

Score shallow slits into the fish skin on both sides. Season the fish inside and out with salt, pepper and the cumin. Mix the red onions, garlic, chillies and coriander in a bowl and then use it to rub on the sides of each fish and stuff the cavities. Drizzle a teaspoon of vegetable oil over each fish.

Wrap the fish in the banana leaves and secure with string or a skewer if necessary.

Heat your barbecue or griddle pan. When hot, place the parcels on the hot coals or griddle and cook for 20 minutes this will create an oven effect inside the parcels, enabling the fish to cook. The fish within should still be moist and just cooked through. Serve with boiled or fried cassava.

FISH FROM THE AMAZON

The Amazonian Rainforest is renowned for being one of the most dense and impenetrable places in the world, so it is not surprising that it holds a fascination for Peruvian chefs who are turning to it as a source of new, exciting and exotic ingredients. The Amazon River itself has much to offer; chefs take all kinds of freshwater fish back to Lima, from river snails the size of your hand and giant frogs the size of your feet to *paiche*, a giant freshwater fish. Ceviche in London was the first restaurant in the UK to serve sustainably farmed *paiche*. This unique fish is considered to be the new black cod by chefs around the world. *Patarashca* is probably one of the oldest methods of cooking fish from the Amazon and is commonly made with *paiche* or *tambaqui*.





SECO DE CABRITO

LAMB BRAISED IN BEER WITH CORIANDER *A classic dish from northern Peru that has a delicious combination of flavours. The sauce has a little heat and the flavour of coriander dominates, but it is tempered perfectly by the sweetness of the peas and potatoes.*

Heat the oil in a large saucepan or flameproof casserole over medium heat. Add the meat, and brown well on all sides. Remove from the casserole. Add the red onion and sauté until soft and then add the garlic and cook for a further minute. Return the meat to the casserole along with the chilli and the cumin. Season with salt and pepper.

Put the bunch of coriander and the citrus juice in a food processor or blender and blitz to a paste, adding a little water if necessary. Add two-thirds of this to the meat, along with the beer. Cover, bring to the boil and then simmer over low heat until the meat is very tender – this should take at least 1½–2 hours.

Add the potatoes and red pepper and cook for a further 20 minutes. Add the peas and simmer until they are soft and until much of the liquid has evaporated. Stir in the remaining coriander mixture.

Serve with steaming hot white rice.

NOTES

- ◆ Lamb, mutton and kid goat are used fairly interchangeably in Peru. If you do use mutton or kid goat you will need to add a further 30–40 minutes to the cooking time.
- ◆ Use Peruvian Cusqueña beer if you can. It has the perfect balance of flavours and you can always sneak a sip while you are cooking!

SERVES 4

- 3 tbsp vegetable oil
- 1 kg lamb (mixture of leg and shoulder), cut into large chunks
- 1 large red onion, thinly sliced
- 3 garlic cloves, crushed
- 1 amarillo chilli, deseeded and chopped
- 1 tsp ground cumin
- 1 large bunch of coriander, roughly chopped
- Juice of 1 lime or Seville orange
- 250ml beer (see Note)
- 500g new or small waxy potatoes, peeled
- 1 red pepper, deseeded and thinly sliced
- 250g peas
- Salt and freshly ground black pepper

CAUSA SANTA ROSA

CORIANDER POTATO CAKE WITH BEETROOT & AVOCADO *A causa is a traditional layered dish made primarily of mashed potatoes. Our addition of beetroot, carrot and avocado makes a fun, psychedelic combination. They can be assembled in all kinds of moulds and you can vary the fillings as you like. It's a perfect vegetarian starter or light meal.*

SERVES 4

A handful of coriander sprigs
500g floury potatoes, unpeeled
A pinch of salt
1 tbsp Amarillo Chilli Paste (see page 226)
50ml vegetable oil, plus extra
for deep-frying
50g sweet potato, sliced extremely fine
lengthways
4 tbsp Olive Sauce (see page 234), to serve

FOR THE TOPPING

75g cooked carrots, diced
75g cooked beetroot, diced
1 limo chilli, finely chopped
1 tbsp finely chopped coriander leaves
3 tbsp mayonnaise
½ a small red onion, finely diced
1.5cm piece of ginger, peeled
and finely chopped
Juice of ½ a lime
1 large ripe avocado, lightly mashed
Salt and freshly ground black pepper

First of all, prepare the potato. Put the coriander in a food processor or blender with a little water and blitz until it is puréed. Steam the potatoes with some salt until soft and, when cool enough to handle, peel and mash them. Add the salt and Amarillo Chilli Paste and then gradually add all of the oil, beating continuously, until the mash is smooth and coming away from the side of the bowl. Add the coriander purée to the mash and mix thoroughly. Be careful not to over mix or the mash will become chewy.

To make the topping: gently mix the carrots, beetroot, chilli, coriander, mayonnaise, onion, ginger and lime juice together in a bowl and then season with salt and pepper.

If you have a deep-fat fryer, heat the oil to 170°C. If not, pour the oil to a depth of about 5cm in a large, deep saucepan, making sure that it is no more than half full. To test if the oil is hot enough, drop in a cube of bread; if it sizzles and turns golden, the oil is ready.

Deep-fry the thin slices of sweet potato until crisp and until they start to take on a little colour – each one should look like a long, thin crisp. Take care not to burn them. With a slotted spoon, remove the sweet potato crisps from the oil and drain on some kitchen paper.

To assemble each *causa*, put an 8cm round mould on a plate. Put some mashed potato into it and press down to make a base layer. Top with a layer of mashed avocado and then a layer of the carrot and beetroot mixture. Remove the mould and serve with a few sweet potato crisps arranged on top. Add a large spoonful of Olive Sauce on the side to serve.

