



OCOPA AREQUIPEÑA

Ingredients

- ½ cup of vegetable oil
- 5 mirasol peppers without veins and seeds
- ½ chopped onion
- A garlic clove
- ½ cup of toasted peanuts
- ¼ cup of huacatay leaves
- 200 grams of fresh cheese
- A cup of evaporated milk
- ½ cup of animal-shaped crackers
- 200 grams of Paria cheese
- A kilo of boiled, peeled and sliced white potatoes
- 4 black olives
- 2 boiled eggs, cut into halves
- Salt
- Pepper

Preparation

It is symbolic of Arequipa, the White City. This sauce remains at the mercy of mirasol peppers browned on a low heat and stir-fried with garlic and onions.

Heat up a jet of oil in a pan and brown the mirasol peppers, onions and garlic over low heat for a few minutes. Add the toasted peanuts and the huacatay (black mint, Tagetes minuta) and let it brown for a couple of minutes. Let it cool down. Blend with fresh cheese, evaporated milk, the animal-shaped crackers and the remaining oil. Season with salt and pepper. Cut the Paria cheese into four equal parts and fry it in hot oil until it is toasted.

Serve the potato slices and cover them with the ocopa sauce. Try it with black olives and boiled eggs.

Decorate with huacatay leaves and fried Paria cheese.



ROCOTO RELLENO

Ingredients

- 4 rocotos
- 6 spoons of vinegar
- 6 spoons of sugar
- 1/4 cup of vegetable oil
- 1/2 cup of chopped onions
- 2 spoons of dry powdered pepper
- 400 grams of beef tenderloin
- 400 grams of pork tenderloin
- A spoon of powdered black pepper
- A teaspoon of fresh oregano
- 100 grams of vanilla crackers
- 3/4 cup of toasted peanuts
- 1/4 cup of soaked black raisins
- 2 boiled eggs
- 60 grams of fresh cheese
- Meat broth
- Salt

Preparation

Misti is Arequipa, and the rocoto relleno (stuffed rocoto pepper) too. It is the only preparation where this fruit is not a complement or spicy addition, but the main character.

Cut the upper part of the rocotos and remove the seeds with a spoon. Let the rocotos boil over medium heat in two liters of water with two spoons of vinegar, two spoons of sugar, and some salt. When the water starts boiling, remove the rocotos from the heat and drain them; repeat the procedure twice. Let them cool down. Heat the oil in a pan, over medium heat, and fry the onion bits, the dry powdered pepper and the diced beef and pork tenderloin. Add the pepper and fresh oregano and season with salt. Then, add in the powdered crackers and peanuts, both previously crushed in a mortar. Mix them until the preparation becomes a unit and add a little meat broth. Cook until obtaining a stew and remove from pan. Add the raisins. Let it cool down, stuff one of the rocotos, put one boiled egg half and a piece of Paria cheese on top and cover it with its "lid." Repeat the procedure with the other rocotos. Roast on medium heat for twenty minutes. Try it with potato pie.



AJÍ DE GALLINA

Ingredients

- ¼ cup of olive oil
- ½ cup of chopped onions
- A spoon of ground garlic
- ½ cup of ground yellow peppers
- 2 spoons of dry ground mirasol peppers
- A loaf of French bread
- A cup of evaporated milk
- 4 cups of concentrated chicken bouillon
- 1½ kilos of cooked and shredded hen
- ½ cup of toasted and ground pecans
- Salt
- Pepper
- Cumin
- Garnish
- 4 cups of rice with corn
- 4 cooked yellow potatoes without peel
- 4 black olives
- 2 boiled eggs

Preparation

Ají de gallina (a spicy chicken stew) was born from a fusion of uchu (a small, spicy Peruvian pepper) with Spanish crumb stews. A traditional recipe from Lima, whose original version includes mirasol peppers.

Heat the oil in a clay cooking pot. Brown the onions, the garlic and the mirasol and yellow pepper for fifteen minutes, over low heat. Season with salt, pepper and a pinch of cumin. Add the bread, previously crumbled and soaked in milk, and half of the soup, remove from the fire and blend. Return the preparation to the same pot, let it boil for a few minutes, pour the remaining soup in and add the shredded hen. If it is too dry, add more soup or evaporated milk. Add the ground pecans and let it cook over low heat for ten to fifteen minutes. Improve the seasoning. Serve with rice, corn and sliced potatoes. Decorate with black olives and boiled eggs.



PAPA A LA HUANCAÍNA

Ingredients

Sauce

- 4 spoons of oil
- ¼ kilo of yellow peppers without seeds, chopped
- A garlic clove, in halves
- 2 spoons of chopped onions
- 200 grams of highland cheese
- 150 grams of fresh goat cheese
- 3 spoons of evaporated milk
- 4 spoons of fresh milk
- 4 soda crackers
- Juice from half a lemon
- Salt

Preparation

- ¾ kilos of Peruanita potatoes
- 4 black olives
- A boiled egg, sliced
- A yellow pepper, in strips
- Leaves of "Criolla" lettuce

Preparation

Original recipe from the city of Huancayo, but popular throughout Peru, where the yellow peppers acquire celebrity and provide color, scent and the essential spicy touch.

Heat the oil in a pan, over low heat, and brown the pepper, garlic and onions for ten minutes. Let it all cool down. Blend the seasoning with cheese, milk, soda crackers, lemon juice, and salt. Improve the seasoning. Serve the huancaína sauce over the sliced potatoes. Decorate with olives, slices of egg, pepper and lettuce.



CEVICHE NORTEÑO

Ingredients

- A 2 kg cabrilla (*Paralabrax humeralis*) or mero (fish from Serranidae family)
- 12 lemons
- Limo peppers
- Chopped coriander
- ¼ kilo of finely chopped onions
- Boiled manioc
- Boiled sweet potato, sliced
- Boiled corn, sliced
- Boiled Zarandaja beans
- Salt

Preparation

The limo pepper, raw and finely chopped cannot miss in the ceviches and tiraditos that are traditionally eaten throughout the Peruvian coast. Fillet the fish and season with salt. Then, soak in the lemon juice and add chopped limo peppers and coriander. Finally, add onions and mix. Try it with manioc, corn, sweet potato and Zarandaja beans.

