

# Recetas de la Abuelita Aida

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Version 0.0

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*“Take one part Incan and one part Spanish. Mix well. Add influences of African, Chinese, Japanese and Italian. What do you get? Peruvian -- the cuisine that legendary French chef and culinary writer Auguste Escoffier called one of the best in the world -- after only French and Chinese. Considering its status, it’s also a cuisine that has been relatively overlooked. Until now.”*

–The Washington Post

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## Glossary

Ají (Amarillo): If a recipe simply calls for aji, it is referring to aji Amarillo.

Aji Mirasol:

Ají Verde:

Huacatay:

Olives: In Peru, Aceituna almost always refers to an Alphonso Olive. \*how easy are they to find outside of Patterson? Need to find out.

Papa Amarilla: Means yellow potato. Refers to a specific type that's not available in the US. Russet Idaho potatoes can be used as a substitute (at least I know it works for causa).

Pimiento:

Pisco:

Purple Corn:

Rocoto:

Salsa Limeña: This sauce is simply chopped onion seasoned with lime, salt, pepper (and oil?).

## Cocktails

### Algarrobina

1 Can	Evaporated Milk
1 or 2	Eggs
To taste	Sugar
To taste	Pisco
Algarrobina	Until the liquid turns light beige
A pinch	Nutmeg
5 drops	Angostura bitters (Amargo de angostura)
6	Large ice cubes

Chill milk in the fridge. Beat the eggs in a blender and gradually add the milk, algarrobina and ice. Add all of the remaining ingredients and garnish with cinnamon.

### Gin Tonic

5 oz	Tonic Water
2	Ice cubes
2 oz	Gin
1 wheel	Lime

Mix. Serve in a tall glass.

### Pisco Sour

4-5 Shots	Pisco
5	Limes
7-8	Ice cubes
1	Egg white
1 ½ cups	Sugar

Blend the pisco and ice. Add the rest of the ingredients and beat until foam forms. Serves 10. Serve in a glass with 2 or 3 drops of Angostura bitters.

### Screwdriver

	Orange juice
1 shot	Vodka (to taste)

Serve with ice and sugar (if needed).

## **Other Drinks**

### **Chicha Morada (Purple Corn Juice)**

500 g	Purple corn
3-4 sticks	Cinnamon
6-8	Dry cloves
1	Pineapple
To taste	Sugar
To taste	Lime
	Ice

Boil corn (in leaves). After a while, add cinnamon, cloves and pineapple skin. Continue boiling until the corn starts opening. Pass the liquid through a colander and allow to cool. Blend the pineapple with the sugar and strain it; add to the now-cool liquid. Add lime to taste. Refrigerate or add ice immediately before serving.

### **Piña Colada**

6 oz	Pineapple juice
2 oz	Light rum
1 ½ oz	Cream
1 oz	Cream of coconut
4+4	Ice cubes

Blend 4 ice cubes at high speed for 5 seconds. Pour them into 4 cups. Blend 4 more ice cubes for 5 seconds at high speed. Then add the rest of the ingredients and blend at a lower speed for another 10 seconds. Serve and garnish with cherries.

### **Melon Punch**

1 liter	Mineral water
1	Green melon; diced
	Fruit (such as grapes, pineapple, strawberries, apples, oranges); finely diced
2	Limes worth of juice
¼ liter	Vodka
½ liter	White wine
To taste	Sugar
	Ice cubes

Blend the fruit and mix it with the water in a punch bowl. Add the melon, lime juice, vodka, wine, sugar and ice. Mix well and serve.

## **Finger Food**

### **Guacamole**

1	Avocado (about 1 cup of pulp)
1 Tbsp	Lime juice
1 ½ Tbsp	Onion; finely chopped
½ cup	Mayonnaise (Homemade or comparable – see sauces)
1 tsp	Ají verde; ground
	Salt
	Pepper

Use a fork to mash the avocado. Mix it with the lime, onion, ají and part of the mayonnaise. Put it in a bowl and cover it with the rest of the mayonnaise. If made a day earlier than needed, refrigerate in an airtight container (use plastic wrap). Serve with chips.

### **Ocopa**

150 g	Ají mirasol
500 g	Nuts
150 g	Fresh cheese (Specific? Feta?)*
1	Small onion
1	Garlic clove
1 stick	Huacatay*
	Oil
	Salt
	Ajínomoto*

Carefully remove the veins from the pepper. Wash it multiple times with boiling water and salt in order to remove excessive spiciness. Toast the pepper in the oven until it starts to get black spots. Soak the peppers in salt water; if it's too spicy, switch the water as many times as necessary. Fry the garlic and onion in oil. Peel the nuts and then crush or grind them (depending on the type of nuts).

Blend the pepper and huacatay with a bit of water. Add in the previously fried garlic and onion, then the nuts and cheese. As you go, use oil to keep the mixture from becoming too solid – it should be thick, but not dry. Season with salt and ajínomoto.

Boil potatoes. Dice and serve with this sauce. If this is served as an appetizer, use large potatoes and garnish with lettuce, olives and half of a hard-boiled egg.

### **Hot Dog in Spicy Sauce**

500 g	Hot dog; sliced
2	Long tomatoes*
½	Pimiento*
½	Red Rocoto*

2 Tbsp          Ketchup  
                     Salt

Blend pimiento, tomatoes and rocoto with salt. Fry in oil. When the mixture is boiling, add the ketchup and hot dogs. Boil for a small amount of time and serve immediately with toothpicks.

## Sauces and Salad Dressings

### French Dressing #1

2-3 Tbsp	Oil
1-2 Tbsp	Red vinegar (or juice from ½ a lime)
1 tsp	Mustard
	Salt
A pinch	Sugar
1-2	Scallions; finely chopped

Mix well. Serve on leafy greens. A tablespoon of evaporated milk may be added if desired.

### French Dressing #2

¾ cup	Oil
¼ cup	Red vinegar (or ¼ cup lime juice)
1 tsp	Salt
⅛ tsp	Pepper

Mix well. Makes 1 ¼ cups of dressing.

### Basic Mayonnaise

1	Egg
1 or 2 tsp	Lime juice
½ tsp	Salt
½ tsp	Sugar
½ tsp	Mustard
⅛ tsp	Pepper
A <u>very</u> small bit of garlic	

Put the egg in a blender and blend. Then add the rest of the ingredients. Then slowly add oil until the desired consistency is reached. (Mayonnaise is very adaptable and ingredients should be changed to taste).

### Ají for “Sancochado”\*

Devein 6 ají verdes. Cut them into small pieces and blend with a few leaves of huacatay\*. Loosen the mixture with milk and a bit of oil. Fresh cheese\* can be added if desired. If it's too spicy, add neutral-flavored crackers or boiled potatoes.

### Huacatay Sauce

6	Hard-boiled eggs
8	Huacatay* leaves
50 g	Fresh cheese*
½	Green rocoto*
	Milk

Salt  
Pepper  
Oil  
Lime

Cut the eggs in half and remove yolks. Blend the yolks, rocoto and cheese; gradually loosen the mixture with milk and oil. Lastly, add a few drops of lime.

Boil potatoes and cover with this sauce. Garnish with cooked egg whites and olives. Serve with finely cut lettuce shaped into nests.

### White Sauce (Bechamel)

1 Tbsp            Butter  
1 heaping Tbsp    Flour  
1 cup             Milk  
                      Salt  
                      Nutmeg

Put the butter in a pan, when it has melted, add the flour. Lightly fry while gradually adding the milk. Retirar y poner al fuego para que no se apeltone\*. Remove the pan from the flame to avoid clumping, if necessary. After you remove the pan from the flame, season with salt and nutmeg. If the sauce needs thickening add corn starch (1 Tbsp) and reheat. (y dar un hervor\*)

### Sauce for Grilling

Mix oil, finely chopped garlic, oregano and finely chopped parsley. Season with vinegar, salt and pepper.

### Tartar Sauce

2                    Egg yolks  
½ tsp             Freshly ground oregano  
½ tsp             Chopped parsley  
3                    Basil leaves  
1                    Large garlic clove  
1 tsp              Mustard  
A few drops     Lime  
                      Salt

Mix all the ingredients except the salt and lime. Loosen the sauce with oil as needed until it has the consistency of mayonnaise. At the end, add in the salt and lime and mix well.

## **Salads and Other Side Dishes**

### **Sweet Potato Ideas**

Boiled, baked, mashed.

### **Spinach Ideas**

Pure espesado con maicena\*. Picada y papa a cuadritos pasadas por mantequilla\*.

### **Potato Ideas\***

Baked, doradas, fried, pasadas por mantquilla, a la cucharita, cocidas a cuadritos y salpicadas con perejil, mashed, pure duquesa, croquetas.

### **Mashed Potatoes Duquesa (Pure Duquesa\*)**

Add a beaten egg yolk to mashed potatoes. Then season with salt, pepper, nutmeg and butter. Make nests out of the mashed potatoes and bake on high for 10 minutes.

### **Croquetas**

¼ kg	Yellow potatoes
¼ kg	White potatoes
2 Tbsp	Parmesan
2	Egg yolks
	Salt
	White pepper
	Nutmeg

Mash the potatoes and mix with the rest of the ingredients. Make balls with flour and bread crumbs. Soak in egg whites and fry.

### **Asparagus with White Sauce**

Take asparagus out of their can. Drain them and put them in a buttered container. Cover with the following sauce leaving the tips out.

Make white sauce with the asparagus juice (see the recipe on page 10). When it's ready, carefully add 1 or 2 egg yolks.

Cover the asparagus with this sauce and put parmesan cheese and small chunks of butter on top.

Gratinate for 10 minutes in a hot oven.

### **Petit Pois**

Boil asparagus with a little salt. When they are nearly done, drain and dry the asparagus. Put the asparagus into a stew pan with a small amount of butter, some parsley and green onions and put over

medium heat for 10 minutes. Now add a bit of flour, a small lump of sugar and moisten with boiling water. Boil over high heat to reduce. When well reduced, remove the parsley and the onions. Beat two egg yolks with a little cream and a bit of salt. Serve without any sauce; note that the sugar should be the predominant flavor.

## Apple Sauce

Peel the apples, remove the core and dice them. Boil them with as little water as possible, a bit of lime juice and a stick of cinnamon. When the apples fall apart, add some sugar being careful not to over-sweeten. Then add 1 Tbsp of butter per kilogram of apple to achieve the appropriate consistency. Blend at low speed and serve.

## Fried Vegetables

Lightly fry 1 Tbsp of finely chopped onion, 1 Tbsp finely chopped parsley, ½ kg peas and ½ kg diced carrots in oil. Stop the cooking with water and add ¼ of a bouillon cube. A good accompaniment for meat or poultry. If desired, use corn, green beans or other combinations.

## Salad Ideas

Lettuce, Tomato, Russian, Berros\*, Beets, Escarola\*, Fuente Vegetariana\*, Radish, Cucumber, Cucumber with tomato.

Note: Bell pepper gratings, chopped parsley, shallots, grated carrots etc can all be added to salads.

## Potato Salad

1 kg	Small potatoes
½	Finely chopped onion
	Salt
	Pepper
1 cup	Hot chicken stock
2 Tbsp	Vinegar
3 Tbs	Oil or cream

Steam the potatoes, dice them and, while they're still hot, season with salt, onion and pepper. Lastly, add the chicken stock with the vinegar. Mix and cover for a while. Then, add the oil or cream. If desired, you can add 1 tsp of mustard, a pinch of salt and finely chopped nuts to the chicken stock. Mayonnaise can also be used instead of the oil.

## Mixed Salad

Boil potatoes and dice them. Mix with chopped beets, carrots, green beans and peas. Add some onion and ají or rocoto. Use one of the French dressings from the dressings and sauces section. Mix well and serve.

## Cabbage Salad

Chop cabbage and boil it. Rinse with cool water. Mix with chopped celery, thickly grated carrots and diced potatoes if desired. Use one of the French dressings from the dressings and sauces section with oregano and mustard added. Add mayonnaise if desired.

## Turnip Salad

Use a soft turnip. Peel and cut into thin slices. Wash several times with boiling water. Wash with cool water and mix in slices of aji verde, vinegar, salt and sugar.

## Red Cabbage with Apples

1	Red cabbage
3	Apples
100 g	Butter
1 tsp	Fine salt
Optional	Cumin

Wash the cabbage well and cut it into small chunks while removing the heart. Put the cabbage into a casserole. Add in peeled and sliced apples. Place on the range over a medium flame; stir regularly until the cabbage is cooked. Season and remove from the flame. This is especially good to accompany pork.

## White Cabbage

1	Cabbage heart
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Cut the cabbage heart in half; boil it and drain it. Lightly coat with hot butter and serve. A good side dish for meats.

## Pineapple Wheels

Peel and cut the pineapple; remove the cores. Put them into a pot with light brown sugar, cinnamon and cloves. Cover with water and boil until the pineapple wheels are soft.

## String Beans (Pressure Cooker)

Boil ½ cup of water and salt. Add ½ kg of string beans chopped diagonally. Cover the pressure cooker and wait for the pressure to rise. Count off 12 seconds once it has and then remove the pot from the heat. Cool with water and remove the string beans; add a little bit of butter and serve immediately.

## Appetizers

### Aspic\* de Pollo

25 g	Gelatina
½ L	Clarified chicken stock
½	Chicken
2 ½	Carrots (2 cooked)
½	Onion
½ cup	Cooked peas
½ cup	Mayonnaise
	Lettuce as side
	Tomato as side

Soak 25 g of gelatin in water. Dissolve in ½ L of clarified<sup>1</sup>, boiling chicken stock. Season with MSG.

Fill a mold with enough gelatin to coat the bottom; refrigerate. Once it hardens, place slices of egg on top and cover with gelatin again; refrigerate. (Individual molds can also be used).

Boil ½ a chicken in ½ L of water with ½ a carrot and ½ an onion.

Dice the chicken, 100 g of ham, salt, 2 cooked carrots, ½ cup cooked peas.

Mix everything with ½ cup of mayonnaise (see the Sauces and Dressings section).

Put this mixture into the mold and cover with the remaining gelatin. Refrigerate.

To remove from the mold, place the mold in boiling water for 1 second and then invert the mold. Serve with lettuce and tomato slices.

### Ají de Gallina

1	Chicken
1	Carrot
1	Onion
10	Grated nuts (??peanuts?*)
2 Tbsp	Parmesan
½ loaf	White Bread
15	Aji Mirasol
3	Garlic Cloves
	Evaporated milk (*How much?? At least vaguely... 1 can? 1 Tbsp?)

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<sup>1</sup> To clarify chicken stock, add 1 lightly beaten egg white per L of stock (optionally add a dash of lime juice to the egg whites before beating). Raise heat until it boils, then reduce heat and let it simmer for 5-10 minutes. Allow to cool for 15 minutes and then pass through a colander to remove impurities. To clarify further, refrigerate for 4 hours and then skim the remaining fat off the top.

Salt  
Pepper

Devein the aji ahead of time. Boil in salt water and change the water so that it's not too spicy. Remove the skin and blend.

Boil the chicken with the carrots, the onion and salt. Slice into thin strips. (?lonjitas\*)

Soak the bread in water. Squeeze out the excess water and blend it with the evaporated milk.

Fry finely chopped onion in oil. Add the garlic, pepper, aji and bread (until it looks chunky). Add in the chicken and mix well. Add in the nuts and the parmesan. Season.

Use chicken broth to loosen the mixture as needed.

Serve with papa amarilla and garnish with hard-boiled egg and olives.

If served as an entrée, serve with a side of rice.

## **Tuna with Vegetables**

1 Filet of Tuna  
Scallions  
1 Hard-boiled egg  
Fresh aji verde  
Cooked vegetables (potatoes, beets, carrots)  
Fresh vegetables (lettuce, tomatoes)  
Mayonnaise  
Lime

Mix tuna with scallions and diced aji verde. Season with lime.

Put some of the tuna on a bed of lettuce, coat with mayonnaise and garnish with chopped parsley, slices of hard-boiled egg and slices of the vegetables on the side.

## **Causa Rellena**

Boil papa amarilla. Peel and mash it. Add aji verde, oil, salt and, once it's completely cooled, lime.

Try it so it doesn't get too spicy or sour. Serve on a bed of lettuce.

If the causa is served without filling, put salsa limeña on top and then garnish with corn wheels, egg slices and/or olives.

Alternatively, stuff it with:

Chicken or tuna with chopped celery or onion and mayonnaise

## Tuna Bread

- 1 Can of tuna
- 2 cup Mashed potatoes
- Lime
- Ground aji verde
- Mayonnaise
- Hard-boiled egg
- Asparagus or other vegetable to garnish

Pull apart the tuna and mix with the mashed potatoes. Add lime, aji and season with salt and pepper. Put the mixture into an oiled loaf pan. Turn it over and garnish with mayonnaise and the rest of the ingredients.

## Ceviche

- 1 Cojinova\* or other white fish
- 12-14 Limes
- 4 Garlic cloves
- 3 Aji limo\*
- 2 Onions
- Celery
- Cilantro
- Cooked corn and yam

Clean the fish and cut it into smallish cubes (size\*). Rub the fish with garlic and salt. Put chopped celery on top of the fish. Cut the onion and wash it and the aji in salt water. Devein the aji and cut into strips.

Squeeze the lime, add cilantro and then pour on top of the fish. Put the onion and aji on top. Lightly mix the ceviche from time to time. Try it and season to taste.

## **Entrees – Chicken**

### **Aji de Gallina**

See the recipe in the appetizer section (page 14)and serve with rice.