



Culinary Travel In Peru

The Best Food and Drink and Where to Find It

Foreword by Pedro Miguel Schiaffino

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Jr. Schell 237 # 602 - MIRAFLORES - LIMA – PERU

T: +511 651 2424

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Yellow chillies for sale at the market in Lima

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Ceviche with plantain
at ámaZ restaurant

Foreword



By Pedro Miguel Schiaffino

As a chef who has made his name specialising in our national cuisine perhaps I'm somewhat biased, but I cannot think of another culinary tradition more exquisite than that of the restaurants, markets and kitchens of Peru. Fortunately you don't have to take my word for it. Even a brief visit to our country will reveal a mind-bending diversity of ingredients and styles.

From a food perspective we must be one of the luckiest countries on Earth. Exotic fruits and delicate river fish from the Amazon; seemingly endless varieties of pulses, tubers and root plants from the Andean heartlands, and succulent shellfish plucked straight from the cold water of the south Pacific, all come together in the country's countless restaurants to produce one of the world's most divine cuisines.

But it's not all just down to the ingredients. Our traditions have been shaped by a multitude of cultural influences too. The first civilizations in the Americas on the Peruvian coast developed many techniques of harnessing the bounties of the ocean, as well as trading with people from the jungle and sierra to acquire supplementary flavors. Later, as civilisation flourished in the Andes, ever more inventive agricultural systems evolved. The Incas, in particular, were masters of successfully managing food production and distribution throughout their empire.

Since the Spanish conquest, several waves of immigrants have infused our cuisine with new flavors, ingredients and styles to create unique combinations and to characterize the *criollo* style of cuisine (or Peruvian "creole" food) that embodies the best known dishes today - all long before "fusion cuisine" became a popular term.

While the Spaniards brought Mediterranean olives and citrus, they

also introduced Moorish influences such as frying techniques and new spices such as cinnamon and cloves. More recently, Chinese immigrants fused their influences with *criollo* cooking to create a range of dishes classified as *Chifa*, which combined Chinese techniques such as stir fry with Peruvian ingredients. Descended from Japanese settlers, the *Nikkei* style has most notably entailed mastering the preparation of fresh raw fish. Other influences range from as far afield as Africa and other countries in Europe and Latin America.

Internal migration has also helped to make the capital city Lima the gastronomic center that it is today. Many regional styles from around the country were transported to the city during the last few decades as millions of people moved to Lima in search of work, producing a cauldron of innovation and cultural cross-pollination.

Modern cuisine has been shaped by the recent refinement of culinary technique, particularly in Lima. The establishment of chef schools such as Le Cordon Bleu is

producing a young generation of chefs and culinary experts and they are surprising local and foreign connoisseurs alike by applying new techniques and presenting dishes in ever more innovative ways.

The result of Peru's unique combination of history, geography and climate is a modern gastronomic culture that is growing in reputation across the world. And with its beauty, diversity and true essence derived from the freshness and locality of the ingredients, there is no better place to sample the country's cuisine than in Peru itself.

Welcome to Peru, a country full of flavour.

One of Peru's top chefs, Pedro Miguel Schiaffino, is an alumnus of the Culinary Institute of America in New York. He has gained worldwide recognition as a pioneer in the use of ingredients from the Amazon rainforest, showcased in his restaurants Malabar and ámaZ and on the Aqua Expeditions cruises.



Preface



**By Marisol Mosquera,
Founder Aracari Travel**

Over the last decade Peru has established itself as an equal among the world's gastronomic superpowers, becoming world-renowned for its proud history of culinary traditions whose richness and diversity are unparalleled virtually anywhere on the globe. It came as no big surprise when three Peruvian restaurants featured on the 2015 list of the world's 50 best restaurants compiled by San Pellegrino, including Central at number 4.

At Aracari we have witnessed at first hand Peru's explosive arrival on the world food and drink stage. There has been an insatiable surge of interest in Peruvian cuisine over the last few years to which we've been happy to respond, developing unique culinary experiences and diligently researching the finest and most exciting dining opportunities across the country.

This is no small task. The revolution in Peruvian cuisine remains young and incredibly dynamic, with new restaurants constantly emerging and vying for attention. Keeping on top of the trends is a challenge even for our team of experts working night and day to find the best experiences the country can offer. For the visitor, navigating Peru's culinary landscape on a brief vacation, it can be almost overwhelming.

Hence the guide that you're reading right now. Our team has spent months researching and updating our top recommended restaurants, cafes, pop-up eateries and other food and drink experiences across the country to create this, the first ever comprehensive guide to Peruvian culinary travel.

This guide is organised according to Peru's highly distinct cultural regions: Lima, the highlands, the north and south coasts, and the Amazon. Along with an introduction to each region's culinary histories and traditions, you'll find full listings of our most highly recommended restaurants plus a range of culinary experiences in each destination. If you don't find an establishment listed in this guide, then we don't recommend it.

One of the things I love most about Peruvian food, and therefore all the places listed in the following pages, is its tradition of "popular cookery" - food created by the people, for the people. There is nothing exclusive or fancy about Peru's culinary traditions, and although the country's many world-class fine dining chefs have developed the concepts with great results, some of the most rewarding experiences (for those with a stronger stomach) are to be found in the markets and backstreet eateries that only the locals know about. The best are included in this guide.

All that's left to say is: *Buen provecho!*

Regional Styles

Peru is getting more and more press for the quality of its cuisine. Although the gastronomic publicity tends to focus on the capital, Lima, culinary adventures await the traveler wherever they go in this country.

It's not surprising, really. The diverse geographical regions that Peru is known for has led to varied plant and animal life which in turn has led to, not surprisingly, just as much diversity in the cuisine. Each region has its own specialties and, while you can find them elsewhere in the country, there's nothing like trying a dish in the place that gave birth to it.



CULINARY MAP OF PERU

North Coast

Pages 60-67

Being a coastal region, this area is especially known for the freshness and deliciousness of its seafood. Many consider the region to offer some of the best cooking in Peru overall. One of the signature dishes of this area which can be found elsewhere but should definitely be tried here if you're in the area is *Arroz con Pato* or *con Pollo* (Rice with duck or chicken). Although the dish is as simple as it sounds, the seasoning is heavenly and, if the duck or chicken is cooked properly, it's fabulous.

Lima

Pages 20-43

While the top restaurants in Lima tend toward fusion of traditional dishes and flavors with that of other countries, the original style tends to fall under the umbrella of *criollo*. *Criollo* itself is also a fusion, having been the culmination of influences from the original indigenous Peruvians, Spanish conquerors, and African slaves. Although Peruvians throughout the country enjoy spicy (*picante*) food, Limeños will rarely eat a meal without spice. The dish itself may not be prepared that way, but if a spicy sauce (*aji*) or fresh spicy salsa (*rocoto*) is not served, it will surely be asked for.

The Amazon Rainforest

Pages 82-89

As with elsewhere in Peru, the cuisine in the Amazon is mostly about using local ingredients. Not surprisingly, fish is a staple of the diet here so if you're a seafood lover, you can try some of the freshwater varieties such as paiche or even piranha. Fruit is also a common addition to meals, particularly the banana which will often be fried and served with the main dish. You also might want to try the juane, which is a dish of chicken and rice and local spices wrapped and cooked inside leaves. Like many dishes here, it will typically come not only with the ubiquitous fried bananas but also with yuca or cassava root.

Cusco and the Highlands

Pages 44-59

The highlands tend to be colder and, therefore, meals tend to be hearty. If you happen to go to a small, local restaurant for lunch, one that has a set menu, you might be shocked to find that pretty much every main course is served with rice and potatoes. While that may seem like a carbohydrate overload, for folks who are doing tough manual labor at altitude, it is just the fuel they need. The really different foods to try here are alpaca and guinea pig, called *cuy*. Alpaca is delicious and low in cholesterol and fat – think of it as a lighter, healthier beef. An alpaca steak with a local sauce, such as one of *sauco* (elderberry), is quite a treat.

Arequipa and the South Coast

Pages 68-81

The southern coast of Peru is best known for the production of pisco. There are many distilleries and vineyards around the town of Ica, and a handful are worth visiting. About two hours inland, the city of Arequipa has distinct *criollo* food consisting of large quantities of meat, potatoes, rocoto chilli peppers and corn. The simple and original fare is showcased at the city's various *picanterias*.

Dishes to Try



Aji de Gallina *Lima*
Chicken in a creamy, slightly spicy and nutty sauce. Served over potatoes, topped with hard-boiled egg and with a side of rice.



Anticuchos *Lima*
Marinated meat roasted and served on skewers, traditionally made from beef heart (*anticuchos de corazon*).



Arroz con Pato or Pollo *North Coast*
Succulent duck or chicken accompanied by rice and infused with fresh coriander. Originated in the town of Chiclayo



Carapulcra *Highlands/Lima*
Originating in the Andes, this earthy pre-Columbian stew combines pork and sun-dried potatoes with peanuts, aji panca (chilli) and other spices.



Causa *Lima*
A dish served cold, often as an appetizer, causa features either tuna fish or chicken (usually) sandwiched in between layers of mashed yellow potato. Typically includes a vegetable layer as well, frequently avocado.



Cebiche (Ceviche) *Lima/North Coast*
You can't leave Peru without trying cebiche. Made with fish, shellfish, or a combination of the two, the raw seafood is "cooked" by marinating with lime and mixed with spicy pepper and red onion. Served with choclo (a variety of corn) and sweet potato. This is the quintessential Limeño dish, and considered best eaten at lunchtime.



Chicharron *South Coast/Lima*
Unless it specifically says chicken or fish, chicharron is made from pork and typically, at least in a local countryside type of place, is going to be akin to pork rinds. You can find it other places, though, where there is a fair amount of juicy meat left on.



Choclo (con Queso) *Highlands*
Choclo is a type of corn that looks a bit like sweet corn on steroids. Although not as sweet, it is tasty when served fresh. You will often find it outside tourist areas or sold on buses, usually offered with queso (a slice of Andean cheese).



Chupe de Camarones *Lima/Arequipa*
A rich and creamy soup made with large crayfish. Often flavored with huacatay herb from the Andes.

Lechon *Highlands/Lima*
Made with suckling pig, this succulent dish is traditionally served with *tamales*. It is the dish of choice for some holidays, such as the Dia de los Muertos, the Day of the Dead, on November 1.



Lomo Saltado *Lima*
Think of this as the Peruvian take on Chinese stir-fry with beef, tomatoes, and onions. Served with rice and French fries.



Pachamanca *Highlands/South Coast*
Popular in the highlands, this is a style of cooking where meats and vegetables are cooked over pre-heated stones in a hole in the ground. Some restaurants serve this but may need advance notice.



Rocoto Relleno *Arequipa*
Spicy red chilli pepper (*rocoto*) stuffed with ground beef and onion and then baked with cheese on top. A specialty of the Arequipa region.



Seco de Cordero or Cabrito
Lima/Arequipa

Beer-braised lamb or kid stew seasoned with plentiful fresh coriander, chilli and cumin, and accompanied by either yellow potatoes or white beans.



Tacu Tacu *Lima*

A combination of rice and beans mashed together into a thick and creamy paste. Can be accompanied by a steak, fried plantains, seafood sauce, or even a fried egg.

Desserts to Try

Alfajores

More typically associated with Argentina, the Peruvian version consists of two soft and crumbly cookies filled with manjar blanco.

Arroz con Leche

This is basically a rice pudding (rice with milk) that is frequently served with mazamorra. In San Blas Plaza, in Cusco, you can find this on the street at night.

Mazamorra

A pudding made from purple corn, and seasoned with cinnamon, it is especially delicious paired with arroz con leche.

Picarones

Fried dough, by any other name. Usually from a sweet potato dough and served with *miel de chancaca* (molasses).

Pie de Limon

Peruvian key lime pie, a version of lemon meringue pie.



Suspiro Limeño

A type of dulce de leche or caramel pudding, topped by fluffy meringue.

Tres Leches

A decadently rich sponge cake, soaked in three types of milk.

Turrón de Doña Pepa

This is a sweet, sticky, chewy and crunchy cake made from layers of anise cookie sticks that have been soaked in molasses and topped with colorful candies and sprinkles. Traditionally prepared around the month of October, to coincide with the Señor de Milagros festival in Lima.

Beverages to Try

Chicha Morada

A non-alcoholic sweet and refreshing drink made from purple corn.

Coca Tea

Made from coca leaves, it really does help adjust to the altitude and is highly recommended for those arriving in the highlands.

Craft Beers

The craft beer scene in Peru has exploded, particularly in Lima where there are now about 20 different microbreweries. Barbarian and Sierra Andina are well established brands with different styles from IPA to porter.

Emoliente

Served at practically every other street corner, this is a gloopy herbal tea that Peruvians swear by to warm themselves up during colder months.

Pisco

The country's national liquor, pisco is a brandy made from grapes, enjoyed straight or used in cocktails. See pages 72-73 for more details.

Pisco Sour

Although there are other classic drinks made from pisco, this is the Peruvian national drink and, therefore, a must-try. You will be offered free ones everywhere but try one at a place that's known for them so you know you've had the real deal.



Chicha de Jora

A slightly alcoholic drink made from germinated, fermented corn. It is definitely an acquired taste but worth trying, if only to say you have done so.



Chilcano

Simple and popular cocktail combining pisco with ginger ale, key lime juice and ice. Topped with a dash of Angostura bitters and garnished with a slice of key lime. There are dozens of variations that can be made by macerating different ingredients in the pisco used as a base for the Chilcano, such as fruits, herbs or even spicy chillies.

Fun Food Facts



One cup of cooked quinoa contains 8 grams of protein, making it one of the most protein-rich foods available.

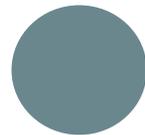
It also contains all nine essential amino acids, twice as much fiber as other grains, iron, lysine, magnesium, manganese and Riboflavin (B2). The Incas called it their "Golden Grain" or "Mother Grain" and the UN named 2013 "International Year of Quinoa".



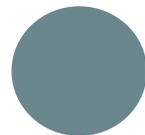
Peru is the world's largest exporter of fresh asparagus.



Camu-camu, a fruit that grows in the Amazon, has a higher concentration of Vitamin C than any other fruit in the world, 60 times more than the humble orange.



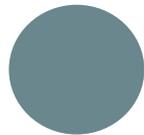
Peru is one of the few countries in the world where the best selling fizzy drink is not Coca Cola. Inca Kola is a sweet, bright-yellow pop of lemongrass flavor, which is ubiquitous in the country. It was described as Argentinean writer Jorge Luis Borges as "an implausible drink".



Peruvians eat guinea pigs! The idea of eating what in other places can be a beloved child's pet can take a bit of getting used to but it is a delicacy to Peruvian highlanders. It is most often served *al horno* (roasted in the oven) in the highlands and comes to your table whole, complete with head and claws. Another way you may see it offered is *chactado*, or deep-fried. If you are intrigued to try cuy but prefer something that leaves a bit more to the imagination, there are many finer restaurants that serve dishes that are simply made with the meat. For example, Cicciolina, Limo, and Incanto in Cusco or La Gloria in Lima all offer more subtle ways to give it a try.



Kiwicha, another high protein grain-like product that grows natively in Peru is in the amaranth family.



Jerky originated with the pre-Columbian peoples of Peru, where it was called *ch'arki* and originally made from alpaca or llama.



Close to 4,000 varieties of potatoes grow in Peru (where the plant originated) and more than 55 types of corn.



"Canchitas", a snack made with Peruvian corn



Need To Know

Altitude

One of the effects of altitude is to slow your digestion down. Be careful not to overeat on your first night especially, and try to avoid eating greasy food. It's also best to avoid alcohol when you first get to a place of high altitude such as Cusco and Puno.

Attire

In most of Peru, you can go out to eat in the nicest restaurants without dressing up for the occasion. In Lima, however, if you're dining at an upscale place, you'll feel more comfortable if you make more of an effort although this does not necessarily

mean a suit and tie. More Peruvians go out for expensive meals in Lima and, just like most cities, people like to make it special.

Digestive Problems

This is not uncommon as you travel, given that any new place will have bugs that your tummy is not used to. It is an unfortunate truth that, despite following stringent hygiene rules, even the best restaurants are prone to complaints about food poisoning once or twice. As a general rule, unless you are in a 5-star or tourist-oriented restaurant, avoid non-local seafood as well as raw vegetables and unpeeled fruit.

Bear in mind that, as mentioned above, altitude can cause issues such as sluggish digestion, nausea, and constipation. Many

medications are available for these ailments over the counter but it's not a bad idea to pack whatever you prefer for this kind of ailment and if you don't start feeling better after a day, seek medical advice.

Patience

You will find that once you get out of Lima, customer service often doesn't match what you're used to at home. Such things as waiting a long time to get served (or even to get the menu), dishes not coming out all together, and appetizers not coming out before mains are fairly commonplace. Choose your restaurant carefully if you are in a rush, and be sure to mention that to your server.

Payment

If you are not in one of the tourist-oriented restaurants, there's a good chance that credit cards won't be accepted. In addition, small restaurants (like small shops) often don't have change. It's a good idea to use the largest bills you can at bigger establishments, saving the smaller change for the smaller venues.

Fish and Seafood

Unless you are in a 4- or 5-star restaurant, stick to local fish when you are in the highlands and save the experimenting for the coastal areas, including Lima. In the Andes, this means that you are better off with trout at the smaller establishments. In the jungle there are local river fish to try, although in Puerto Maldonado 60% of fish sold in the town were recently found to contain unsafe levels of mercury, a result of run-offs from mining activity.

Tipping

Although tipping was once only expected at the places that catered to tourists, it is now normal for foreigners at least to tip at all restaurants other than small menu places catering to locals, or street vendors. The expected amount is 10%, although more for exemplary service is certainly appreciated.

Water

Perhaps it goes without saying, but do not drink anything but bottled water anywhere in Peru. In the cities, it can be highly chlorinated and outside the city it is not treated at all and can be swimming with bacteria.

Ice Cubes

With regard to ice cubes, reputable establishments will purchase bags of ice that have been made with filtered water. If you are in any doubt when you visit a more rustic restaurant, do without.



Fishing boats at Chorrillos harbour in Lima

LIMA



Lima

Lima is one of the world's classic culinary melting pots, a place where Peruvian history and foreign cultures combine to create – and continually evolve – some of the country's signature dishes.

The Peruvian capital has a culinary scene that remains refreshingly free of gimmicks and pretensions, a scene that honors street food as much as it does the modern fusions of the city's most acclaimed chefs. While you may be dazzled by the culinary creativity at one of Lima's elegant seafront restaurants, there's a good chance you'll discover your favorite dish while sitting at a simple food stall in one of Lima's chaotic, sprawling markets.

Lima itself was founded by the Spanish conquistador Francisco Pizarro in 1535. The area was already inhabited by civilizations that had irrigated the valleys of the coast. The influence of Spanish food was inevitable, with conquistadors and colonists

bringing culinary traditions from the Iberian Peninsula to the New World – albeit adapted to make use of local ingredients.

Later, in the mid-1800s, more than one hundred thousand Chinese contract laborers, mostly Cantonese, began to arrive in Peru through Lima. Yet another wave of gastronomic adaptation began, resulting in *chifa*, the Peruvian-Cantonese fusion that is now an essential part of the national cuisine.

Not all of Lima's culinary influences came from across the seas. Cooking techniques and ingredients from the jungle and especially the Andean regions of Peru have also shaped the city's gastronomic outlook. The highland influence led to the development of *cocina novoandina* in the late 1980s, a new-Andean style of cooking that found a home in the capital, where traditional ingredients such as quinoa, kiwicha, alpaca meat and Andean potatoes were blended with coastal Peruvian and even international

dishes (think quinoa risotto).

Despite this lengthy and continual evolution, classic dishes are indispensable for most *limeños* (residents of Lima). Ceviche is ever-present in the coastal capital, be it straight from a stall in the Chorrillos fish market or freshly prepared in an elegant *cevichería*. Other essentials include the mildly spicy and creamy *ají de gallina*, the Asian stir-fry inspired *lomo saltado* and the summer classic *causa limeña*, a layered dish of mashed yellow potatoes, vegetables and chicken or fish. On the street, meanwhile, *anticuchos* are king. Typically made using marinated beef heart, these grilled and skewered sticks of meat represent the fusion of Spanish and African heritage in one single, delicious snack.

Sweet-toothed culinary travelers will find traditional desserts sold pretty much everywhere, both on the street and in

Bay Scallops
at Central
restaurant

restaurants. These include *mazamorra morada*, a thick pudding made from purple corn and fruit, and the ubiquitous *suspiro limeño*, a sigh-inducing dessert of *manjar blanco* (*dulce de leche*) and cinnamon-sprinkled meringue.

So where will you find all this Lima fare? Well, the relatively upscale districts of Miraflores and San Isidro are always good for fine dining, while Barranco has everything from rustic *cevicherías* to traditional pisco-fueled *peñas*. Central Lima is a mix of old-school cafes, street vendors, elegant hotel restaurants and dining halls selling set-lunch menus. Downtown Lima is also home to the *barrio chino*, or Chinatown, where you can find inexpensive all-you-can-eat *chifa* buffets, perfect for exploring Lima's Cantonese-inspired offerings.

Read on for detailed listings and recommendations.



Chef Penelope Alzamora slices up fresh fish for ceviche.

Culinary Experiences

“Lima with Zest” © - Culinary Class With Chef Penelope Alzamora

There’s no better way to get to know what Lima gastronomy has to offer than to take a half or full day tour led by a top chef. A country’s food is near and dear to the hearts of all who live there, and starting out by visiting a local market is a great opportunity to see not only the

variety of foods that Peru has to offer but also to interact with some of the locals. Ending the experience with a cooking class guarantees that you will be able to continue enjoying the flavors of Peru long after you’ve gone home. As the class is in Barranco, you’ll be able to stroll around some of the area’s many art galleries afterward – a great way to end the day.



“Contemporary Criollo” © – An Education in Peruvian Gastronomy

If you're interested in learning more about what makes Peruvian food so special, but aren't motivated to take a cooking class, you might want to spend a few hours at Saqra in Miraflores, one of the city's most creative new restaurants.

Here, you'll have a fascinating education on the special tastes that are indicative of Peru, see how they are used in creating some of the world's most delicious dishes, and, of course, get to sample a full meal including appetizer, main, dessert and drinks.

“Urban Eats” © - Peruvian Street Food Tour

Explore the streets of Lima's neighborhoods with a local expert, seeking out *huariques* that offer simple, fresh and authentic Peruvian flavors. Sample classic street food such as *ceviche*, *causa* and *anticuchos*, and learn about the ingredients that go into these dishes.

“In Good Spirit” © – Learning About Peru's National Liqueur

You'll visit one of the best bars and restaurants in Lima – Malabar – where you'll find out just why pisco is Peru's pride and joy. Pisco is made from grapes so it comes in varieties much like wine does, although not nearly so many. Depending on the single grape or blend used, the taste can vary greatly. As part of your educational experience, you'll get to sample the finest Peruvian piscos. This tour can take place any time during the year, and is done either before or after lunch, or before or after dinner.

“What's your tipples?” © The best in Lima's Bars, Pubs and Bodegas

Take a half day tour before or after dinner visiting some of the best watering holes in the capital city with an insider who knows Lima's nightlife. Starting in Miraflores, you'll visit seven of the best bars in town where your host, a veteran limeño bar owner himself, will recommend which drinks are best in that locale as well as introduce you to some of the colorful local characters that inhabit them.

Chorrillos Beach

If you're up for a really local experience without the elegant ambiance of Lima's 5-star restaurants, head down to the beach at Chorrillos. There, you will find a number of little shacks serving up some of the tastiest ceviche and fried seafood you can find, washed down with a probably not ice cold beer. You'll be rubbing shoulders with the regular folk of Lima, who may show up for an early fish breakfast, especially after a night out on the town.

Barranco Food Fair

Another more local way of getting some typical fare is by grazing along the Taste of Barranco food festival. Every weekend afternoon by the main plaza you can choose from a variety of Lima's more quintessential plates including main dishes as well as desserts and beverages.

ANNUAL EVENTS

Chilcano Week - 2nd Week of January

Each January, around the second week of the month, Peru celebrates Chilcano Week which, as of 2015, started creeping up to being a 9 day event. The chilcano is a cocktail made with pisco and ginger ale, with preference being given to a ginger brew that is homemade. Although purists say that is the only true chilcano, most aficionados are not so fussy and this week sees the creation of all kinds of new drinks with the original being the base but but with a multitude of other flavors added.

Mistura - First week in September

First observed in 2007, Mistura is a true celebration of the deserved recognition that Peruvian cuisine now enjoys throughout the world. Restaurants come from all over the country– coast, mountains, and jungle– to offer their most popular dishes. Some of the best bars around will spotlight their top creations as well. Products that were sourced throughout the vast biodiversity of the country will also be on display. Although the festival is wildly popular with Peruvians, each year has seen more and more visitors from all over the globe coming to learn firsthand what the fuss is all about.

Pisco Sour Day - First Saturday in February

The first Saturday in February marks the celebration of the pisco sour, Peru's national drink, when barmen all over the country compete to see who makes the best cocktail. As with the chilcano, the traditional sour has been joined by many other varieties some of which are made by the addition of different fruit, such as the popular maracuya sour (made with passion fruit) while others use as a base a pisco that has been infused with something, such as coca leaves, thus creating a coca sour.

Listings

GOURMET RESTAURANTS



Central Gourmet - \$\$\$

Part of Lima's leap to the forefront of the world's finest cuisine has to be due to the work of master chefs here, such as Virgilio Martínez Véliz. His Central offers an ambitious and worldly fusion of tastes, using native ingredients from all over Peru. Two choices of tasting menus are also available and these must be requested at the time of your reservation.

In 2015 Central was listed as the fourth best restaurant in the world by San Pellegrino in their annual list of the world's 50 best restaurants.

Calle Santa Isabel 376, Miraflores
(01) 242-8515 / (01) 242-8575
Lunch: Monday-Friday from 12:45pm to 3:15pm. Dinner: Monday-Wednesday from 7:45pm to 11:15pm; Thursday-Saturday from 7:45pm to 11:45pm.
<http://centralrestaurante.com.pe/en/>

Astrid y Gastón

 Gourmet - \$\$\$

World-renowned restaurant of Chef Gaston Acurio, known as the pioneer of Peruvian high cuisine. This new venue is in a refurbished mansion and has a tasting menu with more than 20 courses in the main restaurant, as much entertainment as a fine dining experience. A menu of á la carte options is available in a separate dining area called La Barra. Listed at number 14 in the world by San Pellegrino in 2015.

Casa Moreyra, Av. Paz Soldán 290, San Isidro
Rest: (01) 442-2775; Bar: (01) 442-2774
Restaurant open Tuesday to Saturday from 1pm to 3pm, 7:30 pm to 9:30pm. La Barra open Monday to Saturday from 12pm to 4pm, 7pm to 12am; Sunday from 12pm to 5pm.
<http://www.astridygaston.com/>

Rafael

 Gourmet - \$\$\$

Rafael is one of the best examples of Lima's contemporary gourmet restaurants, regularly appearing on the list of Latin America's 50 Best Restaurants. Rafael Osterling is a superb chef, and his cuisine combines the finest ingredients found in Peru.

Calle San Martín 300, Miraflores
(01) 242-4149
Open Monday to Wednesday from 1pm to 3pm and from 8pm to 11pm; Thursday – Saturday from 1pm to 3pm and from 8pm to 12am.
<http://www.rafaelosterling.pe/>

La Gloria

 Gourmet - \$\$\$

Well-established for some two decades, La Gloria features fine Mediterranean cuisine. It's known as the preferred restaurant of the more traditional of Lima's gastronomic connoisseurs and for the quality of its seafood.

Calle Atahualpa 201, Miraflores
(01) 445-5705 / 446-6504
Open Monday–Saturday: Lunch from 1pm, Dinner from 8pm
<http://www.lagloriarestaurant.com/home.html>

Malabar

 Gourmet - \$\$\$

Creative fusion cuisine with a strong emphasis on ingredients from the rainforest by master chef Pedro Miguel Schiaffino. The menu is a seasonal one, so the freshest products are guaranteed. As with many Lima restaurants these days, a tasting menu is available. Décor is contemporary and the bar is one of Lima's most popular.

Av. Camino Real 101, San Isidro
(01) 440-5200 / 440-5300
Open Monday–Saturday from 12:30pm to 3:30pm and from 7pm to 11pm.
<http://malabar.com.pe/>



ámaZ Amazonian - \$\$\$

New, creative Amazonian bar and restaurant from Malabar's chef Pedro Miguel Schiaffino. Not only does the food feature products from the jungle, so does the bar's creative drink menu. Known for its chorizo oil-drizzled snails.

Av. La Paz 1079, Miraflores
(01) 221-9393 / (01) 221-9880
Open Monday-Thursday from 12:30pm to 11:30pm; Friday and Saturday from 12:30pm to 12am; Sunday from 12:30pm to 4:30pm.
www.amaz.com.pe

La Huaca

 Gourmet - \$\$

Delicious refined Peruvian cuisine right next to the Huaca Pucllana archaeological complex. The décor is elegant, with pre-Colombian pieces. It is recommended for a late afternoon lunch as the views of the Huaca from the open terrace are remarkable, although seeing it lit up at night is also remarkable. (The Huaca is a pyramid built of mud bricks from pre-Inca times, most likely from the 4th century or earlier.)

General Borgoña cdra. 8, Huaca Pucllana Miraflores
(01) 445-4042
Open daily from 12pm to 4pm and from 7pm to 12am.

I.K.

 Gourmet - \$\$\$

An exciting gourmet offering in Lima that is the legacy of chef Ivan Kisić. The presentation is as innovative as the dishes themselves and three tasting menus are also available of 6, 8 or 10 items. The restaurant is also known for the extent of its wine menu.

Calle Elías Aguirre 179, Miraflores
(01) 652-1692
Open Mondays from 7:30pm to 3pm; Tuesday to Thursday from 12:30pm to 3pm, 7:30pm to 11pm; Fridays and Saturdays from 12:30pm to 3:30pm, 7:30pm to 11:30pm.
<http://www.ivankisic.pe/>

La Rosa Nautica

 Gourmet - \$\$\$

One of Lima's most well-known upscale restaurants, famous for its spectacular location on a wooden pier jutting out into the Pacific ocean. Not noted for exceptional food, however, which pales in comparison to other gourmet restaurants in the city.

Espigón 4 Circuito de Playas, Miraflores
(01) 445-0149 / 447-0057
Open Monday to Sunday from 12pm to 12am.
<http://www.larosanautica.com/>

SEAFOOD RESTAURANTS

Costanera 700 Seafood - \$\$
One of Lima's finest fish restaurants with Japanese culinary touches and including a selection of sushi. The Asian flair extends to the décor, making it an elegant spot for a romantic meal. On the expensive side and a favorite for culinary connoisseurs. Best for lunch.

Av. Del Ejercito 421, Miraflores
(01) 421-7508 / (01) 421-4635
Open Monday–Saturday from 12pm to 5pm and 8pm to 11pm. Sundays and holidays from 12pm to 5pm.
www.costanera700.com

El Mercado Seafood - \$\$
Another hit from top chef Rafael Osterling, El Mercado serves delicious *criollo* seafood favorites in a variety of different house styles with both local and international influences. A popular lunch spot and a great introduction to the variety of flavors found in Lima.

Calle Hipólito Unanue 203, Miraflores
(01) 221-1322
Open Tuesday–Sunday from 12:30pm to 5pm.
<http://www.rafaelosterling.pe/es/el-mercado.html>

AmorAmar Seafood - \$\$\$
Innovative flourishes on typical seafood dishes in a smart, casual atmosphere in Barranco. Has the feel of a swish insider club, with covered outdoor seating and contemporary art on the walls. There is a well stocked bar including pisco flavored with mascerated ingredients as well as a variety of cocktails and tapas.

García y García 175, Barranco
(01) 619-9595
Open Monday to Saturday from 12.30pm to 4pm, 8pm to 12am;
Sundays from 12.30pm to 5pm.



La Mar Seafood - \$\$

No discussion of seafood restaurants in Lima could be complete without mentioning La Mar, the creation of Peru's most famous chef, Gaston Acurio. Choose from not just ceviches and tiraditos but *tacu tacu*, pastas and soups, all with the freshest products from the sea and Acurio's own personal touch. It is recommended to arrive early to avoid the lunchtime rush.

Av. La Mar 770, Miraflores
(01) 421-3365
Open Monday–Thursday from 12pm to 5pm; Friday, Saturday, Sunday and holidays from 12pm to 5:30pm.
www.lamarcebicheria.com/lima

Cala Restaurant & Bar Seafood - \$\$
Fabulous setting right by the ocean featuring a Peruvian fusion menu, with a focus on seafood. Recommended for lunch or drinks before or after dinner. The setting couldn't be more romantic and there's even a private den. Really lovely at sunset—make a reservation for a terrace table.

Espigón B.2 Circuito de Playas, Barranco
(01) 252-9187
Open Monday–Saturday from 12pm to 3am;
Sunday from 12pm to 6pm.

Pescados Capitales Seafood - \$\$
Well-prepared, traditional seafood dishes. Many dishes have names related to the seven capital sins. (Play on words with the restaurant name - *pecados capitales* translates as “seven sins” in Spanish, whereas *pescado* simply means “fish”).

Av. La Mar 1337, Miraflores (01) 421-8808
Open Monday to Saturday for lunch and dinner; Sunday for lunch.
www.pescadoscapitales.com

Alfresco Seafood - \$\$
A Miraflores classic, with an extensive menu of Peruvian seafood dishes.

Malecón Balta 790, Miraflores
(01) 242-8960
Open every day from 12pm to 11pm.

La Rana Verde Seafood - \$\$
Rustic seafood restaurant on a wooden pier overlooking yachts in Callao harbour and out towards San Lorenzo island. Specializes in dishes with *lenguado* (sole).

Jr. General Valle, “Club Universitario Regatas”,
Parque Galvez s/n, La Punta, Callao
(01) 429-5279 / 429-8453
Open daily from 12:30pm to 5pm.

Chez Wong Ceviche - \$\$
Chef Javier Wong is renowned in Peru for slicing up the best ceviche from *lenguado* (sole). His restaurant is tucked away in the neighborhood of La Victoria, with a simple menu of ceviche followed by stir fry, which you can order either sweet and sour or salty.

Enrique León García 114, La Victoria
(01) 470-6217

La Canta Rana Seafood - \$
Having been one of Barranco's most popular local restaurants for 30 years, Canta Rana's extensive menu covers a range of Peruvian seafood classics and offers abundant portions. Innovations can be found in squid ink pasta with prawns, tiradito topped with avocado or cured tuna. The high walls are crammed with football memorabilia as well as photos of the Argentinian owner with his friends.

Genova 101, Barranco
(01) 477 8934
Tuesday to Saturday, 11am to 11pm; Sundays and Mondays, 11am to 6pm

Sonia Seafood - \$\$
In Lima's Chorrillos neighborhood, Sonia draws a lunchtime crowd with live music, great seafood, and the jovial presence of Sonia and her fisherman husband, Freddy. Order *chupe de camarones* or *chupe de langostinos*, a delicious seafood soup with river or sea crayfish.

Agustin Lozano La Rosa
Nº 173, Chorrillos
(01) 249-6850 / (01) 2516693 Daily from 12pm to 5 pm
<http://www.restaurantsonia.com/>

El Muelle Seafood - \$
Offering an ample variety of fish and seafood dishes, such as ceviche, chicharron and rice dishes, El Muelle is most popular with the younger Barranco crowd. The streetside terrace makes this the ideal place to enjoy a ceviche with a beer in the sun.

Alfonso Ugarte 225, Barranco (01) 252-8643
Every day from 11am to 6pm.



Hijo de Olaya Seafood - \$

A hole in the wall with stools lined up against either wall, Hijo de Olaya serves only three dishes; ceviche, chicharron de calamar and arroz con mariscos. The platter of the three combined is delicious, and a stop here during the afternoon is a great way to mingle with local Limeños.

Comandante Espinar 849, Miraflores
(01) 241-0941

Monday to Saturday from 11:30am to 3pm.

Al Toke Pez Seafood - \$

Vastly popular hole-in-the-wall, serving a handful of staple dishes made from fish and seafood freshly sourced each day from the market. There is some Japanese influence and the quality of the food has attracted media attention. There are a few stools set up next to the stove and only cash is accepted. Very reasonable pricing, expect queues at lunchtime.

Av. Angamos 886, Surquillo
Tuesday to Sunday lunchtime

El Ceviche de Ronald Ceviche - \$

This cramped streetside stall just serves ceviche, but it might just be the best ceviche you can find in Lima. Perfect seasoning served in ceramic plates and accompanied by chicharron de pescado. All this a steal at just 15 soles.

Ignacio Merino 2427, Lince (01) 222-2009
Wednesday to Monday, 11:30 am to 4pm.
<http://elcevederonald.com/>

CRIOLLO RESTAURANTS

Fiesta Chiclayo Gourmet Criollo - \$\$\$

Renowned for bringing cuisine from Peru's northern coast into the mainstream with a generous offering of norteño specialties such as Arroz con Pato (duck with herb-seasoned rice).

Av. Reducto 1278, Miraflores
(01) 242-9009

Open Monday–Friday from 12:30pm to 10pm;
Saturday and Sunday from 12:30pm to 5pm.

<http://www.restaurantfiestagourmet.com/inicio.html>

Jose Antonio Criollo - \$\$

A classic *criollo* food venue for limeños, serving delicious traditional favorites. Excellent buffet served at midday. Great place to try out some classic fare in a Spanish colonial atmosphere.

Jr. Bernardo Monteagudo 200, San Isidro
(01) 264-0188 / (01) 264-3284
Open Monday–Saturday from 12:30pm to 4:30pm and from 7:30pm to 11:30pm; Sunday from 12:30pm to 4:30pm and from 7:30pm to 10:30pm.

<http://www.joseantonio.com.pe/>

Señorio de Sulco Criollo - \$\$

Traditional *criollo* food in a bustling atmosphere, popular with tourists. Isabel Alvarez, the restaurant's owner, has penned a number of cookbooks. Offers buffet, á la carte or three different tasting menus.

Malecón Cisneros 1470, Miraflores
(01) 441-0183 / (01) 441-0389
Open Monday–Saturday from 12:30pm to 12am; Sunday from 12:30pm to 4:30pm.

<http://www.senoriodesulco.com/>



Isolina Taberna Peruana Criollo - \$\$

Set in a converted house in the old seaside resort of Barranco, this tavern recreates simple and seasonal *criollo* dishes as they would traditionally have been prepared at home. Surprises include Tapas with Pejerrey, while the only ceviche platter is shared between two people, and it's served with crunchy deep fried octopus.

Avenida San Martín Prolongación 101, Barranco
(01) 247-5075

Sundays and Mondays, 10am to 5pm;
Tuesday to Saturday, 10am to 12 midnight.

<http://isolina.pe>

La Picanteria Criollo - \$\$

From the same owners as Fiesta Chiclayo Gourmet, this is a more casual spot, frequented by locals, near Lima's Surquillo Market. It's bustling with lunchtime clientele— you may have to jostle for a seat! Offers plates á la carte as well as daily specials such as the catch of the day.

Calle Francisco Moreno 388, Surquillo
(01) 241-6676

Open Tuesday–Sunday from 11am to 5pm.

<http://www.picanteriasdelperu.com/>

El Rincón Que No Conoces Criollo - \$\$

Legendary on the Lima culinary scene, the restaurant of the late Teresa Izquierdo is a great example of a typical *criollo* buffet. The colorful array of dishes contain plentiful servings of adobos, secos and carapulcras and the all-you-can-eat policy will not leave you wanting after a lunchtime spent here.

Calle Bernardo Alcedo 363, Lince
(01) 471-2171

Tuesday to Sunday from 12pm to 5pm

<http://www.elrinconquenoonoces.pe/>

Cafe Tostado Criollo - \$

A family run joint with a rustic atmosphere, well established in the neighborhood. Long wooden benches and tables give a cozy feel. Specializes in homemade *criollo* dishes on a set menu at lunchtime, they prepare a set dish for each day of the week. Also try either the rabbit or mushroom fried in garlic and olive oil to accompany beers with friends.

Calle Nicolás de Piérola 232, Barranco
(01) 247-7133

Daily from 1pm to 8pm.

La Lucha Criollo Sandwiches - \$

Traditional Peruvian sandwiches are the speciality at La Lucha, where you can get hot meat sandwiches of all descriptions accompanied by various sauces. Try the chicharrones or turkey or pork cooked "a la leña" (on a wood stove), accompanied by tasty french fries handcut from Andean potatoes and an assortment of fruit juices and milkshakes.

Mariscal Oscar R. Benavides 308, Miraflores
(01) 241-5953

Sunday to Thursday from 8am to 1am; Fridays and Saturdays from 8am to 3am.

CASUAL RESTAURANTS

Manifiesto Gourmet - \$\$

With experience gained from working in some of the very top restaurants in the world, such as El Celler de Can Roca in Spain, chef Giacomo Occhio offers diners sophisticated and playful interpretations of traditional Peruvian cuisine, including some tasty vegetarian options.

*Independencia 130, Miraflores
(01) 249-5533*

Open Monday-Saturday from 1pm to 4pm and from 6:30pm to 12am; Sunday from 1pm to 4pm.

Popular Casual Gourmet - \$\$

A contemporary gourmet restaurant in the Larcomar mall with a view over the ocean. As the name suggests, the recipes focus on Peruvian favorites - wide range of appetisers and main courses to cater to all tastes.

Larcomar, Malecón de la Reserva 610, Miraflores

La Plazita Casual Gourmet - \$\$

Mediterranean-style eatery with a leafy terraza, great for a casual lunch with salads and sandwiches. Pastas and more substantial dishes also available as well as a full bar and decent wine list.

*San Fernando 380 (corner with Av. Vasco Nuñez de Balboa), Miraflores
(01) 621-0892*

Open Monday from 7pm to 12am; Tuesday-Saturday from 12:30pm to 12am; Sunday from 12:30pm to 5pm.

<http://laplazitalima.com/>



Cosme Casual Gourmet - \$\$

Hip and trendy new restaurant and bar with an innovative Peruvian menu and cocktails to match, created by up-and-coming chef James Berckemeyer. The ceiling is adorned with 4,000 recycled plastic bottles and recycled materials are used throughout the decor, a reflection of the artsy vibe here.

*Tudela y Varela 160, San Isidro
(01) 445-2734*

Open Monday to Saturday from 12pm to 12am; Sundays from 12pm to 4pm.

<http://www.cosme.com.pe/>

Matria Casual Gourmet - \$\$

An informal Peruvian fusion option featuring seafood, pizzas, pastas and meat dishes. A few vegetarian dishes and some yummy desserts round out the menu.

*Calle General Mendiburu 823, Miraflores
(01) 422-2784*

Open Tuesday to Saturday from 1pm to 4pm and from 8pm to 11pm; Sundays from 1pm to 4pm.

<http://www.matriarestaurante.com/>

LA73 Casual Gourmet - \$\$

A well-frequented eatery in Barranco with an airy covered terrace area. Dishes include seafood, pasta and meat and the menu rotates regularly with seasonal options.

*Av. El Sol Este 175, Barranco (01) 247-0780
Open Monday to Saturday from 12pm to 12am; Sundays from 12pm to 10pm.*

<http://www.restaurantela73.com/>

Saqa Casual Gourmet - \$\$

Ideal for those looking for an authentic, well-presented Peruvian *criollo* meal that plays with surprising ingredients to delicious effect. Fine dining in a relaxed atmosphere. Try the Bombitas for dessert.

*Av. La Paz 646, Miraflores
(01) 650-8884*

Open Monday-Thursday from 12pm to 12am; Friday and Saturday from 12pm to 1am.

<http://saqa.pe/>

T'anta Casual Gourmet - \$\$

A restaurant and café by Gaston Acurio and his team. Delicious blend of local and European flavors. Traditional dishes with a local twist and an abundance of pastries and desserts to satisfy your sweet tooth.

*Pancho Fierro 115, San Isidro;
(01) 421-9708*

*Av. 28 de Julio 888, Miraflores;
(01) 447-8377*

Open Monday-Friday from 11am to 12am; Saturday from 9am to 12am; Sunday from 9am to 12am.

<http://www.tantaperu.com/>

Peru Pa' Ti Gourmet food court - \$\$

An upscale Peruvian eatery and speciality food market that offers a variety of gourmet products from around the country. Decorated with Peruvian textiles and handicrafts, it is split into different areas where you can find homemade Peruvian classics such as hot sandwiches, ceviches, tiraditos and anticuchos. As well as spacious seating areas and tables there is also a cafe and Pisco bar.

*Armendáriz 546, Miraflores
(01) 445-5099*

Tuesday to Sunday, 9am to 11pm.

ITALIAN RESTAURANTS

Symposium Italian - \$\$

A smart, understated atmosphere with classic Italian cuisine. Fabulous choice of pastas and risottos.

*Calle Santa Luisa 122, San Isidro
(01) 221-3397*

Open Monday-Friday from 12:30pm to 3:30pm and from 7:30pm to 11:30pm; Saturday from 7:30pm to 11:30pm.

La Trattoria di Mambrino Italian - \$\$

Charming bistro in a central but quiet location in Miraflores. Good pastas, pizzas, bruschettas, salads and much more. In particular, you'll want to be sure you leave room for the awesome desserts. There is also a location in Larcomar with an excellent view of the ocean.

*Calle Manuel Bonilla 106, Miraflores
(01) 446-7002*

*Av. Malecón de la Reserva 610, Int. 102, C.C. Larcomar
(01) 447-5941*

Open daily from 1pm to 4pm and from 7pm to 12am.

<http://www.latrattoriadimambrino.com/>

Danica Italian - \$\$

Italian-Peruvian fusion, with tasty carpaccios, pastas, fish and salads. Also serves authentic pizzas.

*Av. Emilio Cavenecia 170, San Isidro
(01) 421-1891 / 422 5033*

*Av. Armendáriz 524, Miraflores
(01) 445-8743 / 446-2135*

Open Monday to Saturday from 12.30pm to 12am; Sundays from 12.30pm to 10pm.

<http://www.danica.pe/>

NIKKEI RESTAURANTS (PERUVIAN-JAPANESE FUSION)



Maido Nikkei / Sushi - \$\$\$

Stylish venue serving an excellent variety of sushi, traditional Japanese food, and Peruvian-Japanese fusion in a refined atmosphere. A special of the house is the 15 course fusion tasting menu which can include paired drinks if desired. Definitely a meal to remember. Listed at number 44 on San Pellegrino's list of the world's best restaurants in 2015.

Calle San Martín 399, Miraflores
(01) 446-2512
Open Monday–Saturday from 12:30pm to 4pm and from 7:30pm to 11pm; Sunday from 12:30pm to 4 pm.
<http://www.maido.pe/en/>

Edo Nikkei / Sushi - \$\$

A safe bet if you're looking for sushi, Edo mixes it up with traditional Japanese combinations complemented by a number of Peruvian takes on sushi. Try the acevichado, crab, prawns or any of the dishes with fresh avocado or mango. The chain has other branches around the city.

Calle Berlin 601, Miraflores
(01) 243-2448
Monday to Saturday, 12:30 pm to 3pm, 7pm to 10:30pm; Sundays, 1:30pm to 3:30pm.
<http://edosushibar.com/>

Matsuei Nikkei / Sushi - \$\$

Lima's most famous and longest standing sushi bar has been a favorite of locals and world travelers for more than 35 years. Although sushi is definitely the house specialty and other plates are predominantly seafood oriented, there are Japanese-style dishes that feature vegetables, chicken, beef or pork. There are also private salons for up to eight people.

Calle Manuel Bañon 260, San Isidro
(01) 422-4323 / (01) 442-8561
Open Monday–Saturday from 12:30pm to 4pm and from 7:30pm to 11pm.
<http://www.matsueiperu.com.pe/>

Osaka Nikkei / Sushi - \$\$

Delicious sushi with a Peruvian twist and an excellent selection of Japanese fusion dishes in a trendy and sophisticated setting. Besides sushi, there is a ceviche bar and a menu of other Japanese-inspired plates. Creative cocktail menu.

Calle Conquistadores 999, San Isidro
(01) 222-0405
Open Monday–Saturday from 12:30pm to 4pm and from 7:30pm to 11:30pm.
<http://osaka.com.pe/>

CHIFA RESTAURANTS (PERUVIAN-CHINESE FUSION)

Salon Capon Chifa - \$\$

A great choice in the Barrio Chino (Chinese Quarter) of Lima. It's open in the morning so you can have Dim Sum for breakfast.

Jr. Paruro 819, El Cercado, Central Lima
(01) 426-9286
Open Monday–Saturday from 9am to 11pm; Sunday from 9am to 8pm.
<http://www.saloncapon.com/>

Restaurante Royal Chifa - \$\$

Delicious Chinese food with a Peruvian flair. Buffet and á la carte options with a weekly orchestra on Thursday nights after 8:30pm for those who like to dance. Dim Sum breakfast on Sunday mornings.

Av. Prescott 231, San Isidro
(01) 422-9547 / (01) 421-0184
Open Monday–Saturday from 12:30pm to 12am; Sunday from 9:00am to 10:30pm (Dim Sum from 9am to 12:30pm).



Titi Chifa - \$\$

Best chifa restaurant in Lima, established by Chinese immigrant William Chan Lau in 1959. The ambiance is upscale and elegant, as befits a restaurant in San Isidro.

Av. Javier Prado Este 1212, San Isidro
(01) 224-8189/224-8304
Open Tuesday–Saturday from 1pm to 3pm and from 7pm to 10:45pm; Sunday from 1pm to 3:30pm and from 7pm to 9pm.
<http://www.chifatiti.com>

STEAKHOUSES

Osso Steak / Butcher - \$\$\$

Butcher Renzo Garibaldi has made a name for himself with his experimental approach to using assorted cuts of aged and cured meats. Legendary have become his word-of-mouth dinners held for friends and special invitees. Partakers sit around a wood block table in his kitchen to revel in a feast of different styles of meat cooked to perfection by Garibaldi over an open flame. Cutlery at these soirees is forbidden, and the food is eaten by hand. You'll have to make a special reservation ahead of time.

Calle Tahiti 175, La Molina (01) 368-1046
Tuesday to Saturday, 10am to 8pm; Sundays, 10am to 3pm.

La Cuadra de Salvador Steak - \$\$\$

Only the finest Angus beef makes its way to the tables here. Tasty steaks, burgers, and other grilled meats are served in a beautiful outdoor setting. Indoor seating is also available, in a restored antique mansion.

Calle Centenario 105, Barranco (01) 247-8670
Open daily from 12:30pm to 4pm and from 8pm to 11pm.
<http://www.lacuadradesalvador.com/>

La Cabrera Peru Steak - \$\$\$

If there's one thing the Argentines do right, it's grilled meat. La Cabrera Peru is a franchise of the restaurant that started out in Argentina and now brings that same great taste to Lima. The best cuts of beef, as well as lamb, pork and an extensive wine list await you.

Av. Miguel Grau 1502, Barranco
(01) 252-8125
Open Monday–Thursday from 12pm to 12am; Friday and Saturday from 12pm to 1am; Sunday from 12pm to 6pm.
<http://lacabreraperu.com/>

ORGANIC & VEGETARIAN RESTAURANTS



La Balanza Cantina Sustainable - \$\$

Fresh and healthy organic cuisine incorporating superfoods and fusing traditional Peruvian techniques with international styles. Making a name as being a truly sustainable option, the menu even features ingredients from the restaurant's own farm, while they also use pasture-raised beef and produce from responsible suppliers.

Av. Emilio Cavenecia 162, San Isidro.
(01) 222-2659
Open Monday to Saturday from 12:30pm to 11:30pm.
<http://www.labalanza.pe/>

El AlmaZen Vegetarian - \$\$

Stands out amongst vegetarian options in the city, with a refined menu entirely based on organic and local produce. Vegan-friendly. Many gluten-free options

Calle Recavarren 298, Miraflores
(01) 243-0474
Open Monday to Friday from 1pm to 3:30pm, 7pm to 10:30pm. Cafeteria and shop open from 10am to 10pm.

Veggie Pizza Vegetarian - \$\$

Whole wheat crust and all vegetarian toppings, some quite eclectic such as fruit and nuts, make this place a favorite with limeños from all over the city. Reservations are done by email (reservas@veggiepizza.pe) so if you don't have a confirmation, get there early as it will fill up.

Jr. Colina 112, Barranco; Santa Cruz 825, Miraflores
(01) 282-0524
Open Monday from 8pm to 11pm; Tuesday–Saturday from 1pm to 4pm and from 8pm to 11pm; Sunday from 1pm to 4pm.
<http://www.veggiepizza.pe/>

Quinoa Vegetarian - \$\$

Vegetarian restaurant with a variety of sandwiches, wraps, salads, soups and more, using natural Peruvian ingredients and nutritious recipes. Two locations in San Isidro.

Dean Valdivia 137, San Isidro
(01) 717-3927
Open Monday to Friday from 8am to 7pm; Saturdays from 8am to 5pm.

Av. Pardo y Aliaga 664, San Isidro
(01) 221-3459
Open Monday to Friday from 7am to 7pm.
<http://www.quinoa.com.pe/>

CAFES

Arabica Espresso Bar Cafe - \$

Started the trend of espresso bars in Lima. Set in a narrow terrace, appointed with stylish furniture, bookshelves full of interesting reading matter. Arabica has built a direct link to farmers in different coffee growing regions of Peru. The home baking is terrific, try the white chocolate tart with maracuya (passion fruit).

Calle Recavarren 269, Miraflores
(01) 715-2153 / 715-2152
Monday to Thursday from 8am to 10pm; Fridays from 8am to 11pm; Saturdays from 9am to 11pm; Sundays from 2pm to 9pm.
<http://www.cafebisetti.com/>

Cafe Verde Cafe - \$

Excellent quality coffee along with cakes and other sweets, on a quiet street corner in Miraflores.

1305 Santa Cruz, Miraflores (01) 652-7682
Monday to Friday, 7am to 9am; Saturdays, 9am to 9pm
www.cafeverdeperu.com

La Bonbonniere Cafe - \$

A traditional café, perfect for breakfast, desserts, teas and coffee drinks. More substantial choices are available as well.

Calle Burgos 415, San Isidro (01) 222-1156
Open Tuesday–Saturday from 8am to 11pm; Sunday from 8am to 9pm.
<http://www.restaurantelabonbonniere.com/>

San Antonio Cafe - \$

A casual restaurant and bakery featuring gourmet salads, sandwiches and delicious breakfasts and baked goods.

Av. Vasco Nuñez de Balboa 770, Miraflores
(01) 626-1313
Open Sunday–Thursday from 7am to 11pm; Friday and Saturday from 7am to 12am.
<http://www.pasteleriasanantonio.com/>

Tostaduria Bisetti Cafe - \$

From the owners of Arabica, this is a modern and stylish cafe offering quality coffees and teas. The desserts are also extremely tasty, and they have tables in a quiet back garden.

Av. Pedro de Osma 116, Barranco
(01) 713-9565 / 713-9566
Monday to Thursday from 8am to 10pm; Fridays from 8am to 11pm; Saturdays from 9am to 11pm; Sundays from 2pm to 9pm.
<http://www.cafebisetti.com/>

La Bodega Verde Cafe - \$

A real neighborhood café, La Bodega Verde is a great place to stop by for delicious breakfasts, light snacks, teas and coffee. Uses high quality, healthy ingredients.

Jr. Sucre 335A, Barranco (01) 247-8804
Open daily 8am to 10pm.
<http://labodegaverde.blogspot.com/>



Origen: Tostadores de Cafe Cafe - \$

A hidden treasure of a coffee shop. Not only do they showcase coffee directly sourced from farmers in different parts of Peru, they have 8 different ways of brewing the beverage. Favorites include the aeropress and dripped Ice coffee. Try the Coffee Sour or the iced mocha for a real treat.

Av. Bolívar 1199, Pueblo Libre
(01) 261-8280
Tuesday to Friday from 8am to 10pm; Saturdays and Sundays from 10am to 10pm.



Pan de la Chola Bakery - \$

Dedicated to baking the finest bread in the city, Pan de la Chola has established itself not only as an excellent bakery, but a great place to stop for a tasty sandwich on focaccia bread. There is also great coffee along with a selection of teas, juices and desserts.

*Av. La Mar 918 Miraflores, Lima, Peru
Tuesday to Saturday, 8am to 10pm;
Sundays, 9am to 6pm.*

La Panadera Bakery - \$

A tiny establishment tucked away on a Barranco back street, baking delicious bread, cakes and other baked goods, as well as tasty empanadas. It also stocks a selection of Peruvian products.

*Jirón Alfonso Ugarte 141, Barranco
(01) 738-2361
Open Tuesday to Saturday from 9am to 8pm;
Sundays and Mondays from 10am to 4pm.
<http://www.lapanadera.pe/>*

La Fiorentina Ice Cream - \$

This traditional Italian ice cream place can be found in the promenade at the Surquillo Market, and they have delicious ice cream including uncommon flavors such as chilli and avocado.

MARKETS

Bioferia of Miraflores

Every Saturday from 8am to 2:30pm, Parque Reducto 2 in Miraflores plays host to an open air organic market, organized by the producers themselves. The prices are a bit higher but the quality of the healthier breads, cheeses, fruits, vegetables, snacks make it more than worth it. Less pricey than farmers' markets in North America or Europe.

Calle 15 de Enero, Miraflores (behind Parque Reducto)

EcoMarket San Isidro

On Sundays from 8.30am to 1pm, this is another market where producers gather to sell fresh organic products.

Calle Miguel Dasso, San Isidro

Mercado Central

The largest market in Lima, the Mercado Central supplies all your cooking needs. Here, you will find fruits, vegetables, meats, seafood, cheeses, herbs for cooking and those used in natural healing. While it is an absolutely fascinating place to visit, bear in mind that even locals will tuck their money away someplace safe and leave their cell phones at home.

Jr. Ucayali 640 at Jr. Ayacucho, Central Lima

Mercado Surquillo No. 1

Not as big as the Mercado Central and infinitely lower key, the Mercado Surquillo No. 1 is a great place to get good deals on fruits, vegetables, cheeses, meats, spices and specialty products that are hard to find elsewhere.

Paseo de la Republica , Block 53

BARS, TAVERNS & PENAS

Antigua Taberna Queirolo

 Traditional Bodega

Locals hit this tavern after work on a Friday for a round of beers or chilcanos. The bar will provide a bottle of the house pisco along with ice, sliced limes and sugar syrup so that you can concoct your own drinks. Ham and cheese sandwiches with chilli and olives are the popular bar snack.

*Av. San Martín 1090 Pueblo Libre
(01) 460-0441
Monday to Wednesday from 9:30am to 11:30pm; Thursday to Saturday from 9:30am to 12am; Sundays, 9:30am to 4pm.
<http://antiguatabernaqueirolo.com/>*



El Pisquerito Bar

Probably the best and most inventive Pisco cocktail bar in town, fronted by renowned bartender (and published Pisco connoisseur) Hans Hilburg. Try the chilcanos made with fresh ginger.

*Av. San Martín 1340, Pueblo Libre
(01) 462-7471
Open Monday to Saturday from 7pm to 1am.
<http://www.elpisquerito.com/index.html>*

La Gloria

 Bar

A Lima classic featuring excellent pisco sours.

*Calle Atahualpa 201, Miraflores
(01) 446-6504
Open Monday–Saturday: During lunch from 1pm, During dinner from 8pm.
<http://www.lagloriarestaurant.com/>*

La Rosa Nautica

 Bar

Enjoy drinks overlooking the ocean at this bar on a pier off the Malecón de la Reserva.

*Espigon 4 Circuito de Playas, Miraflores
(01) 445-0149
Open daily from 12pm to 12am.
<http://www.larosanautica.com/>*

Saqra

 Bar

Excellent selection of pisco cocktails with a cool atmosphere and great food. Sit on the terrace on a warm afternoon and enjoy a frozen *hierba luisa* (lemongrass) chilcano – like a lemonade for adults.

*Av. La Paz 646, Miraflores
(01) 650-8884
Open Monday–Thursday from 12pm to 12am;
Friday and Saturday from 12pm to 1am.
<http://saqra.pe/>*

Pisco Bar

 Bar

Excellent pisco cocktails, a hand selected variety of sipping piscos, and a small but exquisite menu make this a great place to stop off and not just sample but learn about Peru's national liquor.

*Av. Petit Thouars 5390, Miraflores
(01) 241-1944
Open Tuesday–Saturday from 12pm to 4pm and from 6:30pm to 1:30am; Sunday from 12pm to 4pm.
<http://www.pisco.bar.pe/>*



El Bolivarcito Traditional Bodega

The bustling bar of the famous Hotel Bolivar on San Martin Square. The house cocktail - a double Pisco sour called "La Catedral del Pisco" - packs quite a punch, while all the other favorites can be found on the menu. You might not want to plan to eat here, but the accompanying platters are standard and ample fare.

Jiron de la Union Nro. 926, Lima
427-2788

<http://www.elbolivarcitoperu.com/>

Huaringas Bar Bar

Nice bar with a cozy lounge, popular among limeños. Recommended for cocktails made with their infused piscos like coca leaf chilcanos and passion fruit pisco sours. Tasty light fare ideal for sharing.

Ovalo Bolognesi 460, Miraflores
(01) 222-2147

Open Monday from 7pm to 12am; Tuesday–Thursday from 7pm to 1am; Friday and Saturday from 7pm to 2:30am.

<http://huaringas.com/>

Ole Bar Bar

A traditional Peruvian café and bar with excellent drinks as well as a full dining menu.

Calle Pancho Fierro 109, San Isidro
(01) 422-6362

Open Monday–Friday from 12pm to 2am; Saturday from 12pm to 4am.

Country Club Lima Bar Inglés Bar

This English-style pub features enticing light fare and expertly mixed drinks.

Los Eucaliptos 590, San Isidro
(01) 611-9000

Open daily from 12pm to 1am.

<http://www.hotelcountry.com/dinning/english-bar/>

Hotel B Bar

It's worth popping in for a drink at this hotel's bar just to get a glimpse of the gorgeously restored mansion. If you ever wished you could have had a cocktail with the Great Gatsby, the vibe here will get you as close as possible.

Sáenz Peña 204, Barranco (01) 206-0800

Open Sunday–Wednesday from 12pm to 12:30am; Thursday–Saturday from 12pm to 2:30am.

<http://hotelb.pe/dining-and-bar>

Victoria Bar Bar

Trendy and stylish bar in the Barranco neighborhood serving cocktails and other beverages. Spacious outdoor seating area.

Av. Pedro de Osma 135, Barranco
(01) 247-2180

Open Tuesday–Saturday from 7pm to 3am.

Ayahuasca Bar

Set in a refurbished mansion, this stylish and atmospheric bar serves an extensive range of delicious pisco sours and other cocktails.

Av. Prolongación San Martín 130, Barranco
981-044-745

Open Monday–Saturday from 8pm–3am.

<http://ayahuascaestobar.com/>

Sibaris Restobar

A sleek new bar one block from the main square in Barranco, there are cocktails and craft beers to cater for all tastes along with tasty bar food.

Jr. 28 de Julio 206-B, Barranco

(01) 247-0263

Tuesday to Thursday, 12pm to 4pm, 7pm to 11pm; Fridays and Saturdays, 12pm to 4pm, 7pm to 2am.

<http://sibarisperu.com/>

Wick's Brewpub

English-style brewpub with craft ales made on site and a selection of bottled craft beers from Peru and abroad. Live music and pub fare.

Av. Pedro de Osma 201a, Barranco

(01) 247-4507

Open Wednesday–Thursday from 4pm to 1am; Friday and Saturday from 3pm to 2am; Sunday from 1pm to 11pm. (Kitchen not open as late as bar except for Fri and Sat).

<http://www.brewpubwicks.com/>

Barranco Beer Company Brewpub

A bar with onsite brewery, and with an unmissable wooden exterior up the road from Barranco's main square, there are big glass panels so that you can see the brewing tanks while sitting at the bar. The different styles of beer are good, accompanied by pizzas, sausage sandwiches or other bar snacks. Modern and swish appointments and very popular with the 18-24 year old crowd.

Av. Almte. Miguel Grau, Barranco
247-6211

Sunday to Thursday, 12pm to 12am; Fridays and Saturdays, 12pm to 3am.

<http://www.barrancobeer.com/>

Juanito de Barranco Traditional Bodega

This iconic bodega-style bar is known for its history, having been in the neighborhood since 1937. A local favorite, this no-frills spot serves pitchers of Peruvian beer and simple sandwiches. Very casual, cash only.

Av. Almirante Miguel Grau 270, Barranco

Open Monday–Saturday from 11am to 2:30am; Sunday from 12pm to 12am.

La Candelaria Peña

Shows on Friday and Saturday nights at 10:30pm cater for tourists and locals alike. Tickets can be purchased through Teleticket (Wong/Metro) or at the door. Food and drinks are a la carte.

Av. Bolognesi 292, Barranco
247-1314

www.lacalendariaperu.com

La Dama Juana Peña

One of the most popular peñas with tourists, La Dama Juana has 90 minute shows beginning at 8:30pm daily, with the dinner buffet beginning at 7:30pm. Call for reservations or email informes@ladamajuana.com.pe.

Av. República de Panama 230, Barranco
248-7547

<http://www.ladamajuana.com.pe/>



A picnic on the Huchuy Qosqo trek near the Sacred Valley in Cusco

CUSCO & THE HIGHLANDS



Cusco & The Highlands

History permeates the cuisine of the Peruvian highlands, a region with a greater variety of ingredients and dishes than any other part of Peru.

The Peruvian nation's indigenous heritage exists most strongly in the chilly heights of the Andean highlands, from Cusco, the former Inca capital, to Huánuco and Cajamarca in the north, and to Puno, Lake Titicaca and Arequipa in the south. Here you'll find traditional recipes and cooking methods dating back to pre-Columbian times, many of which remain largely unchanged despite centuries of colonialism and repeated waves of Old World influences.

The Inca themselves were master agriculturists, successfully adopting and cultivating a wide range of food crops that were vital to their survival and expansion. The Inca had no sheep or cows, only

two large domesticated animals – the llama and alpaca. Much of this meat, meanwhile, was reserved for the nobility or for marching soldiers. The latter were supplied with dried and salted llama meat called *ch'arki*, the etymological origin of the modern word "jerky."

Meat is far more common in the modern highland diet, but the sheer diversity of food on offer is largely due to the Inca's agrarian prowess. Peru's wealth of potato varieties is well known, but other crops also play a major role. The Andean kitchen includes a plethora of tubers, roots, grains, beans and peppers, including *choclo* (Peruvian corn), *oca*, *olluco*, *aji amarillo*, *quinoa* and *maca*, to name just a few.

Warming soups are ever-present in the high altitudes. There are traditional bean-based soups like *kapchi* and *lawa*, wheat soups like *llunca cashqui*, and thick meat stews such as *chairo*, which includes everything from beef to beans and *chuño* (a type of

freeze-dried potato). *Chairo* is particularly popular in Cusco, Puno and Arequipa.

Perhaps the most emblematic dish of the central highlands is *pachamanca*, a mix of meat, vegetables and other Andean ingredients cooked in an earthen oven. The preparation and cooking of a traditional *pachamanca* often involves entire families or even communities. Cities famous for their *pachamanca*s include Huánuco, Huancayo and Ayacucho. Another iconic Andean dish is *cuy*, or guinea pig. And while some foreign travelers shy away from *cuy*, the high protein, low fat, low cholesterol rodent is hugely popular in highland Peru, where it is baked or grilled and served whole. Alpaca steaks, meanwhile, provide an interesting and healthier alternative to beef.

Some Andean main courses are characteristic of certain regions. These include *puka picante*, a pork and potato

dish found in Ayacucho, and *cuchicanca*, a style of roast pork cooked in vinegar, garlic and aji mirasol (a type of sun-dried pepper). The city of Arequipa also has distinct variations of dishes found in the highlands, as well as its own unique styles (see chapter on "Arequipa and the South Coast").

Chicha de jora is a corn beer with ceremonial origins dating back thousands of years. It is traditionally prepared by firstly germinating choclo (maize) before extracting the malt sugars, boiling the wort and fermenting for several days in a large earthenware container called a *chomba*. The drink is popular in the southern Peruvian Andes, and a number of households make their own *chicha de jora* to sell. These unlicensed establishments, known as *chicherias*, are generally identified by a pole adorned with a red flag, red flowers, ribbons or even a red plastic bag.

Quinoa cultivation at Andahuaylas

Culinary Experiences

“Roots of the Valley” © - Organic Farm Tour

Visiting a farm that adopts organic and sustainable practices is not only a great way of learning about the diversity of the abundant Sacred Valley, but eating a meal partially sourced from that very farm’s produce is a truly rewarding (and delicious) way of connecting to this beautiful destination. The charming El Albergue de Ollantaytambo hotel has established its own organic farm in the midst of Inca terracing, offering breathtaking views towards the snow-capped peaks of mount Veronica and the Ollantaytambo ruins. Not only can you enjoy a guided tour of the farm, which grows an assortment of vegetables such as potatoes, corn and quinoa to be used in the hotel restaurant, you can also sample the local produce, either with a Pachamanca - a traditional



meal of meats, potatoes and vegetables cooked in an earthen oven with wood-fired stones - or a three course menu made with organic ingredients, the majority of which are sourced from the farm or from other local producers.

Cusco Cooking Class

There’s no better way to learn about a country’s cuisine than by cooking with an expert chef! Held at a specially designed cooking demo center right off the main plaza of Cusco, this class starts out with an interactive lesson about Peruvian products and a fresh produce tasting. You’ll then head to the kitchen to get firsthand experience cooking two traditional Peruvian dishes - causa and lomo saltado - with the chance to partake in a pisco tasting and cocktail lesson in between. Private classes are held in the morning, while you can join a group in the afternoon. All of the dishes can be prepared vegetarian or vegan and can accommodate any dietary restrictions.

“Choco Loco” © - Interactive Chocolate Workshop

Journey to the land of chocolate at the Chocolate Museum in Cusco. The museum’s expert chocolatiers will teach you all about the origin of the cocoa plant, its spread through the Americas and across the world. You can also learn about the current production process used to make chocolate treats in Cusco and get your hands a little messy while you mold your very own chocolates. An ideal way for families (or chocolate-loving grownups) to spend a couple of hours after lunch.

Alfresco Picnic

This specially organized picnic takes gourmet dining to the great outdoors and is a wonderful way to have lunch in between visiting archeological sites. The picnic can be held in a number of places, including at Sacsayhuaman near Cusco, or at either Písac or Moray archeological sites in the Sacred Valley, where you can also have a guided visit.

The lunch is prepared by the highly-regarded and experienced Ciccilina restaurant in Cusco. Staff travel in advance to the site to prepare a private table, sparkling dinnerware, and delectable meal before greeting you upon arrival.



Preparing a Pachamanca at the Albergue’s farm in Ollantaytambo

Listings - Cusco

RESTAURANTS

MAP Cafe Fine Dining - \$\$\$

Contemporary Andean cuisine in the Museum of PreColumbian Art (MAP). A Cusco favorite, with an elegant courtyard setting. Dinner is prix-fixe only, with a choice among appetizers, mains and desserts.

Plazoleta Nazarenas 231
(084) 242-476
Daily: 11:00am to 9:00pm (last dinner seating)
<http://www.cuscorestaurants.com/map-cafe-por-coque-ossio/>



Cicciolina Fine Dining - \$\$\$

Probably the best overall dining experience in Cusco. Features delicious Mediterranean cuisine with an Andean flair; tapas available only in the bar area. Great place to go if a nice bottle of wine with your meal is a must. The atmosphere is upscale and romantic. Reservations are essential.

Calle Triunfo N 393, 2nd floor
(084) 239-510
Daily: 8:00am to 11:00am; 12:00pm to 3:00pm; 6:00pm to 10:00pm
www.cicciolinacuzco.com/

Inka Grill Peruvian - \$\$

Located right on the main square (Plaza de Armas), Inka Grill is not only known for its delicious Peruvian food but for being one of the places to go to enjoy traditional Peruvian music and dancing with your meals. A bit noisy if you're after a chat.

Portal de Panes 115
(084) 262-992
Daily: 11:00am to 11:00pm
<http://www.cuscorestaurants.com/inkagrill/>

Le Soleil Fine Dining - \$\$\$

One of the best restaurants in town just happens to be French. Not only is the food authentically French and fabulous, so are all the wines which are available by the glass in the wine bar. Dine a la carte or choose a tasting menu of either 5 or 7 courses.

Calle San Agustin 275
(084) 240-543
Monday-Tuesday and Thursday-Sunday:
12:30pm to 3:00pm; 7:00pm to 10:30pm
<http://www.restaurantelesoleilcusco.com/home>

Pachapapa Peruvian - \$\$

Located right on San Blas Square, this restaurant offers excellent local food and oven-baked pizzas. Casual setting with great outdoors in a leafy courtyard. Best for lunches. Also good place to try cuy (guinea pig), which must be reserved with 24 hours' notice.

Plazoleta San Blas 120
(084) 241-318
Daily: 11:00am to 11:00pm
<http://www.cuscorestaurants.com/pachapapa/>

Baco Bistro - \$\$\$

A low-key atmosphere and vaulted ceilings, along with great food and fine wine make this a perfect place for a casual night out without sacrificing quality.

Calle Ruinas 465
(084) 239-510
Daily: 3:30pm to 10:30pm
www.cicciolinacuzco.com/english/baco_home.html

Greens Organic Peruvian Fusion - \$\$

Particularly known for its use of local organic ingredients. Food is delicious and ranges from tasty salads to alpaca steaks and everything in between. Also offers organic beer and wine.

Santa Catalina Angosta 135, 2nd Fl.
(084) 254-753
Daily: 9:00am to 11:00pm
<http://www.cuscorestaurants.com/greens-organics/>

El Tupay (Monasterio) Fine Dining - \$\$\$

Excellent cuisine in one of the finest and oldest of Cusco's 5-star hotels, the Monasterio. Great opportunity to take in the opulent atmosphere if you're not staying at the hotel. Four nights a week, the restaurant features opera singers.

Calle Palacios 136, Plazoleta Nazarenas
(084) 604-000
Daily: 6:00pm to 10:30pm
<http://www.belmond.com/hotel-monasterio-cusco/restaurants-in-cusco>



LIMO Fine Dining - \$\$

One of the best in town, with a broad menu but a specialty in fish and, in particular, sushi. Reservations are essential, especially for snagging one of the tables that allows a view of the main square. Great for lunch or dinner; also one of the best spots in town for pisco drinks.

Portal de Carnes 236, 2nd Fl.
(084) 240-668
Daily: 12:00pm to 9:00pm
<http://www.cuscorestaurants.com/limo/>

Marcelo Batata Peruvian Fusion - \$\$

Many of the city's more upscale restaurants offer Peruvian fusion, but this one happens to be one of the best. Especially known for its alpaca steaks. Also a great place for pisco cocktails. Atmosphere is friendly but upscale and it's a good choice for a romantic dinner especially with the rooftop terrace which offers a great place for a pre-dinner drink.

Calle Palacio 121, 2nd floor
(084) 222-424
Daily: 12:30pm to 11:00pm
www.cuzcodining.com/marcelo-batata.htm

Incanto Fine Dining - \$\$

Delicious Italian food with a Peruvian twist in a contemporary setting. Recommended for both lunch and dinner.

Santa Catalina Angosta 135, 2nd Fl.
(084) 254-753

Daily: 11:30am to 11:00pm

<http://www.cuscorestaurants.com/incanto/>

Uchu Steakhouse - \$\$

If you want to try alpaca, this is one of the best choices. Uchu specializes in beef and alpaca steaks, as well as seafood and chicken, brought to your table with a heated volcanic stone so you can cook it to your taste. Upscale and relaxed atmosphere.

Calle Palacio 135
(084) 246-598

Daily: 12:30pm to 11:00pm

www.cuzcodining.com/uchu.htm

Papachos Burgers - \$

These are burgers as Peru's most famous chef, Gaston Acurio, has envisioned them. There are some 16 different options on the menu; all can be made vegetarian as well. There are several other choices so it's safe to go here if not everyone in the group fancies a burger. Atmosphere is casual, much like a sports bar.

Portal de Belen 115, 2nd fl.
(084) 245-359

Daily: 12:00pm to 12:00am

<http://www.papachos.com/>

La Cantina Pizza - \$\$

The best pizza in Cusco. Wafer thin crust in the Italian style, with the freshest ingredients. The locale is small, as is the oven, with room to cook only one pizza at a time. This is a place to linger over the delicious Italian wines as you wait and enjoy the ambiance. Also on offer are lasagne, meat and cheese plates, and tiramisu. Finish off with a homemade limoncello.

Saphy 554

(084) 242-075

Daily: 6:00pm to 11:00pm

**La Bodega 138** Pizza - \$

If you want more than just a tasty pizza, you can head to La Bodega where they also offer pastas, soups and salads. A nice selection of wines and craft beers make this place a bit more upscale.

Herrajes 138

(084) 260-272

Monday-Saturday: 6:00pm to 10:00pm

Justina Pizza - \$

One of the better pizzerias in town and, unlike many places, this is all they serve up. Beverages include wine, beer, water or soft drinks.

Calle Palacio 110

(084) 255-475

Monday-Saturday: 6:00pm to 11:00pm

Korma Sutra International/Indian - \$

The best place for curry in Cusco, Korma Sutra is owned and run by a Brit. Delicious appetizers and mains at different levels of spicyness. Great place to try a more unique style of alpaca.

Tandopata 909

(084) 233-023

Monday-Saturday: 6:00pm to 10:00pm

Tacomania International/Mexican - \$

You'll see lots of restaurants hawking Mexican food, but this place actually stands up to the test. Nachos, burritos, tacos, enchiladas and chimichangas are filling, yummy and reasonably priced.

Tandopata 917

(084) 132-032

Monday-Saturday: 6:00pm to 10:00pm

La Boheme International/French - \$

Creperie with a wide range of savory and sweet options. Ambiance is very casual and relaxed. It's also a bit on the small size so early is better. Recommended for a quick bite but not for a fancy dinner.

Carmen Alto 260

(084) 235-684

Daily: 4:00pm to 9:45pm

<http://www.labohemecusco.com/es/crepes/>

Kintaro International/Japanese - \$

Authentic Japanese soups, teriyaki, tempura, sushi and more in a lovely ambiance. Barley tea and sake complete the experience.

Calle Plateros 334, 2nd Fl.

(084) 260-638

Monday-Saturday: 12:00pm to 3:00pm; 6:00pm to 10:00pm

<http://www.cuscokintaro.com/en/>

Fallen Angel Fine Dining - \$\$\$

Worth stopping by for a drink just to take in the eclectic decor, it's worth staying for the delicious food. Particularly known for the quality of the steaks, there are also many other meat, poultry, fish and vegetarian dishes to enjoy.

Plazoleta Nazarenas 221

(084) 258-184

Monday-Saturday: 11:00am to 11:00pm;

Sunday: 3:00pm to 11:00pm

<http://www.fallenangelincusco.com/wordpress/>

Bojosan Japanese Udon - \$

You probably wouldn't have thought of Cusco as the place for authentic Japanese udon but now it is. The restaurant offers only udon (Japanese noodle soup) but it's a delicious quick bite as you're taking a quick break from touring. Also offers Japanese tea, beer and sake.

Calle San Agustin 275

(084) 246-502

Monday-Tuesday and Thursday-Sunday:
12:30pm to 3:00pm; 7:00pm to 10:30pm

Green Point Vegetarian/Vegan - \$

This extremely casual, laid-back place is one of the best spots in towns for vegetarians and vegans, and one of the few where you can safely eat everything on the menu.

Calle Carmen Bajo 235

(084) 431-086

Daily: 8:00am to 10:00pm

<http://www.greenpointveganrestaurant.com/>

CAFES AND BAKERIES

Jack's Cafe Cafe - \$

Think comfort food: hearty breakfasts (the best in town), soups, sandwiches and salads as well as some tasty main dishes. This is the place to come when you want something that reminds you of home.

*Calle Choquechaca 509
(084) 254-606
Daily: 7:30am to 11:30pm
<http://jackscafecusco.com/>*



El Hada Cafe - \$

Simply the best ice cream you can find in Cusco, possibly in Peru or anywhere. Artesanal flavors such as Madagascar Cinnamon or Orange Cardamom make this an experience your tastebuds won't soon forget.

*Qanchipata 596
(084) 254-102
Monday-Saturday: 11:00am to 8:00pm
http://www.elhada.com/#_=_*

Atelier Cafe Cafe - \$

One of the best places to sneak off to for a coffee or tea. Sit on one of the two small balconies in colonial San Blas and watch the world go by.

*Atoqsaycuchi 605A
(084) 248-333
Tuesday-Sunday: 10:30am to 7:00pm*

La Bondiet Cafe - \$

For a quick time out, a cup of coffee, and some of the best cakes in Cusco, La Bondiet is the place to go. Also offers light fare such as sandwiches.

*Heladeros 118
(084) 246-823*

Juanitos Cafe - \$

Best sandwiches and french fries in Cusco.

*Calle 7 Angelitos 638
(084) 255-343
Monday-Saturday: 11:00am to 10:00pm*

Macondo Cafe - \$

With its hip and trendy atmosphere, this cafe restaurant could be in New York City. Food is delicious and, although the menu is not large, it offers quite a bit of variety. There are only eight tables so reservations, at least for dinner, are essential. Enter by walking through an art gallery/shop that offers some interesting pieces you won't see elsewhere.

*Cuesta San Blas 571
(084) 227-887*

Cafe Morena Cafe - \$

Sandwiches, salads, pizzas, pastries and, of course, coffee, make this a great place for a quick stop to refuel. Added bonus of WiFi.

*Calle Plateros 348-B
(084) 437-832
Monday-Saturday: 9:30am to 10:00pm*

Deli Monasterio Bakery - \$\$

A good place for a quick bite such as a sandwich to go, made with their homemade bread. Yummy pastries and coffee drinks make this a great pick-me-up after touring around.

*Calle Palacio 135
(084) 604-000
Monday-Friday: 8:00am to 9:00pm; Saturday:
9:00am to 9:00pm; Sunday: 10:00am to 6:00pm
<http://www.belmond.com/hotel-monasterio-cusco/restaurants-in-cusco>*



Cicciolina Bakery - \$

Absolutely the best croissants in town, especially the ones filled with chocolate. Go early in the morning as they will sell out. Plus, the smell of the fresh baked breads and pastries is divine.

*Calle Triunfo N 393, 1st floor
(084) 239-510
www.cicciolinacuzco.com/*

El Buen Pastor Bakery - \$

A classic San Blas institution with sweet breads and empanadas.

Cuesta San Blas 579

MARKETS

San Pedro Market

The best place in Cusco to go to browse the fresh fruits and vegetables, get a fresh made juice, and look at the piles of cheese, breads and, not the last nor the least, pig heads. Mind your wallets just to be safe and be respectful of the vendors in terms of photo taking.

*Plazoleta San Pedro
Daily: 7:00am to 5:00pm*

The Sacred Valley

El Albergue Fine Dining - \$\$

Although the restaurant is right at the train tracks in Ollantaytambo, don't let that fool you. This is one of, if not the, best places for a tasty meal. Perfect for a tranquil lunch or dinner before taking the train to Machu Picchu.

Av Ferrocarril 1, Train Station, Ollantaytambo (084) 204-014

Daily: 5:00am to 10:00pm

<http://www.elalbergue.com/en/restaurant-cafe-ollantaytambo-hotel>

El Huacatay Fine Dining - \$\$\$

It comes as a pleasant surprise that tucked behind a wall in a very unassuming street is one of the finest restaurants in the Cusco/Sacred Valley region. Every dish is perfectly and delicately flavored— an absolute delight to the palate.

Jr. Arica 620, Urubamba - (084) 201-790

Monday-Saturday: 12:30pm to 10:00pm

<http://www.elhuacatay.com/>

Killa Wasi (Sol y Luna) Fine Dining - \$\$\$

Another fine dining experience in the Sacred Valley can be found at Killa Wasi, the restaurant of luxury hotel Sol y Luna. Like the hotel itself, the ambiance is relaxed but first class, with Peruvian fusion cuisine to match.

Fundo Huincho Lote A-5, Urubamba

(084) 201-620

Daily: 5:00am to 10:00am; 12:00pm to 3:00pm;

7:00pm to 10:00pm

<http://www.hotelsolyluna.com/en/solyluna#>

Kampu Asian/Pizza - \$\$

Another tucked away gem in Urubamba, Kampu's menu is small but every selection is excellent. You can choose pastas or pizzas but it's really known for the quality of its curries, with selections inspired from different regions of Asia.

Sagrario 342, Urubamba (974) 955-977

Thursday-Tuesday: 1:00pm to 9:00pm

Kaia Cafe - \$

Everything here is delicious from the healthy to not-as-healthy choices. Lots of vegetarian options. Conveniently located right across from Seminario Ceramic Studio. Great for families as there is a playground for children.

Berriozabal 111, Urubamba (084) 201-192

Tuesday-Sunday: 12:00pm to 9:00pm



Cerveceria del Valle Brewery

A craft brewery located in the Sacred Valley between Urubamba and Ollantaytambo offering unique flavors using locally sourced ingredients. Brewery tours and tastings on the weekends. From Cusco you can take private or public transport directly to Paradero Puente Pachar; the brewery is on the corner next to a small chapel.

Pachar (984) 553-892

Friday-Sunday: 2:00pm to 7:00pm

Machu Picchu

Indio Feliz French Peruvian Fusion - \$\$

If you're only going to one restaurant in Aguas Calientes, this is the place to go. They offer a prix-fixe option for a little over \$20 per person that includes an appetizer, main and dessert. There are lots of choices and they are all delicious with ample portions.

Calle Lloque Yupanqui 103

(084) 211-090

Daily: 12:00pm to 9:00pm

<http://www.indiofeliz.com/index-en.html>

Incontri del Pueblo Viejo Italian - \$\$

With the owner-chef being Italian, you can be assured of getting authentic cuisine here. Good for a light bite such as soups, salads or pizza as well as full meals. Also has some of the best wines you'll find in town.

Av. Pachacutec, 6th Block

(084) 211-072

Daily: 12:00pm to 10:00pm

Qunuq (Sumaq Hotel) Fine Dining - \$\$\$

This 5-star hotel's restaurant can hold its own amongst the best places in Lima. Reservations are essential and bear in mind that if the hotel is full it can be a bit noisy.

Av. Hermanos Ayar Mz 1 Lote 3

(084) 211-059

<http://www.machupicchuhotels-sumaq.com/sumaq-cuisine.php>

La Boulangerie de Paris Cafe - \$

As the owner actually is from Paris, the pastries here are a real treat. Sandwiches and other light fare make it a good stop for a quick snack. Great place to get a box lunch to take up to Machu Picchu (should be ordered the day before). Located just above where the buses leave for the archeological site.

Jr. Sinchi Roca

(084) 211-398

Daily: 5:00am to 9:00pm

Palate Bistro Cafe - \$

Surprisingly high quality cafe food, especially for a place located on the first floor of a backpacker hostel. Don't let that turn you off... the pizzas, salads and burgers are all first rate.

Calle Chaskatika 203

(084) 435-830

Daily: 1:00pm to 9:00pm

<http://www.supertrampostel.com/restaurant.php>



Crab dish at the Mucho Gusto fair in Piura

THE NORTH COAST



The North Coast

The north coast region of Peru packs a real punch when it comes to flavor, with fresh ceviches, seafood soups, slow-cooked goat and tender duck among the regional specialties.

Pre-Columbian and Spanish culinary traditions have permeated the cuisine of the north coast, which comprises the four regions of Tumbes, Piura, Lambayeque and La Libertad. Each of these coastal regions has distinct local dishes that are rarely found anywhere else in Peru, so culinary travelers always have something new to discover.

From 100 AD to the mid-1400s, the north coast of Peru was dominated by powerful civilizations such as the Moche and then the Chimú. These two related cultures left behind a wealth of archaeological sites and artifacts, including fine ceramics that detailed every aspect of their lives. In Moche ceramics particularly, we can see images of local ingredients still used today, including fish, shellfish, corn,

squash, tubers, peppers and beans.

From the 1470s onwards, the north coast saw the arrival of two powerful rivals in quick succession. First, the Inca Empire overthrew the Chimú Kingdom and its vast adobe capital, Chan Chan. Then, in 1528, Francisco Pizarro and his Spanish conquistadors began scouting the area from Tumbes down to Trujillo; not long after, they would begin the conquest of Peru in earnest. The culinary heritage of the pre-Columbian civilizations would ultimately mix with both Inca and Spanish traditions, creating a distinctly regional cuisine.

Ceviche is popular all along the north coast, whether in an upscale tourist restaurant in Máncora or a rustic *cevichería* in Piura. Keep an eye out for *ceviche de conchas negras*, a unique ceviche made with black shellfish found only in the mangrove areas of Tumbes. Then there's the *chinguirito*, a ceviche made using dried pacific guitarfish and found only in the Lambayeque Region. Other classic north coast seafood dishes include *sudado de pescado* (a steamed

fish stew), *jalea mixta* (a heaped pile of breaded seafood, typical of Chiclayo), and *tortilla de raya* (a type of dried ray omelet that dates back to pre-Columbian times).

Goat, particularly kid (*cabrito*), is typical of the north coast and is found in popular dishes such as *seco de cabrito* (kid cooked in *chicha de jora*, a type of corn beer). Duck is also common in Chiclayo and Trujillo, especially *arroz con pato*, a dish of duck cooked in black beer and served with rice. In Piura, there's *seco de chabelo*, a dish of partially African origin that consists of mashed green plantain, beef or pork, and *chicha de jora*. The meat, wheat and bean soup *shámbar* is famous throughout Trujillo, as is *sopa teóloga* (literally "theologian soup"), a soup of chicken or turkey, bread, vegetables and various local herbs and spices.

The north coast's most famous sweet concoction is the *alfajor*, which consists of floury, buttery cookies stuck together with sweet, sticky fillings. The most

"Caballitos de totora" - reed fishing vessels in the seaside town of Huanchaco

famous version is Lambayeque's impressive King Kong, a big flaky pastry block full of *manjar blanco* (*dulce de leche*), dried fruits and sweet pineapple.



Trujillo

RESTAURANTS



Fiesta Restaurant Gourmet Norteño - \$\$

Héctor Solís is the founder of the Fiesta restaurant group with branches in Lima, Chiclayo, Trujillo and Tacna. Solís has been credited with bringing *norteño* cuisine into the realm of the gourmet and is known for his belief that ceviche is not merely a Peruvian dish but a style of preparation. At Fiesta you will find a generous offering of *norteño* specialties from succulent duck over rice to the seafood dish, *mero murique* (grouper) flambé. The variety of flavors and fresh, regional ingredients make Fiesta the most highly recommended dining option in both Trujillo and Chiclayo.

Av. Larco 954, Vista Alegre. Trujillo
(044) 421-572
Salaverry 1820, Chiclayo
(074) 201-970
Monday-Saturday: 10:00am to 10:00pm
<http://www.restaurantfiestagourmet.com.html>

Squalo's Criollo - \$\$

Specializing in *criollo* seafood classics like ceviche and rice with mariscos, Squalo's is a bustling lunch spot in the center of Trujillo. The menu is huge and includes a vast array of other choices, including a surprisingly large wine list.

Díaz de Cienfuegos #250, Urb. La Merced,
Trujillo - (044) 295-134 Daily: 12:00pm to
5:00pm
<http://www.squalosseafoodrestaurant.com/>

Mochica Norteño - \$\$

As you can see by the website, this restaurant started out in Huanchaco and you can visit it there as well if you're in the neighborhood. Known for its delicious regional food cooked from recipes passed down for generations.

Bolívar 462 (044) 293-441
<http://www.elmochica.com.pe/>

Restaurant Demarco Italian - \$\$

This Italian café and bistro serves a variety of pizzas and pastas. Reviews about the quality of the food and service are mixed, so keep this in mind if you decide to eat here.

Pizarro 725 (044) 234-251
Daily: 8:00am to 12:00am
<http://www.demarcoperu.com/>

Chelsea Norteño - \$\$

If you're looking for a night out, this is one of the better choices in town as you can try a wide variety of regional food in the restaurant area and then follow it up by dancing in the bar/club. Housed in a historic mansion.

Jr. Estete N 675
(044) 257-032
Daily: 11:45am to 4:45pm and 7:00pm to
3:30am

Las Bóvedas Regional / International - \$\$

Located in the Hotel Libertador, Las Bóvedas serves regional and international dishes prepared with local ingredients, like their house specialty, Shambar, a rich stew traditionally served on Mondays in Trujillo. If you're in town at the weekend, try their brunch.

Jr. Independencia 485, Plaza de Armas
(044) 232-741
<http://www.libertador.com.pe/libertador/trujillo/gastronomia>

Huanchaco

Big Ben Seafood - \$\$

Although there is more than seafood on the menu, that's why you want to come here. With a view of the sea from your table, there's no better way to taste its fruits.

Avenida Victor Larco 1184. Urb. El Boquerón
(044) 461-378 / (044) 461-869 Daily:
11:30am to 5:30pm
<http://www.bigbenhuanchaco.com/>

Huanchaco Beach Club Seafood- \$\$

Sit upstairs to enjoy the sea breeze and the ocean view, not to mention the excellent seafood. Wash it down with a refreshing beer or frozen lemonade.

Avenida Victor Larco 800
(044) 461-484
Daily: 12:00pm to 5:00pm
<http://www.huanchacobeach.pe/>

Chiclayo

Vichayo Norteño - \$\$

For a fusion of flavors and dishes with a Chiclayano twist, Vichayo may be a good option if you want to try a more unique taste of Norteño cuisine.

Los Alamos 230 Urb. Santa Victoria
Daily: 12:30pm to 4:30pm; Thursday-Saturday:
8:00pm to 12:30am

El Huaralino Criollo - \$\$

Old-school ambiance serving up *criollo* seafood and international dishes prepared in the traditional Chiclayano style.

Avenida La Libertad 155, Urb. Santa Victoria
(074) 270-330
Monday-Saturday: 12:00pm to 5:00pm and
7:30pm to 10:30pm; Sunday 12:00pm to
5:00pm

Mercado Modelo Market

Covering several blocks, this local market is a great place to pick up local fruits, chocolate and other items. This is also where traditional shamans will come to pick up their wares. Be aware of pickpockets!

Arica btwn Balta & Cugilevan
Monday-Saturday: 7:00am to 8:00 pm; Sunday:
7:00am to 2:00pm

Mancora

Sirena Cafe Bar Seafood - \$\$

Same owner as La Sirena de Juan, go here for great food including some lighter fare. Known for the quality of the drinks and the lively atmosphere including occasional live music.

Av. Piura 336
(073) 411-625

Ganaha Sushi - \$\$

Japanese-Peruvian cuisine with sushi being the house specialty.

Av. Piura 229
(981) 308-211

El Aji International - \$\$

Large portions of a variety of international style cuisine but with a specialty of Mexican (Tex-Mex). Try the lomo saltado fajitas- a nice switch from the typical restaurant here which is more seafood focused.

Av. Piura interior
(998) 488-325

Angela's Place Vegetarian - \$\$

Great place for vegetarian and vegan options. Fruits and veg are sanitized so it's a safe place to offer a nice big salad if you've been holding off.

Av. Piura 396
(073) 411 396

La Sirena de Juan Seafood - \$\$

Seafood and so much more, this is a great gourmet option in a town full of much more low-brow eateries. Some Mediterranean and Asian influences.

Av. Piura 316
(073) 258-173

Closed Wednesday and Sunday



KiChic Vegetarian / Seafood - \$\$\$

The theme is healthy food here, as the restaurant is at a hotel that focuses on wellness. They have separate vegetarian and seafood kitchens and ingredients are sourced to be as fresh and local as possible. The ambiance is lovely and tranquil, like taking a step into Asia on the beach in Peru.

Panamericana Norte Km. 1213
(073) 411-518
Daily: 12:30pm to 3:00pm and 7:00pm to 9:30pm
<http://www.kichic.com/restaurant/>

Arennas Peruvian Fusion - \$\$

The restaurant at the Arennas hotel is a pleasant surprise. You would expect the delicious Peruvian fusion cuisine combined with the friendly and attentive service to come at a much higher price tag.

Panamericana Norte Km. 1213
(073) 283-800
Daily: Breakfast, Lunch and Dinner (But food is available in between as well)
<http://www.arennasmancora.com/en/discover/restaurant/>

Piura

Capuccino Gourmet - \$\$

A good quality upscale restaurant in Piura, with reasonable pricing.

Tacna 786, Piura
(073) 307-950
Open Monday to Thursday from 6.30am to 11.30pm; Fridays and Saturdays from 6.30am to 1.15pm; Sundays from 6.30am to 5pm.
<http://www.capuccino-piura.com/>

El Nuevo Ajcico Ceviche - \$\$

Best *cevichería* in town, very popular with locals. Rustic and natural environment.

Urb. La Providencia, Av. Las Gardenias Mz.B Lt.5, Piura
(073) 331-290
<http://www.elnuevoajcico.pe/>

Chifa Canton Chifa - \$\$

Although Piura isn't renowned for it, this is a great option for chifa with an ample menu.

Calle Tacna 119, Piura
(073) 328-585

Tumbes

Eduardo El Brujo Seafood - \$\$\$

A bit pricey but some of the best fresh seafood that you can find in Northern Peru.

Calle Bolognesi and Malecon Benavides
(972) 678-640
<http://www.eduardoelbrujo.com/>

Grape cultivation
at Las Viñas
Queirolo in Ica

AREQUIPA & THE SOUTH COAST



Arequipa & the South Coast

Dry deserts and dusty highways don't bode well for fine cuisine, but you'll be pleasantly surprised by the food and drink along Peru's south coast.

Despite possessing some of the driest deserts in the world, civilizations along this coastal strip have long been fed by both the sea and by fertile river valleys descending from the Andes. Pre-Columbian civilizations such as the Paracas and Nazca cultures flourished here from 100 BC to 800 AD, adapting the barren environment with irrigation systems, intelligent water management and underground aqueducts.

Today, the coastal regions south of Lima – Ica, Arequipa, Moquegua and Tacna – produce a range of distinct dishes, many of which fall under the broad label of *cocina criolla*, or Peruvian creole food. This style of cuisine is a mix of pre-Columbian, Spanish and Afro-Peruvian influences. A classic example of this cultural mix is the coastal *carapulcra*, a dried potato and meat stew that began with the Incas and was adapted by both Spanish colonists

and African slaves, becoming a spicier, more flavorful version of its former self.

Afro-Peruvian culture is especially pronounced in the north of the Ica Region, particularly in the city of Chincha, where African influences are easy to see in the folk culture, art, music and food. Each year in February, Chincha hosts the Verano Negro ("Black Summer") festival, the biggest celebration of Afro-Peruvian culture in Peru. Classic African-influenced dishes found in Chincha include *bufo chinchano* – a robust mix of cow lungs and liver with vegetables and spices – and a sesame-sprinkled black bean and condensed milk dessert called *frejol colado*. Beans are common all along the south coast. Pallar beans, otherwise known as lima beans or butter beans, feature in two regional staples: *picante de pallares* (beans cooked in *ají verde*, garlic and other herbs and spices) and *morusa* (a pallar bean puree served with pork or beef).

The sparse stretch of coast immediately below Ica lies in the Arequipa Region – a region dominated by the inland city of Arequipa. The cuisine of notable

coastal towns in the region, such as Camaná and Mollendo, is largely based around seafood and the catch of the day, so expect anything from ceviche to steamed razor clams.

The city of Arequipa itself is something of an anomaly, being half way between the coast and the heights of the Andes, and possessing an independent streak that has some *arequipeños* dreaming of independence from the rest of Peru. Typical dishes from the Arequipa region include *ají de lacayote* (made using a local variety of squash) and *adobo arequipeño* (a juicy dish of pork, rocoto, chicha de jora and red onions). Arequipa's spicy *rocoto relleno* (stuffed rocoto pepper), meanwhile, is distinct from its Cusco counterpart, while the city is also famous for *chupe de camarones*, made from fresh river shrimp. Many of these dishes can be found in one of the city's *picanterías*, which are always busy with locals and serve enormous portions.

Below Arequipa are the two southernmost regions of Peru, Moquegua and Tacna, the

latter sharing a border with Chile. Tacna is famous for its *adobo tacneño*, which consists of chunks of pork marinated in garlic, *ají panca*, vinegar, cumin and *palillo* (turmeric). Moquegua, meanwhile, proudly presents its traditional *cacharrada*, a collection of bovine internal organs – including heart, liver, gizzard and testicles. Tripe is also popular in Moquegua and Tacna, with both regions possessing their own type of *patasca*, a tripe-based broth that's also eaten in the highlands.

Beyond food, there is one thing that all of the above regions have in common: pisco. Peru's iconic grape brandy is produced in the coastal vineyards of Lima, Ica, Arequipa, Moquegua and Tacna. Home to the city of Pisco itself, the Ica region is arguably the most famous grape-growing and pisco-producing region in the world. While the so-called "Pisco Route" has now been expanded to include the entire south coast, the traditional tour was largely contained within Ica, stopping off at the region's most historic bodegas and haciendas, some of which have been in operation for more than a century.

Rocoto chilli peppers at La Nueva Palomino picanteria in Arequipa



Pisco - The Spirit of Peru

Quick Facts

Pisco is a spirit made using a particular process based on a traditional method that uses Peruvian grapes.

Pisco is a Quechua word that means "Bird" and is also the name of a port in the south of Peru famous for its ceramics.

Distillation Process

To make pisco, the fresh juice of Peruvian grapes is firstly fermented in tanks before being distilled in copper alembics. The first yield during distillation is called "the head", which is discarded due to its toxicity.

As soon as the desired alcohol level is achieved, the body of the spirit can be obtained. "The tail" emerges after the content of alcohol drops below the desired level. This is also discarded due to its toxicity and high water level content.

After distillation, the alcohol percentage is between 38 and 45% ABV. No dilution is involved. Upon completion, the extracted distillate is transferred into stainless steel tanks for as little as 2 months, although more typically it sits for a year or more. The flavor of the distillate remains crisp and clean, avoiding any changes to the flavor profile that would be associated with wood barrel aging.

D.O. Pisco

The use of the name pisco is regulated by the organizations *Indecopi* and the *Consejo Regulador Denominación de Origen Pisco*.

Pisco Grape Varieties:

Aromatic grapes: Italia, Torontel, Albilla and Moscatel.

Non-aromatic grapes: Quebranta, Uvina, Negra Criolla and Mollar.

Regions of Peru where Pisco grapes are most commonly cultivated:

The Valleys of Lima, Ica, Arequipa, Moquegua and Tacna.

Pisco Categories:

Puro: Made from just one authorized grape. You will find the name of the grape on the label.

Acholado: A blend of at least 2 authorized grapes.

Mosto Verde: The distillation of an incompletely fermented juice.

Common Aromas found in Pisco:

Apple, mango, raisin, olive, jasmine, orange blossom, lavender, lemon, orange and lime.

Culinary Experiences

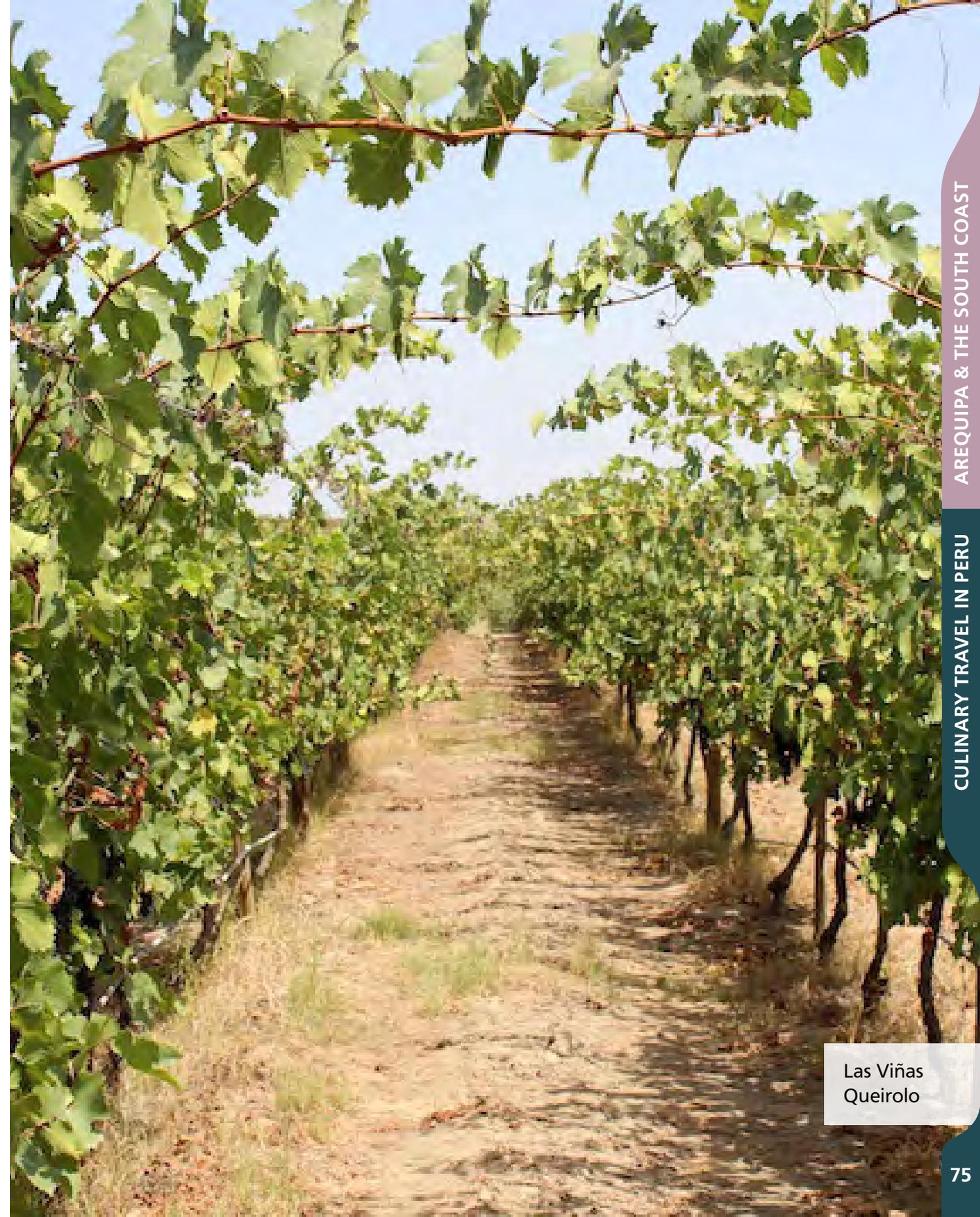
“On the Grapevine” © - The Pisco Route

Enjoy the perfect introduction to Peruvian pisco and wine on a half-day tour, leading you to a selection of different vineyards and distilleries. From a modern and impressive distillation facility to a classic and cozy vineyard, sip your way to a better understanding of fine Peruvian wine and spirits.

Begin your vineyard tour at the brand-new Pisco Portón distillery. Situated on the grounds of the oldest working distillery in the Americas, Hacienda La Caravedo dating back to 1684, Portón seeks to embrace and integrate its traditional, centuries-old methods with its new, sleek and modern facilities. Follow your guide through the pristine distillery, learning about the complicated and centuries-old processes used to create this unique product and enjoying a sampling of Portón’s pisco varieties in the stylish tasting room.



A short transfer by private car delivers you to the humble and classic yet equally impressive Las Viñas Queirolo, a boutique hotel and small onsite production facility tucked away amongst the vineyards of Santiago Queirolo. Stroll past that year’s Merlots, Cabernet Sauvignons, and other grapes waiting to be harvested as your guide briefs you on the history of the vineyard, the differences in the types of grapes being grown, appropriate harvest times, and more. Arrive at a nearby mirador (vantage point) situated on a hill overlooking a nearly endless expanse of grapes, contrasting beautifully with the bright blue sky. Enjoy a toast (at sunset) and the opportunity to admire the panoramic views of Peru’s wine producing region before retreating to the small boutique hotel in the beautiful white colonial-style hacienda tucked away amongst the vines or to your accommodation in Paracas.



Las Viñas Queirolo

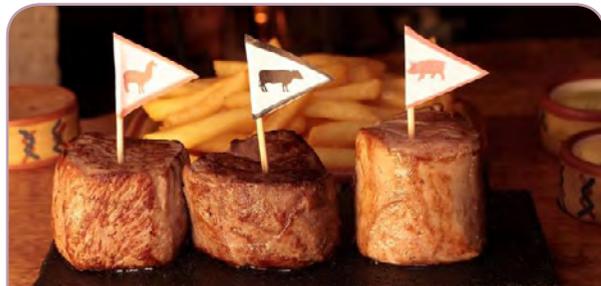
Arequipa

RESTAURANTS

Chicha Fine Dining - \$\$\$

It's tough to go wrong with a menu inspired by Peru's most noted chef, Gaston Acurio. Featuring traditional favorites as well as new takes on Peruvian cuisine using fresh local ingredients, Chicha is a sure bet for fine dining in Arequipa.

Santa Catalina 210
(054) 287-360
Daily: 12:00pm to 11:00pm
<http://www.chicha.com.pe/>



ZigZag Fine Dining - \$\$\$

The fusion of Swiss and Peruvian influence is a winner here, with everything from the main courses, to the desserts and on to the wine lists combining to provide an unforgettable experience. Note the staircase designed by French architect, Gustave Alexandre Eiffel.

Zela 210 - (054) 206-020
Daily: 12:00pm to 12:00pm
<http://www.zigzagrestaurant.com/eng/restaurant.html>

Trattoria del Monasterio Fine Dining - \$\$

Delicious Italian with *Arequipeño* influences and Andean ingredients make this a special night out. Great setting in the monastery grounds.

Santa Catalina 309 (054) 204-062
Monday - Saturday: 12:00pm to 4:00pm and 7:00pm to 11:00pm; Sunday: 12:00pm to 4:00pm
<http://www.latrattoriadelmonasterio.com/>

Paladar 1900 Fine Dining - \$\$

Peruvian fusion with international flair make this a more interesting fine dining option than many. Great choice if you want to try some different wines and/or piscos.

Calle San Francisco 227 (054) 226-295
Monday - Saturday: 11:00am to 12:15am; Sunday: 12:00pm to 8:00pm
<http://paladar1900.com.pe/>

Salamanto Fine Dining - \$\$\$

One of the best fine dining experiences that Arequipa has to offer, from the perfectly flavored dishes to the exquisite presentation. An extensive wine list including some organic choices.

León XIII, H-11 Cayma (054) 340-607
Monday - Saturday: 7:00pm to 12:00am
<http://www.salamanto.com>

Qaya Fine Dining - \$\$

A great take on Peruvian favorites, with an ambiance that sets the perfect mood.

Calle Ugarte 207 (054) 235-687
Tuesday-Saturday: 12:00pm to 4:00pm and 6:30pm to 10:30pm; Sunday: 12:00pm to 4:00pm
<http://www.qaya.pe/>

PICANTERIAS

La Capitana Traditional - \$

You can't really say you've tried Peruvian food without going to a picanteria. Arequipa is the ideal place in the country to visit one of these traditional restaurants and La Capitana is one of the best.

Calle Los Arces 209, Yanahuara
Daily: 8:00am to 12:00am

Cau Cau Traditional - \$

Cau Cau has three branches, including one in Yanahuara where several other picanterias can be found. With more than 50 years in the business, it's a great place to try the traditional favorites of the area.

Avenida Progreso 319, Huaranguillo
(054) 449-898
Daily: 11:00am to 6:00pm

Mundial Traditional - \$

More than 95 years serving huge portions of delicious *Arequipeño* food ensures that you will get the best the area has to offer.

Calle Lucas Poblete 211
(054) 232-040
Daily: 11:00am to 5:30pm

<http://picanteriamundial.com.pe/>

Sol de Mayo Modern - \$

After close to a century serving some of Arequipa's best typical food, the restaurant has become so known it's a bit touristy. The food is great though and the ambiance is lovely, with a beautiful garden setting.

Calle Jerusalem 207, Yanahuara
(054) 254-148
Daily: 11:00am to 6:00pm
<http://www.restaurantsoldemayo.com/>



La Nueva Palomino Modern - \$

Considered by many locals to be the best of Arequipa's picanterias, although a little touristy. It can get a bit loud on the weekends but this is the place to go for local flavor in both food and ambiance.

Pasaje Leoncio Prado 122, Yanahuara
(054) 252-393
Daily: 11:00am to 5:30pm

Tipika Modern - \$

Good typical traditional food in a traditional setting with a lovely outdoor terrace. If you have small children, this is a great place to try as they have an outdoor playground to keep them from getting bored.

Calle Luna Pizarro 407, Vallecito
<http://www.tipika.com.pe/>

Nuestra Picantería Modern - \$

A welcome addition to the world of the picanteria in Arequipa with great tasting food and perhaps more attention to detail than the old-school options.

Calle Málaga Grenet D-4 Urb. Magisterial, Umacollo
(054) 484-685

CAFES AND CHOCOLATE

Crepisimo Crepes - \$

From the same people who have Zig Zag, one of the most noted gourmet restaurants in Arequipa, comes Crepismo. Relaxed atmosphere with high quality food including more than 100 types of crepes - both sweet and savory, sandwiches, salads, juices and cocktails.

Calle Santa Catalina 208
(054) 206-620
Daily: 8:00am to 12:00am
<http://www.crepisimo.com/>

La Despensa Cafe - \$

A European-style cafe. Pastas, sandwiches, quiche, pastries, coffee, and more

Santa Catalina 302
(054) 222104
Daily: 10:00am to 8:00pm

Iberica Chocolate - \$

Probably the best chocolate commercially produced in Peru, a gift from here makes an excellent present to take home with you or to enjoy yourself and remember your trip to Peru.

Jerusalen 136
(054) 218-842
<http://www.laiberica.com.pe/>



Chaqchao Chocolates, Cafe / Bar - \$

Whether you go for the chocolates, the coffee, the craft beer, the homemade ice cream or the desserts, you won't be disappointed.

Santa Catalina 204, 2nd Floor
(054) 234-572
Daily: 11:00am to 9:00pm

Chaqchao Organic Chocolates

Chocolate Workshop

Learn about the history of chocolate, how it's processed and even how to make your own. It's the perfect place for a workshop as anyone in your group who's not interested can just relax in the cafe and enjoy the delicious goodies there.

Santa Catalina 204, 2nd Floor
(054) 234-572
Daily: 11:00am to 9:00pm

CASUAL RESTAURANTS

El Garage Sandwiches/Salchipapas - \$

Great option for a quick and low-cost meal with delicious sandwiches, salchipapas (sausage and french fries) and more.

Urb. Quinta Tristan LL - 10, Jose Luis Bustamante and Rivero
(054) 429-881
Monday - Saturday: 12:00pm to 3:00pm and 6:00pm to 11:00pm

Peruita Pizza - \$

Pasta and Italian style pizza in a low-key setting. Good for getting your fix and having a change from the regional cuisine.

Palacio Viejo 321 A
(054) 212-621
Daily: 1:00pm to 3:00pm; 5:30pm to 10:00pm

BARS

Museo del Pisco Bar - \$\$

If you want to learn more about Peru's national liquor, pisco, this is one of the best places to go. Not only does the bar stock a huge variety of labels, unlike most places, a pisco tasting is available at any time without prior reservation. Lots of pisco cocktails to sample and the kitchen offers several different tapas to keep your appetite sated. Also holds pisco cocktail making classes.

Moral St. 229
(054) 281-583
Daily: 11:00am to 1:00am
<http://museodelpisco.org/>

La Casona del Pisco Bar - \$\$

With the excellent pisco and perfect atmosphere for enjoying it, this is a great place to just sit and enjoy good company and cocktails. It's also a restaurant serving fine cuisine so you can come here for drinks before or after dinner or actually just stay here for the whole evening.

San Francisco 319
(054) 231809
Daily: 12:00pm to 12:00am
<http://casonadelpisco.com/>

The South Coast

RESTAURANTS

El Piloto Seafood Criollo - \$\$

With more than 40 years in the business, the original El Piloto offers gigantic portions of Peruvian standard dishes, and delicious yucitas fritas. Best known for dishes with *camarones* (crayfish).

Av. 28 de Julio 216 (Antigua Panamericana Sur Km.138), Cañete
284-4114

<https://www.facebook.com/RestaurantElPiloto>

Restaurante Paracas Peruvian/Seafood - \$\$

A huge menu of typical Peruvian dishes with a heavy emphasis on seafood, although there are plenty of beef, chicken and even vegetarian options. Also features some dishes especially for children.

Av. Paracas al ingreso del Muelle, El Chaco, Paracas
(056) 535138

Daily: 11:00am to 11:00pm

<http://restaurantparacas.com/>

Restaurante Olla de Juanita Peruvian - \$\$

Huge portions, delicious Peruvian favorites and reasonable prices make this a popular place for travelers and Peruvians alike. Perfectly located for a lunch stop in between visiting wineries.

Fundo Tres Esquinas 121, Subtanjalla, Ica
(056) 403-317

Daily: 11:00am to 5:00pm

www.facebook.com/LaOllaDeJuanita

PISCO AND VINEYARDS

Viñas del Oro

Tour the vineyard and find out more about Peru's national liquor, pisco. You'll learn how it's made and get to taste some different varieties. Visit the bar and try some of the delicious cocktails that are made with pisco.

Carretera Panamericana Sur Km. 213 Lote Canoa, Chincha

(01) 706-2241

Monday-Friday: 9:00am to 1:00pm and 2:00pm to 5:00pm; Saturday: 9:00am to 12:00pm

<http://www.piscovinasdeoro.com.pe/content/home.php>

Hotel Viñas Queirolo Vineyard - \$\$\$

Although you can tour the winery without staying at the hotel, if you are a lover of the grape, it's hard to do better than to wake up in the midst of 400 hectares of vineyards. Queirolo has been around since 1880 and, while once known for its piscos, it is now making a name for itself in the world of wine, with its label Intipalka which is gaining international recognition.

Carretera a Los Molinos Km. 11, Ica
(01) 205-7170

<http://www.hotelvinasqueirolo.com/>



Hacienda La Caravedo Pisco Distillery

If you're going to visit one pisco distillery, this should be it. Established in 1641, it is the oldest distillery, not just in Peru, but in all the Americas. The number one pisco exported from Peru, Pisco Porton was developed by Master Distiller Johnny Schuler, known as one of, if not the, world's foremost pisco experts.

Km 291, Panamericana Sur

Tours: (01) 711-7800

<http://www.piscoporton.com>



THE AMAZON RAINFOREST



The Amazon

The Peruvian Amazon opens up a whole new world of food, with its rivers and jungles supplying an amazing array of fruit, fish and meat.

Take a stroll through any traditional jungle market and you'll soon see the wealth of unfamiliar and exotic produce on offer. There are roasted ants and giant freshwater fish, leaf-wrapped oddities and a seemingly endless selection of fruits. All of these wait to be discovered by adventurous travelers who venture into this fascinating part of Peru.

The Peruvian Amazon has never been an easy place to settle or to live. By the late-1400s, the Inca Empire controlled a huge swathe of territory along the Andean range and the Pacific coast to the west. East of the Andes, however, was a different challenge entirely. With the exception of a few brave explorers, the Incas rarely tried to penetrate the depths of the Amazon, a land they saw as unruly and savage. They traded with jungle tribes – and sometimes used their archers in battle – but permanent Inca settlements in the *selva baja*, or low jungle, were rare.

Today, three major cities lie in the *selva baja*: Puerto Maldonado in the far south, Pucallpa in the center, and Iquitos in the north. These three river ports have colorful histories, often involving exploration, cultural clashes, rubber booms and illegal activities. Further to the west, as the jungle begins to rise into the foothills of the Andes, lies the strip of *selva alta*, or high jungle, with cities such as Moyobamba, Tarapoto and Tingo Maria. This upland jungle region is more suitable for agriculture, and is known for coffee, cacao and coca.

Some classic dishes are found throughout the Peruvian Amazon, none more emblematic than *tacacho con cecina*. The flat, reddish slabs of *cecina* – a type of dried and cured pork – are served with balls of *tacacho*, made from mashed green plantain flavored with pork fat. This classic combination is sold in both upscale restaurants and simple street grills, often with very little difference apart from the price. Most grills in the jungle also sell Peruvian-style chorizo sausage – and chicken feet. In cities like Tarapoto, you can pull up a seat at the grill, order a beer from the bodega next door, and sit and watch the mototaxis stream by

as you eat *tacacho*, the smells of the grill drifting down the road along with the sounds of traffic and cumbia music.

Another common sight in the jungle is the *bijao* leaf, or, more specifically, food wrapped inside a *bijao* leaf. These dishes include the popular *juane*, a leaf-wrapped parcel of spiced rice containing meat (normally chicken), olives and a hard-boiled egg. Regional versions of the standard *juane* include the *juane de chonta* (heart of palm), *nina juane* (an egg-based soupy mix) and *avispa juane* (with ground pork). *Bijao* leaves are also used to cook another famous jungle dish called *patarashca*, which normally consists of fish wrapped in a *bijao* leaf and cooked over charcoal. *Patarashcas* are also made using meats as varied as shrimp, mountain *paca* (a jungle rodent) and jungle grubs.

Like ants, these fat grubs, known as *suri*, are standard snacks in the Amazon. You can find both – alive or roasted – in traditional jungle markets. The vast Belen Market in Iquitos is one of the largest and most interesting in Peru. The sights, sounds and smells of Belen are ever changing as you wind your way through the maze of stalls, the light shifting beneath the colorful tarpaulins. Here you'll find

women selling jungle aphrodisiacs and potions for every possible affliction, and men hawking everything from cigars to jaguar pelts. Other sections are home to aproned vendors selling herbs and spices, or plastic buckets full of live turtles or snails, all destined for the pot.

Unsurprisingly, Amazon markets like the one in Belen are also brimming with fish, some fresh and others salted and dried. *Paiche* deserves particular attention; the second largest fresh water fish in the world, *paiche* is a meaty and tasty fish that can reach lengths of up to 15 feet. The *doncella* catfish is another excellent jungle catch. If you think ceviche is only worth ordering on the coast of Peru, the *paiche* and *doncella* ceviches in Iquitos might make you think again.

As for the fruits of the Peruvian Amazon, well, the list goes on and on. There's *camu camu* with its exceptionally high vitamin C content. Then there's *aguaje*, a fruit supposed to help renew and reshape the female body. Other fruits include *guarana*, *huasaí* (*açaí*), *cocona*, *arazá* and *carambola* (star fruit), some of which have reached the global market, while others remain largely unknown outside the Amazon basin. See pages 92 and 93 for a guide to tropical fruit.

The Pacaya Samiria River

Culinary Experiences

“Appetizing Amazon” © - Cocktail Demonstration and Amazonian meal in Lima

Enjoy an exotic culinary experience at ámaZ restaurant in Lima. The Amazon Rainforest is one of the natural wonders of the world, containing 10% of the world’s biodiversity. Not only is the wildlife diverse, but the people inhabiting the rainforest are as well. There are over 50 ethnic groups in the Peruvian Amazon, the second largest expanse of tropical forest in the world, and each of these groups has their own way of incorporating the rich products of the rainforest into their

cuisine. Chef Pedro Miguel Schiaffino has taken it upon himself to connect with these people and conceptualize their Amazon cuisine, which he showcases in his popular Miraflores restaurant, ámaZ.

Upon arrival, you will take a seat at the bar where the bartender will skillfully prepare two colorful cocktails as he elaborates on the diverse ingredients and preparation of the drinks. Learn about the exotic fruits from the Amazon, such as *tumbo*, *camu camu* and *carambola*. To accompany your cocktails, you will be treated to a few delectable appetizers before sitting down at your table to enjoy an exceptional meal prepared with the varied and sumptuous products that the Amazon has to offer.



A cocktail made from camu camu at ámaZ restaurant

Iquitos

RESTAURANTS

Al Frio y al Fuego Peruvian - \$\$\$

While the food is great and offers a wide variety of traditional favorites, what really makes this restaurant stand out is its location on its own floating platform in the river which diners are transported to and from by the restaurant's own boat. Also features a pool where you can enjoy a refreshing cocktail and take a quick dip to cool off.

Av La Marina N 134-B, Iquitos
965-607-474

Monday-Saturday: 12:00pm to 11:00pm;
Sunday: 12:00pm to 5:30pm
<http://www.alfrioyalfuego.com/>

Amazon Bistro French - \$\$

There are plenty of reasons to stop by here, not the least of which is the setting in a restored mansion from the heyday of the rubber boom and the fact that it's open to the wee hours. But the food is fab as well and ranges from light bistro fare to full-on dinners such as chateaubriand.

Malecón Tarapacá 268, Iquitos
(065) 600-785

Monday-Thursday: 6:00am to 1:00am; Friday-Saturday 6:00am to 2:00am; Sunday: 8:00am-3:00 am

Karma Cafe Cafe - \$\$

A funky laid-back atmosphere and a mix of international fare and stand-bys such as sandwiches, burgers and salads make this a good place to get a bite and converse with other travelers. Vegetarian options as well.

Calle Napo 138 (065) 600-576
Daily: 12:30pm to 12:30am

LUXURY CRUISES



Delfin Amazon Cruises Gourmet - \$\$\$

There's no doubt that one of the best ways to experience the Amazon is by boat. With Delfin Amazon cruises, that once in a lifetime experience will only be enhanced by the quality of the gourmet cuisine using the freshest local ingredients available.

Av. Abelardo Quiñones Km. 5, Nauta
(065) 262-721 / (065) 262-713
Monday-Friday: 8:15am to 5:30pm
<http://www.delfinamazoncruises.com/>



Aqua Expeditions Gourmet - \$\$\$

Aqua Expeditions' dining experience goes above and beyond any aficionado of gourmet cuisine with menus developed by their world famous executive chef, Pedro Miguel Schiaffino.

U.S. & Canada: +1 866 603 3687
<http://www.aquaexpeditions.com/>

Belén market.

Market

Always noisy, colorful and full of life, Belén market is a fabulous place not only to see all the local produce that the jungle has to offer but also to get a feel for daily life here. It can be a place for pickpockets, however, so stow your money away carefully. Best in the early morning from around 7am.

On the river, a few blocks from the Plaza de Armas, Iquitos.
Daily from 7:00am

Puerto Maldonado

Gustitos del Cura Cafe / Ice Cream - \$

Whether you go for a yummy light meal or the delicious dessert options, you'll be happy to know that the profits go to support a home for children who are at-risk.

Loreto 258, Plaza de Armas
(082) 571-055

Monday-Tuesday and Thursday-Sunday:
11:00am to 10:00pm

Burgos's Restaurante Peruvian - \$

Great choice for trying local style cuisine. Known for its huge portions and large variety of vegetarian options.

Av. 26 de Diciembre 195
(082) 502-373

Daily: 10:00am to 10:00pm

Words and Phrases to Know

A table for (1, 2, 3, 4) please – **Una mesa para (uno/dos/tres/cuatro) por favor**

Another, please – **otro, por favor**

Enjoy your meal – **Buen provecho!**

I like my steak rare – **Quisiera la carne casi cruda / a la inglesa**

Medium – **termino medio**

Well done – **bien cocido**

Is the tip included – **Incluye la propina?**

It's delicious – **Esta rico!**

Please – **por favor**

That's all – **Eso es todo.**

The menu, please – **La carta, por favor**

The check, please – **La cuenta, por favor**

The wine list, please – **La carta de vinos / la lista de vinos, por favor**

To get the waiter's attention – **Señor!**

To get the waitress' attention – **Señorita! Señora!**

To your health, cheers – **Salud!**

Where is the bathroom? – **¿Donde estan los servicios?**

Appetizer – **Entrada**

Beef – **Carne**

Beer – **Cerveza**

Bread – **Pan**

Breakfast – **Desayuno**

Butter – **mantequilla**

Chair – **silla**

Cheese – **queso**

Chicken – **pollo**

Coffee – **café**

Cold (as in cold drink) – **helado**

Cutlery – **Cubiertos**

Dessert – **postre**

Dinner – **Cena**

Drink – **bebida**

Fork – **tenedor**

Ice Cubes – **hielo**

Knife – **cuchillo**

Lunch – **almuerzo**

Main dish – **plato principal or fondo**

Milk – **leche**

Napkin – **servilleta**

Pepper – **pimienta (pimienta negra – black pepper)**

Rice – **arroz**

Pork – **cerdo**

Room temperature – **al tiempo**

Salad – **ensalada**

Salt – **sal**

Soup – **sopa**

Spicy – **picante (aji/rocoto – spicy peppers)**

Spoon – **cuchara**

Sugar – **azucar**

Table – **mesa**

Tea – **té**

Tip – **propina**

Vegan – **vegano**

Vegetables – **verduras**

Vegetarian – **vegetariano**

Wine – **Vino** (bottle – **botella**, cup – **vaso**)

Cooking Terms

Grilled – **A la parrilla**

Roasted – **Al horno**

Skewers – **Brocheta**

Deep fried – **Chactado**

Battered and deep fried – **Chicharron de**

Fried – **Frito**

Breaded and fried – **Milanesa**

Stuffed – **Relleno**



Fish vendor at San Isidro Market in Lima

Guide to Tropical Fruit

Blessed with extreme biodiversity and the three vastly different climate zones of the coast, highlands, and jungle, Peru is home to a myriad of fruits, some native, others exotic and rarely known in other regions of the world. A visit to any Peruvian market is the perfect opportunity to see and try some of these special and unique fruits, and below is a guide to a few of our must-taste favorites.

Aguaje – Native to the Amazon regions of Peru, these palm fruits have a scaly, purplish and peelable skin that gives way to slightly acidic yellow pulp.

Aguaymanto – Often mistaken for a gooseberry, this sweet and tangy fruit has its roots in the Andes and is actually part of the potato/tomato family. A powerful antioxidant, it is perfect for sauces over fish or meat.

Camu Camu – Only found in Peru and Brazil, this superfruit is said to have extraordinarily

high vitamin C content and tastes like a combination of sour cherry and lime. It is best enjoyed in juices, cocktails, and even used for some natural medicines.



Chirimoya – Also native to the Andes and grown in higher altitude locations throughout Peru, the chirimoya, or custard apple, has delicious, creamy

sherbet-like flesh – so tasty that even Mark Twain penned it “the most delicious fruit known to man.” Try this one on its own and slightly chilled or as an ice cream.

Granadilla – Perfectly round, the size of a tennis ball, this sweet passion fruit has a hard, cantaloupe-colored outer shell with a pouch filled with pulp and seeds much like tumbo. You can eat both the pulp and the seeds straight up or perhaps enjoy it in juice, ice cream, or jams.



Lucuma – Definitely a favorite throughout Peru and found on many dessert menus paired with chocolate. This creamy subtropical fruit is native to

the country and was even featured on Moche ceramics in famous burial sites. The fruit is a meaty orange color with thin brown peel and is generally consumed in cakes, sweets, ice-cream or milkshakes.

Maracuya – Passion fruit, in the same family as granadilla, distinguished by its tart flavor. The refreshing sourness and its natural sweetness make for a perfect juice. For a lip-puckering and refreshing beverage, try a *jugo surtido* (mixed juice) of maracuya and pineapple.

Pepino – Sometimes called a “tree melon” and another native fruit of the Andes belonging to the potato/tomato family, this unique fruit tastes like a blend of cucumber

and honeydew and is certainly worth tasting.

Tumbo – Also known as “banana passion fruit” because of its exterior resemblance to a banana, open up this fruit to reveal a cluster of pulp sacs with black seeds. Found typically in the Andean valleys of Peru, tumbo is very sour and therefore, most enjoyed in juices perhaps mixed with a little sugar.

Tuna - a cactus fruit, with a thick peel and green (also found in yellow and pink) grainy interior similar to a prickly pear.

Also not to be overlooked are some of the more familiar fruits like mango and palta (avocado), whose intense flavor and textures are unmatched by those found exported to the US and elsewhere. Other jungle fruits to look out for are copoazu, cocona, guanabana and carambola.

As in any case, many of these fruits are seasonal so depending on what time of year you are visiting, you may encounter slightly different flavor profiles or a varied selection.



Guide to Ingredients

NATIVE CROPS OF THE ANDES

In some cases, especially with the potato, these crops have become staples worldwide, since the time Europeans came across them in the 1500s. Other plants in the list are little-known internationally and even in modern Peru, as they were until recently considered food for native peoples. They have, however, been consumed consistently by the native population of the Andes since time immemorial. It is important to note that many of these plants (with the exception of coca) can be grown up to 4500m. They are very resistant to adverse climate, and grow in areas where most conventional crops would fail. Quinoa and kiwicha are noteworthy as they are some of the most nutritious grains in the world! Quinoa and Kiwicha have approximately 3 times and 1 ½ more calcium than rice and wheat respectively, and 1 ½ times more protein than those two traditional grains.

Many of these foodstuffs are found in contemporary Andean cuisine. Quinoa has recently become a wildly-popular health food worldwide due to its remarkable properties.

Choclo - Andean corn, or maize. White, big and with kernels possibly three times the size of North American yellow corn.

Coca - Coca has been widely consumed in the Andes since time immemorial. Its uses are many: to provide energy, to soothe altitude sickness, to improve digestion are some examples. It is consumed as an infusion and also raw, several leaves made into a small ball are chewed for hours. It is still widely used for mystical ceremonies of "payments to the earth" where offerings

are made requesting mother earth "Pacha mama" and the holy mountains or "Apus" for well being and abundance.

Kiwicha - Cultivated throughout the Andean valleys between altitudes of 1500 and 3500m, its blossom is a very bright and intense pink. It is very nutritious and widely eaten as a breakfast cereal, power bars and in stews and savoury dishes.

Maca - Cultivated in central Peru at altitudes of up to 4400 meters. The roots are believed to possess fertility enhancing properties, to improve vitality, mental capacity, reproductive health, and strengthen the immune system. It can be eaten fresh or processed as nutritional supplements, flour, candies, jams or drinks.

Mashua - Very high yielding tuber (up to 70 tons/hectare). Contains natural pesticides and is often planted with other crops to protect fields from pest. Sometimes used as medicine for kidney ailments and as a diuretic.

Mauka - Ancient crop rediscovered by scientists in the 1960s. Produces succulent edible stems and tasty roots high in carbohydrates and proteins. Boiled, baked or eaten in soups, stews or desserts. Its foliage is high in protein, it therefore makes good fodder.

Oca - A major staple in pre-Columbian times, mainly eaten boiled in soups and stews. Very high yielding (up to 55 tons/ hectare) High in starch, minerals and organic acids (including soluble oxalates), hence slightly acidic in taste.

Olluco - twisted, yellow and pink tuber only found in the Andes. Traditionally eaten with minced meat and rice.

Papa amarilla - a small, bright yellow potato with texture of egg yolk.

Quinoa - This is also known as the "Golden Grain of the Andes". A half cup of boiled Quinoa provides more protein than a good steak and the nutritional value of milk. It is cultivated in Andean valleys between 2500 and 4000m. Its blossom is pink. It is eaten in salads, soups, stews, pastries, breakfast cereals and pancakes.

Yacón - Naturally sweetened by fructoligosaccharides, which are not metabolized by the body, this is a magical crop for diabetics. The roots are eaten raw or can be dried and made into chips or prepared as pickles. Leaves are used as tea, reputed to reduce blood sugar and cholesterol levels.

Yuca - Manioc. Often deep fried and served alongside seafood dishes, or as a snack to be dipped in yellow chilli sauce.

KEY HERBS AND SPICES

Aji - Peruvian chilli, which is ubiquitous across the country and used extensively in Peruvian cuisine. The most common type is aji amarillo (yellow chilli), which is a milder variety with a distinct flavor. Aji Panca is a darker chilli with a fruitier, smokier taste. Rocoto - which is often mistaken for a red bell pepper - is extremely hot, while the multicolored aji limo is also to be approached with caution. Each restaurant has its own version of aji sauce, which varies from mild and creamy to fiery hot!

Huacatay - Native to Peru and a member of the marigold family, this herb has a strong and curious flavor that is not dissimilar to a mixture of mint, basil and tarragon. Known as "Peruvian Black Mint", it is used widely in Andean cuisine, and is often made into a dark green sauce to accompany a Pachamanca.





Muña

Guide to Medicinal Plants

For thousands of years people of the Andes and the Amazon have relied on herbal medicines to treat common ailments like headaches, infections and inflammations. Today, along with modern medicine, people continue utilizing the same plants with these positive health benefits. Many of these medicinal plants are native to the Amazon and the Andes of Peru, and for anyone interested in herbal remedies, you can visit local communities in either region, where you could do a trek with locals or visit a shaman, a spiritual counselor, to learn more about these plants and their medicinal properties. Below are eight medicinal plants that are well-known and widely used in Peru.

Uña de Gato (*Uncaria guianensis*)

Uña de gato translates to Cat's Claw and is an herb that grows in the Amazon of Peru. Its common name refers to the curved thorns of this woody vine that look like claws. The inner bark and root have been used for centuries in Peru because they contain high levels of alkaloids that activate the immune system, reduce inflammation, protect against tumor growth and carcinogens and prevent gene mutations. It is also used for many gastrointestinal problems and has antiviral properties that can stop the spread of viruses. Uña de gato can be brewed as a drink or is often taken in the form of capsules or an extract in daily doses.

Achiote (*Bixa orellana*)

Achiote is a small tree that grows in the Amazon and the coast below 1400 meters elevation and has been cultivated since

pre-Columbian times in Peru. The seeds and powder from the plant are good for digestion and have also been used to treat asthma and as antimalarial medicine. The fruits and seeds can be consumed in a tea infusion that is often taken to control headaches. The leaves have anti-inflammatory and antibacterial properties which can prevent prostatitis that could later lead to prostate cancer. The crushed leaves can be used for the alleviation of respiratory problems, throat infections, fever, dermatitis, skin infections, diarrhea and vomiting, and conjunctivitis.



Sacha Inchi (*Plukenetia volubilis*)

Sacha Inchi, which in Quechua means wild peanut, is a tree that grows in the Amazon of

Peru. The seed of the plant is eaten raw like a nut or in the form of extra virgin oil. It is known for its incredibly high levels of Omega 3, 6 and 9 fatty acids—even more than fish oil. It also contains vitamins A and E and amino acids. The health benefits of Sachi Inchi are numerous, including blood pressure regulation, prevention of certain types of cancer, hormonal balance, alleviation of cardiovascular problems and the reduction of bad cholesterol.

Muña (*Menthastachys mollis*)

Muña is a plant that grows in the regions of Ayacucho, Puno and Cusco and has a pleasant flavor often compared to mint. You can easily find muña growing in the Andes, where it is popularly served as herbal tea alongside mate de coca. It has

high levels of calcium and phosphorous, which makes it good for teeth and bones, preventing osteoporosis. Muña also aids digestion and stomach pains and can treat intestinal infections and inflammation.

Maca (*Lepidium meyenii*)



Maca is a root that is sometimes referred to as Peruvian ginseng because of its similar medicinal properties and benefits,

though it is not of the ginseng family. It grows at high altitudes of the Andes and has been cultivated by the Andean people for thousands of years.

Maca has energizing and invigorating qualities and can be used to treat symptoms associated with anemia, depression and chronic fatigue syndrome, though it is most commonly touted for its aphrodisiac qualities as it boosts fertility and libido in both men and women. Like ginseng, it is also known to improve memory and cognitive function.

You can use the maca root to brew drinks or it can be ground into a powder that you can mix into smoothies or food. The root can also be baked or roasted and eaten with other food. (Maca crocante, or crunchy maca flakes appeared in a dish of the gourmet tasting menu at Casa Aliaga that Aracari attended in 2013).

Coca (*Erythroxylum coca*)

The coca plant has played an important role in the religion of the pre-Inca and

Inca culture in Peru and the Andes and continues to be used today in sacred rituals by the Andean people. Apart from its religious uses, coca leaves have fourteen alkaloids whose benefits include improved cognitive function, suppression of thirst and hunger, improved digestion, and increased energy and endurance. It also helps blood oxidation, which facilitates breathing at high altitudes and constricts blood vessels to slow and stop bleeding. It is an extremely high source of calcium, promoting strong teeth and bones. Mate de coca is a tea made with coca leaves that is widely consumed in the Andes and offered to help altitude sickness, though the most effective way to experience these benefits is by chewing the leaves.

Ayahuasca (*Banisteriopsis caapi*)

Though ayahuasca has received negative media attention and the misleading label of "hallucinogen", the plant native to the lower Amazon of Peru has been used in sacred ceremonies led by shamans for centuries. The shaman prepares a drink using the Ayahuasca leaves that, when ingested, can cause visions and a feeling of spiritual lucidity. It is not a plant that should be used without the correct guidance as it is supposed to heal emotional wounds and increase spirituality. It has been used to rehabilitate people with addiction and depression.

Sangre de Grado (*Croton lechleri*)

Sangre de Grado, known as Dragon's Blood for its dark red sap, is a plant that grows between 1200 and 3000 meters in the Amazon of Peru. The sap contains a chemical called SP-303, which has anti-

inflammatory, antiviral and digestive properties and also aids the body's natural healing and scarring process. Sangre de Grado is frequently used as an antidiarrheal for cholera, traveler's diarrhea and AIDS. It has also been used to treat insect bites, open wounds, broken bones, infections,

fever and ulcers, though its medicinal properties are still being studied.

The sap can be applied directly to the skin or the extract of SP-303 can be ingested as a pill. The proper dosage is an important factor when taking Sangre de Grado or any other herbal medicine.



Drying aromatic and medicinal herbs for teas

About Aracari Travel

Accredited by Condé Nast Traveler Magazine as one of Peru's "Top Travel Specialists" for six consecutive years and on Travel + Leisure's A-List in 2010, 2011, 2012, 2013 and 2014, Marisol Mosquera has built a reputation for her unique approach to travel in Peru and South America since she founded **Aracari** in 1996.

Her endeavour since founding the company has been unprecedented in that she has cast a discerning eye over the region's highlights, attractions and accommodation while forging a network of prominent historians, archaeologists, artists and dignitaries in the cities and destinations that are of interest to travelers.

After almost two decades, Marisol and her Peru-based team utilize this specialist expertise to make unique experiences available to a distinguished clientele, offering an authentic glance into history, art and culture that would otherwise be simply unobtainable.

Contributors

Maria Julia Raffo, Adriana von Hagen, Maureen Santucci, Tony Dunnell, James Imbriani, Lauren Wright, Diana Bauza, Bianca Crousillat, Simon Ross-Gill.

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Culinary Travel with Aracari

Aracari is the leading designer of culinary itineraries in Peru. Not only is their team of travel experts well positioned for recommending the best dining options to guests based on experience and insider tips on cutting edge restaurants, but they design experiences that showcase the finest elements of the country's gastronomy and connect travelers with top personalities in the world of Peruvian cuisine.

Possible tours include scouring a sprawling market for fresh produce before preparing a traditional recipe with a star chef, visiting an organic farm and enjoying a meal made from the farms' produce, or simply indulging in a sample tasting menu or cocktail demonstration at one of the best restaurants in Lima. All of the experiences detailed in this book are available through Aracari.

In 2015, Marisol Mosquera was listed as a Trusted Travel Expert on travel specialist Wendy Perrin's website, wendyperrin.com. As a part of her collaboration with Wendy Perrin, Marisol published a guide to Peruvian cuisine, entitled **Peru for Food Lovers: Insider's Guide**.

For enquiries about **Peru cuisine trips** please contact travel@aracari.com.



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