

ARACARI  
TRAVEL



THE  
**PERU FOOD GUIDE**

CULINARY TRAVEL & EXPERIENCES: PACIFIC, ANDES & AMAZON

**2<sup>ND</sup> EDITION**

THE

# PERU FOOD GUIDE

CULINARY TRAVEL & EXPERIENCES: PACIFIC, ANDES & AMAZON

2<sup>nd</sup> Edition

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The Peru Food Guide:  
Culinary Travel & Experiences: Pacific, Andes & Amazon



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📷 Avocados  
for sale at the  
market in Lima

## First a bit of history

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 civilization 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 Peruvian cuisine than in the country itself.

Welcome to Peru, a land full of flavor.

## About The Peru Food Guide

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.

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 update the 2015 edition for 2019, the first ever comprehensive guide to Peruvian culinary travel.

This guide is organized 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 we 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!*

📷 Scallops with  
parmesan at ámaZ  
restaurant in Lima

## 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.

### NORTH COAST

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

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. Peruvians throughout the country enjoy spicy (*picante*) food and *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

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 *juanes*, 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

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.

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*.

### AREQUIPA AND THE SOUTH COAST

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



## Dishes to Try



### AJI DE GALLINA

LIMA

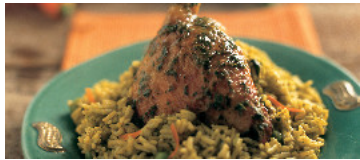
Chicken in a creamy, slightly spicy and nutty sauce. Served over potatoes, topped by hard boiled egg and with a side of rice.



### ANTICUCHOS

LIMA

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



### 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

LIMA/ICA

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

When you think of mashed potatoes, they can be heavy, starchy and certainly served hot. So encountering *causa* is a surprise for all your senses. First of all, who would have known that mashed potatoes can be so aesthetically pleasing! *Causa* typically features either tuna fish or chicken, layered with silky smooth mashed yellow potato and a vegetable layer, often avocado. The colorful layers are drizzled with sauces and other vibrant garnishes.

*Causa* is a *Limeño* classic, enjoyed especially in the summer, often as a shared appetizer before the main course. You'll find it difficult to find two the same. Sometimes you'll be presented with a *causa* log, to slice and share, often a singular round *causa*, and sometimes a trio of intricate and exquisitely presented masterpieces.

### CEBICHE (CEVICHE)

LIMA/NORTH COAST

You can't leave Peru without trying *cebiche*. Although there are many variations, even within Peru, *cebiche* is essentially raw fish, shellfish, or a combination of the two, which are "cooked" by marinating with lime and mixed with *cilantro* (coriander), *aji amarillo* (spicy yellow chili pepper) and red onion. Served with *choclo* (a local variety of corn with giant kernels) and sweet potato. This is the quintessential *Limeño* or *Norteño* dish, and considered best eaten at lunchtime, either fresh from a local market or at one of Lima's top seafood restaurants.

Although other Latin American countries lay claim to *cebiche*, many uphold Peru's claim to the dish. Gastón Acurio explains that because of Lima's prominent position on the coast and its strategic importance as a trading base for the Spanish conquistadores, dishes like *cebiche* quickly spread to other Spanish colonies, and became assimilated into their own local cuisine.

### CHICHARRON

SOUTH COAST/LIMA

Unless it specifically says chicken, fish or other seafood, *chicharrones* are 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 sweetcorn but much larger and juicier kernels. 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* (milky Andean cheese) which melts over the hot *choclo*.





## CHUPE DE CAMARONES

LIMA/AREQUIPA

A rich and creamy soup made with large shrimps. 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 *Día 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 chunky 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

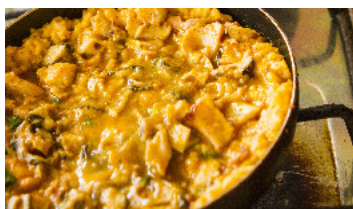
Spicy *rocoto* (red chilli pepper) stuffed with ground beef and onion and then baked with cheese on top. A specialty of the Arequipa region.



## SECO DE CORDERO OR CABRITO

LIMA/NORTH COAST

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*.

## 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 pumpkin dough

and served with *miel de chancaca* (molasses). This typical dessert has its origins in North Africa - the Arabic name is "Sfenj" (meaning "sponge")

## PIE DE LIMON

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

## TRES LECHE

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.



## SUSPIRO A LA LIMEÑA

A type of *dulce de leche* or caramel pudding, topped by fluffy meringue made with port wine and sprinkled with cinnamon.



📷 Different flavors of *Chilcano* cocktail

## Beverages to Try

### CHICHA MORADA

A non-alcoholic sweet and refreshing drink made from purple corn with traces of cinnamon and clove.

### 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.

### 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.

### PISCO

The country's national liquor, pisco is a brandy made from grapes, enjoyed straight or used in cocktails. See pages 94-95 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.

## 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”.

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

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



**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 Argentinian writer Jorge Luis Borges as “an implausible drink”.

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



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



**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.

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.



“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 a bit 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.

## 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.



## DIGESTIVE PROBLEMS

This is not uncommon as you travel, given that any new place will have microbes 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.

## 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.

# LIMA

📷 Fishing boats  
at Chorrillos  
harbour in 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 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.



📷 Bay Scallops at Central restaurant

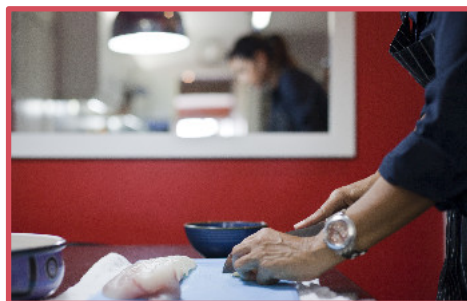
## Culinary Experiences In Lima

### “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 like Penelope. 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.



### URBAN KITCHEN - COOKING CLASS WITH IGNACIO BARRIOS



Get to know the city's thriving culinary scene starting with a visit to one of Lima's popular local markets, led by Peruvian professional chef Ignacio Barrios. He started Urban Kitchen to share his love and passion for Peruvian food with visitors and locals alike.

Peruse the stalls and learn about exotic fruits, vegetables and other produce that are essential elements of Peruvian cuisine. Ignacio will then accompany you to Urban Kitchen for your private cooking lesson where you'll begin by preparing a classic *chilcano* cocktail - a refreshing and popular Peruvian drink made with Pisco. Ignacio will share insight into some of the social and cultural aspects of Peru's rich culinary history as you learn to cook four dishes hands-on under his expert guidance, using fresh ingredients.

Thanks to the diversity of Peruvian food products and the influences on cooking traditions, you can choose in advance from several menu options that demonstrate Peru's international acclaim as a “mecca” of gastronomy.

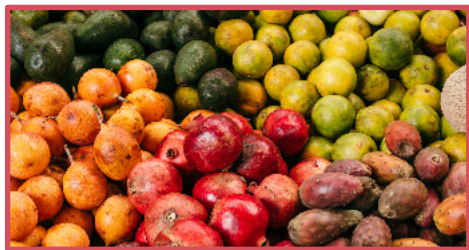
### THE CHEF'S TABLE - COOKING DEMONSTRATION AND TASTING MENU WITH PEDRO MIGUEL SCHIAFFINO



Known for championing authentic and unusual ingredients from all over Peru, including the Amazon, esteemed chef Pedro Miguel Schiaffino has gained a global reputation for the bold, exciting flavors from his Malabar restaurant in Lima, included in San Pelegrino's list of Latin America's 50 Best Restaurants. A charismatic character, Pedro will lead you on a voyage of discovery for your taste buds, as he and his assistant prepare five sumptuous courses right in front of you.

While you don't get your hands dirty, this is an interactive experience where you'll get to see and sample a variety of unusual ingredients. After a welcome cocktail, watch the master at work as he effortlessly prepares your creative fine-dining meal in a private cooking and dining space, above the main restaurant. As you dine on his inventive creations, Pedro shares stories and anecdotes about his passion for Peruvian food, such as his projects sourcing sustainable ingredients from the Amazon and more.

## “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 LIQUOR



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.

## 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. Held occasionally by the main plaza, you can choose from a variety of Lima's more quintessential dishes including main courses as well as desserts and beverages. If the Food Fair isn't on, you can always check out the organic market in Barranco every Sunday at the back of Chipoco stadium.

## 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 with a multitude of other flavors added.

### PISCO SOUR DAY 1ST 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.

### DÍA DE LA PAPA MAY 30TH

Potatoes are a staple crop throughout Peru, so each year, Lima (along with the rest of Peru) pulls out all the stops to celebrate *Día Nacional de la Papa* - National Potato Day. Local organizations will highlight the importance of preserving farming traditions and natural resources, and restaurants will offer up special menus and drinks that showcase the many varieties of potatoes that grow in Peru. (Don't try to name them all - there are more than 4,000 varieties!)

### DIA DEL CEVICHE JUNE 28TH

On June 28, Peru celebrates National Ceviche Day, in which it honors the tasty fresh fish dish that is so close to

foodies' hearts. Lima is most famous for sole ceviche, so you'll definitely want to try it on this holiday. Drop by a local restaurant for a taste of special dishes and offers.

### DÍA DEL PISCO 4TH SUNDAY IN JULY

Pisco is perhaps Peru's most famous export. The tasty grape brandy is of course the key ingredient of the Pisco Sour cocktail, but it's also plenty famous on its own. Peru nods to the cocktail with a special Pisco Sour Day each February, but Pisco itself also gets a special day of honor, on the fourth Sunday of each July. Lima is one of the regions of Peru that produces Pisco - along with Arequipa, Moquegua, Tacna, and Ica - so you'll find all kinds of celebrations throughout the city. Nearby vineyards and pisco wineries, which are already crowded year-round, will especially come to life on this day with celebrations. In the city, expect pop-up pisco markets, tastings, and of course, custom cocktails.

### DÍA DEL POLLO A LA BRASA 3RD SUNDAY IN JULY

On the third Sunday of every July, Peru celebrates a special day honoring roast chicken, known as *pollo a la brasa*. With more than 130 million rotisserie chickens consumed in Peru each year, it's a popular dish for a tasty lunch or dinner out - especially when served with a side of fries and a salad. Celebrate the holiday by paying a visit to a Lima *pollería*, or rotisserie chicken restaurant, for special menu options.

## Listings - Lima

### GOURMET

★ 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 2019 Central was listed as the sixth best restaurant in the world by San Pellegrino in their annual list of the world's 50 best restaurants and number 2 in Latin America.

Av. Pedro de Osma 301, Barranco  
\*Very advanced booking essential (approx. 3 months)

(01) 242-8515 / 242-8575

Monday to Friday 12.45pm-4.30pm, 7.45pm-12pm; Saturdays 7.45pm-12pm. Closed Sundays.

[www.centralrestaurante.com.pe](http://www.centralrestaurante.com.pe)

### ASTRID Y GASTÓN CASA MOREYRA

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 *à la carte* options is available in a separate dining area called La Barra. Listed at number 67 in the world by San Pellegrino in 2019 and number 13 in Latin America.

Casa Moreyra, Av. Paz Soldán 290, San Isidro

Rest: (01) 442-2775 / 442-2777;  
Bar: (01) 442-2774

Rest: Monday to Saturday 1pm-3pm, 7pm-11pm; Sundays 12.30pm-3.30pm

Bar: Monday to Saturday 12pm-4pm, 7pm-12am; Sundays 12pm-5pm

[www.astridygaston.com](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. Listed at number 19 in Latin America by San Pellegrino in their annual list of the world's 50 best restaurants.

Calle San Martín 300, Miraflores  
(01) 242-4149

Monday to Wednesday 1pm-3pm, 8pm-11pm; Thursdays and Fridays 1pm-3pm, 8pm-12am; Saturdays 8pm-12am

[www.rafaelosterling.pe](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

Monday to Saturday 1pm-4pm, 8pm-12am

[www.lagloriarestaurant.com](http://www.lagloriarestaurant.com)

### MALABAR

GOURMET - \$\$\$

Creative fusion cuisine with a strong emphasis on ingredients from the rainforest by master chef Pedro Miguel Schiaffino. The menu is seasonal and 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. Listed at no. 48 in Latin America by San Pellegrino.

Av. Camino Real 101, San Isidro  
(01) 440-5200 / 440-5300

Monday to Saturday 12.30pm-4pm, 7.30pm-11.30pm

[www.malabar.com.pe](http://www.malabar.com.pe)

### NEW MAYTA

GOURMET - \$\$\$

Mayta is all about bringing contemporary techniques to classic Peruvian cuisine. Creativity is prized here, so you'll find innovative dishes that are sure to hit the spot. Listed at no. 49 in Latin America by San Pellegrino.

Av. La Mar 1285, Miraflores  
937 220 734 / (01) 422-6708

Monday to Saturday 7.30pm-11.30pm; Mondays and Sundays 12.30pm-4pm

[www.maytalima.com](http://www.maytalima.com)

★ AMAZ

AMAZONIAN - \$\$\$



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 / 221-9880

Monday to Thursday 12.30pm-11.30pm; Fridays and Saturdays 12.30pm-12am; Sundays 12.30pm-4.30pm

[www.amaz.com.pe](http://www.amaz.com.pe)

### I.K.

GOURMET - \$\$\$

An exciting gourmet offering in Lima that is the legacy of chef Ivan Kusic. 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

Tuesday to Thursday 12.30pm-3pm, 7.30pm-11pm; Fridays and Saturdays 12.30pm-3.30pm, 7.30pm-11.30pm

[www.ivankusic.pe](http://www.ivankusic.pe)

**NEW** **KJOLLE** GOURMET - \$\$\$



This new arrival is the creation of award-winning chef Pia León, who cut her teeth as co-chef at the world-famous Central restaurant. Kjolle's diverse range of local ingredients offer up a unique take on South American cuisine. Listed at number 21 in Latin America by San Pellegrino in their annual list of the world's 50 best restaurants.

Av. Pedro de Osma 301, Barranco  
(01) 242 8575

Monday to Saturday 12.45pm-1.30pm, 7.45pm-8.30pm

[www.kjolle.com](http://www.kjolle.com)

**NEW** **MERITO** GOURMET - \$\$\$

One of the most important additions to the Lima culinary scene in 2018, Merito combines Peruvian and Venezuelan influences. With an exposed kitchen and contemporary atmosphere, Merito is cozy and welcoming.

Jr. 28 De Julio 206, Barranco  
(01) 277-1628

Monday to Saturday 7.30pm-11pm

[www.meritorestaurante.com](http://www.meritorestaurante.com)

**NEW** **STATERA** GOURMET - \$\$\$

Chef André Patsias leads a young, dedicated team of food innovators at this fine-dining restaurant. Local Peruvian ingredients are refined by tireless research in the kitchen - and the result is a fantastic taste.

Av. Mariscal La Mar 463, Miraflores  
(01) 306-0628

Tuesday to Saturday 12.45pm-3.15pm;  
8pm-10.15pm; Sundays 12.45pm-3.15pm

[www.staterarestaurante.pe](http://www.staterarestaurante.pe)

**NEW** **ATMAN** POP UP GOURMET - \$\$\$

This innovative establishment hosts just 10 guests at a time around a shared table, so the social experience is as notable as the food itself. Led by renowned chef Diego Muñoz, Atman offers up creative and experimental dishes.

NOT OPEN YET - CLOSED DOORS ONLY  
987 557 104

[www.diegomunozchef.com](http://www.diegomunozchef.com)

**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

Monday to Sunday 12pm-12am

[www.larosanautica.com](http://www.larosanautica.com)

## SEAFOOD

**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.

Calle Manuel Tovar 179, Miraflores  
(01) 421-7508 / 421-4635

Monday to Saturday 12.30pm-11pm;  
Sundays 12.30pm-5pm

[www.costanera700.com](http://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

Tuesday to Sunday 12.30pm-5pm

[www.rafaelosterling.pe/es/el-mercado.html](http://www.rafaelosterling.pe/es/el-mercado.html)

**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

Tuesday to Saturday 12pm-11pm;  
Sundays 12pm-5pm

[www.pescadoscapitales.com](http://www.pescadoscapitales.com)

**LA MAR** SEAFOOD - \$\$  
**CEBICHERÍA PERUANA**



No discussion of seafood restaurants in Lima is complete without mentioning La Mar, the creation of 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 advised to arrive early to avoid the lunchtime rush. Listed at number 26 in Latin America by San Pellegrino.

Av. La Mar 770, Miraflores  
(01) 421-3365

Monday-Thursday 12pm-5pm; Friday to Sunday & holidays 12pm-5.30pm

[www.lamarcebicheria.com/lima](http://www.lamarcebicheria.com/lima)

**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

Daily 12.30pm-5pm

## 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) 477-2020

*Sunday to Wednesday 12pm-12am;  
Thursday to Saturday 12pm-2.30am*

[www.calarestaurante.com](http://www.calarestaurante.com)

## ALFRESCO SEAFOOD - \$\$

A Miraflores classic, with an extensive menu of Peruvian seafood dishes. Recently relaunched and re-located within Miraflores area. The new restaurant has been design by well-known Peruvian architect, Jordi Puig, this added to their excellent quality, makes it a not-to-miss experience.

*Av. 28 de Julio 331, Miraflores*  
979 701 279

*Daily 12pm-11pm*

## 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*  
*Tuesday to Saturday 1pm-3.30pm*  
(01) 470-6217

## 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 999 134 343*

*Tuesday to Saturday, 11am-10pm;  
Sundays and Mondays, 11am-7pm*

## 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 N° 173, Chorrillos*

*(01) 249 6850 / 251 6693*

*Daily 12pm-5pm*

[www.restaurantsonia.com](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*

*Daily 11am-6pm*

## AL TOKE PEZ SEAFOOD - \$



Vastly popular hole-in-the-wall, serving a trio 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 plenty of 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*

*Daily 11.30am-3.30pm*

## 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.

*Garcia y Garcia 175, Barranco*

*(01) 619-3535*

*Tuesday to Saturday 12.30-4pm, 8pm-11pm; Sundays 12.30pm-4.30pm*

[www.amoramar.com](http://www.amoramar.com)

## BARRA CHALACA SEAFOOD - \$

A little ceviche bar by the Gastón Acurio restaurant group with generous portions and a local Lima atmosphere.

*Av. Camino Real 1239, San Isidro*

*(01) 422-1465*

*Daily 11am-5pm*

[www.barrachalaca.pe](http://www.barrachalaca.pe)

## 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 11.30am-3pm*

## 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 11.30am-4pm*

## CRIOLLO

### **NEW** KAÑETE GOURMET CRIOLLO - \$\$

Enjoy gourmet Creole among a family-oriented and nostalgic atmosphere. Dishes are inspired by the chef's roots in Callao and traditional recipes.

*Calle Santa Rosa 345, Surquillo.*

*(01) 455-6095*

*Daily 12.30pm-4pm; Thursday to Saturday 7.30pm-11.30pm*

[www.kañete.com](http://www.kañete.com)

### 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*

*Monday to Friday 12.30pm-12am; Saturdays and Sundays 12.30pm-5pm*

[www.restaurantfiestagourmet.com](http://www.restaurantfiestagourmet.com)

### 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.

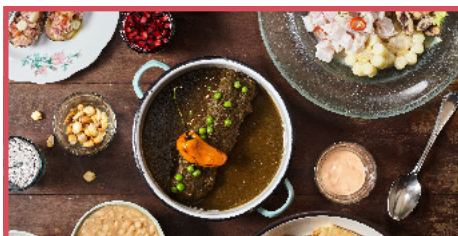
*Jr. Bernardo Monteagudo 200, San Isidro*

*(01) 264-0188 / 264-3284*

*Monday to Saturday 12.30pm-4.30pm, 7.30pm-11.30pm; Sundays 12.30pm-4.30pm, 7.30pm-10.30pm*

[www.joseantonio.com.pe](http://www.joseantonio.com.pe)

### ISOLINA TABERNA PERUANA CRIOLLO - \$\$



Set in a converted house in the old seaside resort of Barranco, this tavern recreates 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. Listed at number 12 in Latin America by San Pellegrino in their annual list of the world's 50 best restaurants.

*Avenida San Martín Prolongación 101, Barranco*

*(01) 247-5075*

*Sundays and Mondays, 10am-5pm; Tuesday to Saturday, 10am-11pm*

[www.isolina.pe](http://www.isolina.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 / 441-0389*

*Monday to Saturday 12.30pm-12am; Sundays 12.30pm-4.30pm*

[www.senoriodesulco.com](http://www.senoriodesulco.com)

### EL BODEGON CRIOLLO - \$\$

A classic style taberna limeña, or Lima tavern, by the famous chef Gastón Acurio. The casual restaurant gives a taste of authentic Peruvian culture and cuisine offering thick soups and stews, overflowing sandwiches, delicious Pisco cocktails, and more all at a reasonable price.

*Calle Tarapacá 197, Miraflores*

*(01) 445-6222*

*Monday to Saturday 12pm-12am; Sundays 11am-9pm*

[www.elbodegon.com.pe](http://www.elbodegon.com.pe)

### HUACA PUCLLANA CRIOLLO - \$\$

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*

*Daily 12pm-4pm, 7pm-12am*

[www.resthuacapucllana.com](http://www.resthuacapucllana.com)

### **NEW** LAS REYES GOURMET CRIOLLO - \$\$

Enjoy high-end Peruvian creole with beautifully presented dishes and a family-oriented atmosphere.

*Federico Villareal 312, Miraflores.*

*(01) 693-9022*

*Monday to Saturday 12pm-11pm; Sundays 12pm-5pm*

### 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*

*Monday to Saturday 11am-5pm*

[www.picanteriasdelperu.com](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 12pm-5pm*

[www.elrinconquenoonoces.pe](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 1pm-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.

Diagonal 308, Miraflores

(01) 241-5953

Sunday to Thursday 8am-1am; Fridays and Saturdays 8am-3am

[www.lalucha.com.pe](http://www.lalucha.com.pe)

## CASUAL

NEW  
MÓ BISTRÓ

CASUAL GOURMET - \$\$



Working only with seasonal ingredients, Mó Bistró favors delicious organic and vegetarian offerings. The menu regularly changes to reflect the season, so you can always expect variety.

Angamos Oeste 1146 Miraflores, Lima  
986 006 575

Monday to Friday 8am-11pm;  
Sundays 8.30am-4pm

[www.mobistro-restaurant.negocio.site/](http://www.mobistro-restaurant.negocio.site/)

NEW LA NIÑA

GOURMET - \$\$

Here you'll find seasonal ingredients and regional flavors that draw on Peruvian tradition. A regularly changing menu, fantastic cocktails, and top notch wine make for a haute cuisine experience at a much more affordable price. Consider trying the tasting menu, which offers an interesting range of flavors.

Francisco de Paula Camino 299,  
Miraflores.

(01) 363-7194 / 922 816 262

Monday to Thursday 4pm-1am; Fridays and Saturdays 4pm-3am

[www.lanina.pe](http://www.lanina.pe)

NEW SIETE

CASUAL GOURMET - \$\$

This charming Barranco establishment is helmed by chef Ricardo Martin. Here you'll find a cozy atmosphere that features Mediterranean touches to classic Peruvian flavors.

Jirón Domeyer 260, Barranco

966 320 855

Tuesday to Saturday 12.30pm-3pm  
7.30pm-12am; Sundays 1pm-4pm

NEW JERONIMO

CASUAL GOURMET - \$\$

With an unpretentious yet sophisticated vibe, Jeronimo has an exotic menu, eclectic house cocktails, and an up beat staff.

Av. Mariscal La Mar 1209, Miraflores

(01) 494-7336

Tuesday to Saturday 1pm-3.30pm, 7.30  
to 11pm; Sunday 1pm-4pm

NEW FRIDA

MEXICAN GOURMET - \$\$

Frida is the finest Mexican restaurant in Peru. Each dish on Frida's sophisticated menu creatively plays with textures, scenes, and colors for fantastic flavor and presentation.

Calle Gral. Mendiburu 793, Miraflores.

(01) 778-8618

Tuesdays 12.30pm-4pm; 7.30pm-11pm;  
Sundays 12.30pm-4pm

[www.restaurantefrida.com](http://www.restaurantefrida.com)

NEW PIZZA DE LA CHOLA PIZZERIA - \$

Pan de la Chola's sibling, where you'll find fine artisan Neapolitan-style pizza fresh from the oven.

Av. Mariscal La Mar 918, Miraflores

Tuesday to Saturday 8am-11pm;  
Sundays 9am-3pm

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

Tuesday to Saturday 12.30m-4pm,  
8pm-11pm; Sundays 12.30pm- 4.30pm

[www.restaurantela73.com](http://www.restaurantela73.com)

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

(01) 444 5070 / 977534028

Daily 8am-12am

[www.popular.pe](http://www.popular.pe)

T'ANTA

CASUAL GOURMET - \$\$

A restaurant and café by Gaston Acurio and his team with 10 locations. 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.

Av Vasco Núñez de Balboa 660,  
Miraflores 15074 - (01) 444-5231

Malecon de la Reserva 610, Miraflores -  
(01)446-9357

Pasaje Nicolas de Rivera 142, Lima -  
(01) 428-3115

Daily 9am-12am.

[www.tantaperu.com](http://www.tantaperu.com)

**COSME** CASUAL GOURMET - \$\$



Hip and trendy 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 162, San Isidro*  
(01) 421-5228

Monday to Saturday 12pm-11.30pm;  
Sundays 12pm-4pm

[www.cosme.com.pe](http://www.cosme.com.pe)

**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 Núñez de Balboa), Miraflores*

994-972-336

Monday to Saturday 12pm-11.30pm;  
Sunday 12.30pm-5pm

[www.laplazitalima.com](http://www.laplazitalima.com)

**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

Tuesday to Saturday 1pm-4pm, 8pm-11pm;  
Sundays 1pm-4pm

[www.matriarestaurante.com](http://www.matriarestaurante.com)

**MERCADO 28** GOURMET FOOD TRUCK - \$

This food-truck style plaza brings together a wide variety of eateries in one trendy terrace. Explore a diverse representation of modern Peruvian gastronomical offerings as you choose between 18 permanent vendors. On the menu is traditional Peruvian food, fusion, and international favorites.

You'll also find fantastic Peruvian beer, cocktails, wine, and of course, dessert.  
*Av Vasco Núñez de Balboa 755, Miraflores*  
981 370 730

Mondays 8am-11pm; Tuesday to Sunday 8am-1am

[www.mercado28.pe](http://www.mercado28.pe)

**NIKKEI**  
(PERUVIAN-JAPANESE FUSION)

**MAKETTO** NIKKEI / SUSHI - \$\$

Chef Javier Miyasato of restaurant Bao returns with this inspired take on Japanese-Peruvian comfort food.

*Av. Mariscal La Mar 830, Miraflores*  
(01) 4098017

Tuesday to Sunday 12.30pm-11pm

**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.

*Atahualpa 195, Miraflores*  
(01) 239-9343

Monday to Saturday, 12.30pm-3.30pm;  
7.30pm-11pm

[www.matsueiperu.com.pe](http://www.matsueiperu.com.pe)

**EDO** NIKKEI / 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, 12.30pm-3pm,  
7pm-10.30pm; Sundays 1.30pm-3.30pm

[www.edosushibar.com](http://www.edosushibar.com)

**SHIZEN BARRA** NIKKEI / SUSHI - \$\$

This casual establishment serves excellent Nikkei.

*Calle General Borgoño 286, Miraflores*  
993 731 239

Tuesday to Friday & Sundays 12:30pm-4pm;  
Tuesday to Friday 7pm-12pm

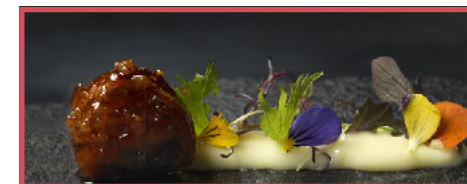
**KAIKAN** NIKKEI / SUSHI - \$\$

When you step off the street into Kaikan, you'll feel like you've stepped into your own little universe. Feast on Peruvian Japanese fusion while you enjoy a chic and inviting atmosphere.

*Av Santa Cruz 825 2do piso, Miraflores*  
(01) 768-4141

Sunday to Thursday 12.30-11pm; Friday and Saturdays 12.30pm-12am

**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 with paired drinks if desired. Definitely a meal to remember. Listed at number 1 in Latin America by San Pellegrino in their annual list of the world's 50 best restaurants.

*Calle San Martín 399, Miraflores*  
(01) 313-5100

Monday to Saturday 12.30pm-4pm,  
7pm-11pm; Sundays 12.30pm-5pm

[www.maido.pe/en/](http://www.maido.pe/en/)

## CHIFA (PERUVIAN-CHINESE FUSION)

### 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

Monday to Saturday 12.30pm-12am;  
Sundays 9am-10.30pm (Dim Sum from  
9am-12.30pm).

[www.restauranteroyal.com](http://www.restauranteroyal.com)

### 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

Tuesday to Saturday 1pm-3pm, 7pm-  
10pm; Sunday 1pm-3.30pm, 7pm-9pm

[www.chifatiti.com](http://www.chifatiti.com)

### WA LOK CHIFA - \$\$

A good option for Chifa in the Barrio Chino or Miraflores. They offer a very ample menu.

Jr. Paruro 878, El Cercado, Lima center  
(01) 427-2750

Av. Angamos Oeste 700, Miraflores  
(01) 447-1314

Monday to Saturday 12pm-11pm;  
Sundays 12pm-10pm

[www.walok.com.pe](http://www.walok.com.pe)

### ★ NEW FU JOU CHINESE GOURMET



Here you'll find fantastic Chinese food that combines both local and imported ingredients for superb flavor. Each dish offers an air of sophistication, and the location makes for a great atmosphere.

Av. Calle Dos de Mayo 416,  
Miraflores (Also in Real Club - San  
Isidro and Regatas Club - Chorrillos)  
(01) 444 4500 / (01) 240 5809

Monday to Saturday 12.45pm-  
3.30pm, 7pm-11pm; Sundays 7pm-  
10pm

[www.fujougourmet.com](http://www.fujougourmet.com)

### MADAM TUSAN CHIFA - \$\$

Madam Tusan is no conventional chifa: almost 70 percent of the menu is an original creation, meaning their 6 restaurants offer a high level of innovation.

Av. Santa Cruz 859, Miraflores - (01)  
505 5090

Strip Mall Paso 28 de Julio - Miraflores  
- (01) 505 5090

Monday to Saturday 12pm-11pm;  
Sundays 12pm-10pm

[www.madamtusan.pe](http://www.madamtusan.pe)

### NEW SHI-NÚA CHINESE GOURMET

Shi Nuá is a new high-end restaurant offering gourmet Chinese cuisine.

Via Principal 155 Centro Empresarial  
Real, San Isidro

(01) 610 2100

Monday to Saturday 1-4pm, 7.30pm-  
1am; Sundays 1pm-4pm

### 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

Monday to Saturday 9am-11pm;  
Sundays 9am-8pm

[www.saloncapon.com](http://www.saloncapon.com)

## STEAKHOUSES

### 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.

Enrique Palacios 140, Miraflores  
(01) 447 3799

Monday to Thursday 12pm-12am;  
Friday and Saturday 12pm-1am;  
Sundays 12pm-6pm

[www.lacabreraperu.com](http://www.lacabreraperu.com)

### OSSO STEAK / BUTCHER - \$\$\$

Butcher Renzo Garibaldi has made a name for himself with his experimental approach to preparing aged and cured meats and his word-of-mouth dinners have become legendary. 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. Listed at number 9 in Latin America by San Pellegrino.

Av. Santo Toribio 176, San Isidro  
(01) 4697438

Monday to Wednesday 12.30pm-11pm;  
Thursdays and Fridays, 12.30pm-12am

### 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

Monday to Saturday, 12.30pm-4pm and  
8pm to 11pm; Sundays 12.30pm-5pm

[www.lacuadradosalvador.com](http://www.lacuadradosalvador.com)

### CARNAL STEAK - \$\$\$

A high-end restaurant specializing in top quality meat dishes, welcoming demanding clientele and meat lovers.

Elías Aguirre 698, Miraflores  
243-3088 / 243-3089

Monday to Saturday 12.45pm-4pm,  
7.45pm-12am (midnight)

[www.carnalprime.com](http://www.carnalprime.com)

## ITALIAN

### 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

Monday to Friday 12.30pm-3.30pm,  
7.30pm-11.30pm; Saturdays 7pm-  
11.30pm

### LA TRATTORIA DI MAMBRINO

ITALIAN - \$\$

Charming bistro in a central but quiet location in Miraflores. Good pastas, pizzas, bruschettas, salads and 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.

*Av. Malecón de la Reserva 610, Int. 102  
Miraflores*

(01) 447-5941

Daily 12pm-11pm

[www.latrattoriadimambrino.com](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

Monday to Saturday, 12.30pm-12am;  
Sundays, 12.30pm-10pm

[www.danica.pe](http://www.danica.pe)

### NEW OSTERIA SYMPOSIUM ITALIAN - \$\$

A varied Italian menu with traditional and authentic home cooking and plenty of attention to detail in a contemporary atmosphere.

*Av. Vasco Núñez de Balboa 751 -  
Miraflores*

(01) 777-3656

Monday to Saturday 12.30pm-11pm;  
Sundays 12.30pm-10.30pm

## VEGETARIAN / VEGAN

### QUINOA

VEGETARIAN - \$\$

Vegetarian friendly restaurant with a variety of sandwiches, wraps, salads, soups and more, using natural Peruvian ingredients and nutritious recipes. Six locations across the city (check website for other locations).

*Av. Pardo y Aliaga 664 (Torre Belcorp),  
San Isidro - (01) 325-8758*

*Av. Vasco Núñez de Balboa 785,  
Miraflores (01) 717-661*

Monday to Friday 8am-10pm; Saturdays  
8am-9pm

[www.quinoa.com.pe](http://www.quinoa.com.pe)

### NANKA

VEGETARIAN - \$\$

At this vegetarian friendly restaurant you'll find organic fusion dishes and sustainable food options. Nanka beautifully combines high-end decor with eco-friendly choices.

*Calle Manuel Bañón 260, San Isidro*

(01) 467 8417

Monday to Saturday 12.30pm-11.20pm;  
Sundays 12.30pm-5pm

[www.nanka.pe](http://www.nanka.pe)



### ARMONICA

VEGETARIAN / VEGAN - \$



Now in a new location, Armonica claims the throne as the trendiest vegetarian and vegan friendly eatery in Lima. Armonica's menu is all about prioritizing health and harmony.

*Av. Mariscal La Mar 955, Miraflores*

(01) 4215498

Daily 8am-11pm

[www.armonicacafe.com](http://www.armonicacafe.com)

### LA VERDE

VEGAN - \$\$

Very good quality vegan restaurant with a wide variety of fresh, healthy menu options.

*Calle Gral. Recavarren 315, Miraflores*

(01) 469-6040

Mondays 9.30am-9pm; Tuesday to Friday  
8.30am-9pm; Saturdays 9am-10pm

### RAW CAFÉ

VEGAN - \$

Vegans will particularly love this delicious Miraflores cafe that offers veggie burgers and other meat alternatives, along with fresh bowls and juices.

*Calle Independencia 587, Miraflores /  
Av. Mariscal La Mar 1034*

(01) 732 7636

Monday to Saturday, 9am-9pm;  
Sundays, 10am-6pm

[www.rawcafe.com.pe](http://www.rawcafe.com.pe)

### 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](mailto: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

Mondays, 8pm-11pm; Tuesday to  
Saturday, 1pm-4pm, 8pm-11pm;  
Sundays, 1pm-4pm

[www.veggiepizza.co](http://www.veggiepizza.co)

### BARRA VERDE BAR & RESTAURANT - MORPHOLOGY VEGETARIAN / VEGAN - \$

This impossibly chic organic restaurant is vegetarian friendly and offers fresh ingredients straight from its own garden. The unique architecture of the eatery adds to the overall modern atmosphere, and the location next door to a butterfly garden is an absolute delight.

*Av. Mariscal La Mar 1332, Miraflores*

(01) 399-6892 / 999 128 317

Monday to Friday 10.30am-7pm

[www.morphology.com.pe](http://www.morphology.com.pe)

### VEDA

VEGAN - \$

This vegan establishment is inspired by Ayurvedic practices. Each dish is gluten-free, sugar-free, vegan, and prepared according to the Ayurvedic tradition.

*Calle Schell 630, Miraflores*

(01) 7194174

Daily 8am-10pm; Sundays 8am-5pm

[www.vedarestaurante.pe](http://www.vedarestaurante.pe)

## MARKETS

### BIOFERIA 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*

### FERIA ECOLÓGICA DE BARRANCO

Another great market on Sunday from 9am to 3pm with organic and ecolocially friendly producers from across the country.

*Calle San Martin cuadra 7, Barranco (behind Chipoco stadium)*

### 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*

### 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*

## 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 8am-10pm;  
Fridays 8am-11pm; Saturdays 9am-11pm; Sundays 2pm-9pm*

### 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-9am; Saturdays, 9am-9pm*

[www.cafeverdeperu.com](http://www.cafeverdeperu.com)

### LA BONBONNIERE CAFE - \$

A traditional café, perfect for breakfast, desserts, teas and coffee drinks. More substantial choices are available as well. 5 different locations.

*Calle Burgos 415 San Isidro -  
(01) 4212447*

*Malecón de la Reserva 610 - Tda 242,  
Miraflores - (01) 447 2267*

*Av Vasco Núñez de Balboa 737,  
Miraflores - (01) 444 4097*

*Daily 9am-11pm*

[www.restaurantelabonbonniere.com](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*

*Sunday to Thursday 7am-11pm; Fridays  
and Saturdays 7am-12am*

[www.pasteleriasanantonio.com](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 8am-10pm;  
Fridays 8am-11pm; Saturdays 9am-11pm; Sundays 2pm-9pm*

[www.cafebisetti.com](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*

*Av. Alnte. Miguel Grau 1511, Barranco  
- (01) 248 8559*

*Daily 8am-10pm*

[www.labodegaverde.blogspot.com](http://www.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 8am-10pm;  
Saturdays and Sundays 10am-10pm*

[www.origentostadoresdecafe.com](http://www.origentostadoresdecafe.com)

## EL 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  
Calle Miguel Dasso 113-115, San Isidro  
Tuesday to Saturday, 8am-10pm;  
Sundays, 9am-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  
Tuesday to Saturday 9am-8pm;  
Sundays and Mondays 10am-4pm  
[www.lapanadera.pe](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.

Narciso de la Colina 580, Surquillo  
(01)4471338  
Monday to Saturday 11am-7pm;  
Sundays 10am-6pm

## PUKU PUKU CAFE DE ORIGEN **CAFE - \$**

Puku Puku brilliantly showcases the rich flavor and depth of Peruvian coffee. Offering small batch blends cultivated right here in Peru and served by expert baristas.

Calle Narciso de la Colina 297, Miraflores  
- (01) 242-9146  
Pardo y Aliaga 695, San Isidro  
- (01) 596-4213  
Calle Larco 1285, Miraflores  
Monday to Saturday 7am-9pm  
[www.pukupuku.pe](http://www.pukupuku.pe)

## TWINS CAFÉ GF **GLUTEN FREE - \$**

For those not keen on gluten this is the place to visit. Located in the charming district of Barranco it has a variety of pizzas, sandwiches, cakes and pastas all of which are entirely gluten-free.

Colina 109, Barranco  
991 597 997  
Monday to Friday 7.30am-10pm;  
Saturdays 8am-10pm; Sundays 9am-6pm

## COLONIA & CO **CAFE - \$**

An elegant and authentic cafe and cultural center with a rustic feel, top notch artisan coffee and delicious variety of menu options.

Av. San Martín 131, Barranco  
987 761 231  
Tuesday to Sunday 8.30am-10pm

## BARS, TAVERNS & PENAS

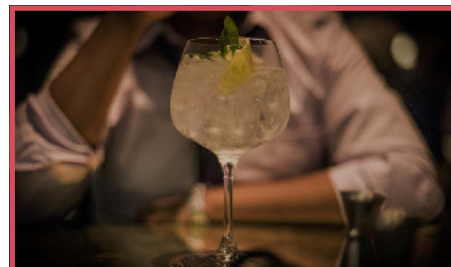
### **NEW DADA** **BAR**

A trendy bar in bohemian Barranco.  
Av San Martín 154, Barranco  
Tuesday to Saturday 6pm-3am  
[www.dada.com.pe](http://www.dada.com.pe)

### **NEW BARRA 55** **BAR**

Playing a wide range of music from jazz and funk to house and afro beats, Barra 55 specializes tapas and gin cocktails.  
28 De Julio 206, Barranco  
986 634 193  
Tuesday to Thursday 6pm- 12am  
midnight; Friday and Saturday 6pm-2.30am

### **NEW BOTTEGA DASSO** **BAR**



A cozy bar and restaurant with a wide selection of champagnes and wines, an award winning bartender, and delicious tapas.  
Calle Miguel Dasso 155, San Isidro  
(01) 222-3418  
Daily 8am- 12am midnight.  
[www.bottegadasso.com](http://www.bottegadasso.com)

### **NEW CARNAVAL**

The only conceptual bar in Lima that dazzles visitors with its innovative and magical offer.  
Av. Pardo y Aliaga 662, San Isidro  
(01) 642-9048  
Monday to Thursday, 6pm-1am; Fridays, 5pm-3am; Saturday 7pm-3am  
[www.carnavalbar.com](http://www.carnavalbar.com)

### **NEW MAYO BAR** **COCKTAIL BAR & BITES**

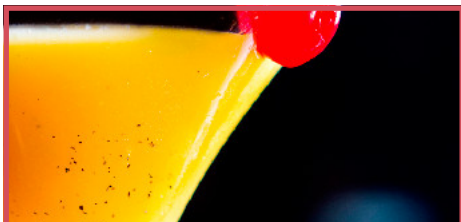
Brought to you by Central, this new bar sticks to the original establishment's ideals by celebrating ancient Peruvian ingredients. You'll find cocktails that are unlike anything you've ever experienced before.  
Av. Pedro de Osma 301, Barranco  
(01) 241-6721  
Monday to Saturday, 9am-12pm and 2pm-6pm  
[www.mayobar.com](http://www.mayobar.com)

### **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, 9.30am-11.30pm; Thursday to Saturday, 9.30am-12am; Sundays, 9.30am-4pm  
[www.antiguatabernaqueirolo.com](http://www.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  
Monday to Saturday, 7pm-1am  
[www.elpisquerito.com](http://www.elpisquerito.com)

## LA GLORIA

BAR

A Lima classic featuring excellent pisco sours.

Calle Atahualpa 201, Miraflores  
(01) 446-6504

Monday to Saturday During lunch from 1pm, During dinner from 8pm

[www.lagloriarestaurant.com](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

Daily 12pm-12am

[www.larosanautica.com](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

Monday to Thursday, 12pm-12am;  
Fridays and Saturdays, 12pm-1am

[www.saqra.pe](http://www.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

Tuesday to Saturday, 12pm-4pm,  
6.30pm-1.30am; Sundays, 12pm-4pm

[www.piscobar.pe](http://www.piscobar.pe)

## EL BOLIVARCITO TRADITIONAL BODEGA

The bustling bar of the famous Hotel Bolivar on San Martín 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 Unión Nro. 926, Lima  
(01) 427-2788

Sunday to Friday 7am-9pm; Saturdays  
7am-2pm

[www.elbolivarcitoperu.com](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

Mondays, 7pm-12am; Tuesday to  
Thursday, 7pm-1am; Fridays and  
Saturdays, 7pm-2.30am

[www.huaringas.com](http://www.huaringas.com)

## HOTEL B RESTOBAR

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

Daily.

[www.hotelb.pe/dining-and-bar](http://www.hotelb.pe/dining-and-bar)

## SIBARIS

RESTOBAR

A sleek 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 Friday 9am-11.30pm,  
Saturday 10am-12am midnight; Sunday  
10am-4pm

[www.sibarisperu.com](http://www.sibarisperu.com)

## 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

Tuesday to Saturday 7pm-3am

## 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

Monday to Friday 12pm-2am; Saturday  
12pm-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

Daily 12pm-1am

[www.hotelcountry.com/dinning/english-bar/](http://www.hotelcountry.com/dinning/english-bar/)

## 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

Monday to Saturday, 8pm-3am

[www.ayahuascaarestobar.com](http://www.ayahuascaarestobar.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

Monday to Saturday 11am-2.30am;  
Sunday 12pm-12am

## WICK'S **BREW PUB**

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

Wednesdays and Thursdays, 4pm-1am;  
Fridays and Saturdays, 3pm-2am;  
Sundays 1pm-11pm. (Kitchen not open as late as bar except for Fri and Sat).

[www.brewpubwicks.com](http://www.brewpubwicks.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](mailto:informes@ladamajuana.com.pe).

Av. República de Panama 230, Barranco  
248-7547

[www.ladamajuana.com.pe](http://www.ladamajuana.com.pe)

## BARRANCO BEER COMPANY **BREW PUB**

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-12am;  
Fridays and Saturdays, 12pm-3am

[www.barrancobeer.com](http://www.barrancobeer.com)

## 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  
(01) 247-1314

[www.lacalendariaperu.com](http://www.lacalendariaperu.com)

## **NEW** GARITO BISTRO TAPAS & BAR

Two floors of fantastic food and drinks in one of the most prime areas of Barranco. You'll find live presentations and music, and a view of the city streets from the terrace.

Av. 28 de Julio 302, Barranco

Tuesdays and Wednesdays 1pm-11pm;  
Thursday to Saturday 4pm-2am

983 280 244 / (01) 2473604



Chillies for sale at the market in Lima



📍 Picnic on the Huchuy Qosqo trek near the Sacred Valley

# CUSCO AND 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 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 Andahuaylillas





## Culinary Experiences in Cusco

### FROM THE EARTH TO YOUR PLATE - FARM VISIT AND 'PACHAMANCA'

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.



## GASTRONOMIC SENSORY JOURNEY THROUGH PERU



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 archaeological sites. The picnic can be held in a number of places, including at Sacsayhuaman near Cusco, or at either Písaq or Moray archaeological 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.

## THE CHEF'S FOOD TOUR



On this food-focused morning, you'll be led on foot by one of the city's top professional chefs to learn more about Peruvian food. You'll begin in the neighborhood of San Blas at Pantastico, a local bakery that uses traditional Andean grains like quinoa, kiwicha, and maca to create delicious wholesome loaves. At San Blas Market, you'll see local ingredients on display alongside a multitude of exotic fruits and vegetables. The chef will guide you to his favorite vendors to showcase notable ingredients, pointing out where they come from and what they're used for. Then, head to a popular juice stall to sample new fruits while tucking into a local sandwich from the stall next door. Next, you'll visit an ice cream shop to enjoy a sweet taste of Peruvian flavors.

Your chef will then take you to Pachapapa restaurant, where you'll have the opportunity to learn to make your own Pisco Sours at the bar. Make your way out to the courtyard patio for a private cooking lesson. Under expert guidance, you'll prepare trout ceviche step by step before sitting down to enjoy your creation. Your tour ends at Pachapapa in San Blas. From there, you can make your way back to your hotel or continue exploring.

## URBAN EATS CUSCO



Explore the streets of Cusco with an eye toward food. Visit a market and a variety of local eateries for insight into Peruvian cooking, sampling local flavors at each stop. Your guide will meet you at your hotel and you'll begin the morning at buzzing San Pedro Market. At one block long and three blocks wide, Cusco's main market is bursting with energy and variety. Your senses will be awakened by its array of vibrant fruits, aromas, and vendors broadcasting their prices and products. Your guide will lead you through the maze of produce, where you can pause to taste fresh squeezed juices using seasonal exotic fruits like guanábana or chirimoya. You can expect to see some of the almost 4,000 varieties of potatoes that grow in Peru, alongside stalls offering must-sees like purple corn, herbal remedies, and nutritious Andean superfoods like kiwicha and quinoa.

After browsing the market, you can pause for a traditional Peruvian coffee or try local pastries. You may also want to head to a food stall famous for its sweet and savory tamales - stuffed cornmeal cooked in a corn husk or banana leaf. As you visit a variety of handpicked tour stops, you'll observe a

variety of food and cooking styles. From piles of chicharron to fried meat to buckets of artisanal ice cream, you'll get to experience a little bit of everything. The exact locations, order, and number of stops may vary and can be adapted to dietary requirements. Your adventure will conclude at Pachapapa, a charming restaurant with an outdoor courtyard in the historic neighborhood of San Blas. Pachapapa serves up hearty typical Peruvian dishes and, using their wood-fired oven, the most famous Cusco specialty of all: cuy (guinea pig).

## MAKE YOUR OWN PISCO SOUR

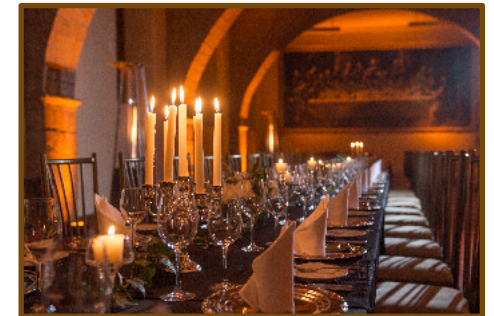


Learn how to make Peru's national drink at Cusco's popular bar, Museo del Pisco, in a tutorial led by an affable barman. The key ingredients are Pisco, lime, sugar syrup, egg, and a whole of shaking! Get behind the bar and whip up your own unique creation using one of the house-made infusions like as passion fruit, coca leaf, chili, strawberry, purple corn, Andean mint, and many more. The bar usually offers live music later on in the evenings, so it's a great place to carry on the sampling. Pay the bar directly for your mini-class, which is listed on their menu.

## BARBEQUE WITH A VIEW

From atop an Inca wall, enjoy panoramic views of Cusco during a private BBQ with your own dedicated cook. Sample a variety of local meats – including alpaca – accompanied by fresh, leafy salads from the on-site vegetable garden for hearty home cooking at its best. After all, food always tastes better with a view.

## PRIVATE GALA DINNER IN SAN FRANCISCO CONVENT



Enjoy an exclusive and spectacular dinner in the Capitular Room of the historic San Francisco convent. Dating from the 16th and 17th centuries, the convent is more elaborately decorated than most of Cusco's churches, making it a one-of-a-kind venue for a special and memorable occasion. The convent boasts a large collection of colonial religious paintings and a superb cedar wood choir. One of the paintings, depicting the family tree of the order's founder, St. Francis de Assisi, measures 9 by 12 meters (30 to 40 feet) and is claimed to be the largest painting in South America. His life is celebrated in the paintings hung around the colonial cloister, which is well worth exploring. Also of interest

are the church's two crypts, which sit partially above ground – human bones are sensitively arranged to remind visitors of the transitory nature of life.

## PISCO TASTING EN MUSEO DEL PISCO

Gain insight into Peru's national spirit on this delightful introductory tasting session. The experience takes you on a sensory voyage from aroma to palate at Cusco's popular bar, Museo del Pisco. You'll learn about the history and production of the grape-based spirit and sample four different piscos as half ounce pours. The bar usually offers live music later on in the evenings, so it's a great place to carry on the sampling. Pay the bar directly for the sampling experience, which is listed on their menu.

## CUSCO COFFEE

Founded by local coffee growers, the Museo del Café offers insight into the history of this globally popular beverage. Led by a coffee-loving expert, the 2-hour "Bean to Barista" workshop offers a hands-on opportunity to discover the entire Peruvian coffee-making process. Your experience will guide you from the agricultural plantations in the nearby Andean foothills, to local cafés in Cusco, to distribution to hip coffee shops around the world. During the educational journey through the wonderful world of coffee, you'll learn more about the important environmental factors influencing coffee production, explore roasting techniques, and get to try your hand at latte art. Finish your experience by tasting a cup or two of Cusco's finest

coffee as you learn about various preparation methods and how to attain the richest flavor.

## LUNCH IN THE SKY



Lunch at Skylodge is more than a meal: it's an unforgettable experience. You'll adventure your way up 400 meters above the Sacred Valley of the Incas and dine with incredible views. Located an hour from the city of Cusco, this is a great choice for adrenaline junkies and foodies, offering an authentic Peruvian gastronomy experience combined with the thrill of making your way up to the dining capsule.

To begin your day of adventure, you'll be driven to the base point. After a safety briefing and equipment demonstration, you'll either climb up 400 meters via ferrata or hike an intrepid trail with a series of ziplines. Both are challenging, exhilarating, and guaranteed to work up an appetite. (If you have a fear of heights, you might want to sit this one out!

A group lunch is served in a transparent luxury capsule that hangs from the top of a mountain in the Sacred Valley, where you can share a wonderful meal with fellow

adventurers. You will enjoy stunning 300-degree views of the Sacred Valley while you dine. Lunch is an impressive four-course affair served with fruit juice and wine. You'll then return to the base point, where you'll be driven back to your hotel or continue on to your next destination.

## PERUVIAN CRAFT BEER IN THE SACRED VALLEY



Craft beer has taken the world by storm, but most people would be surprised to hear Peru has a craft brewing scene of its own. Since Peru is home to a diverse range of Andean grains and fruits, there are no bounds when it comes to creativity and brewing. You'll even find organic and health-conscious options.

On this experience, you'll visit the most remote brewery in Peru: the Cerveceria in the Sacred Valley. The Sacred Valley Beer Company was the first real artisan brewery to kick off in the region, and it has quickly become a market leader. The brewery's creative use of ingredients and relentless passion is a clear testament to its ongoing successes.

The brewery is set in a valley at almost 2900m. Because it is so far from sea

level, standard brewing techniques have to be recalibrated and carefully thought out. The difficulties don't end there: getting new equipment to the plant's remote location can be difficult as well. Despite the hardships, there is one key advantage that this location has over others: access to the cleanest and freshest water, sourced directly from the surrounding glaciers in the valley.

You'll enjoy a private tour of the brewhouse and production area. Afterwards, sit down to enjoy a sampling of their best brews and analyze each sample with a brewing expert.

## Listings - Cusco

### FINE DINING

#### 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. Best for dinner.

Plazoleta Nazarenas 231

(084) 242-476

Daily 11.30am-3pm and 6pm-10pm

[www.cuscorestaurants.com](http://www.cuscorestaurants.com)

#### ★ 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. Best for dinner.

Calle Triunfo N 393, 2nd floor

(084) 239-510

Daily 8am-11am, 12pm-3pm; 6pm-10pm

[www.cicciolinacuzco.com](http://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 11am-11pm

[www.cuscorestaurants.com](http://www.cuscorestaurants.com)

#### 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

Daily 12.30pm-3pm, 6pm-10.30pm

[www.restaurantesoleilcusco.com](http://www.restaurantesoleilcusco.com)

#### 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. Best for lunches.

Plazoleta San Blas 120

(084) 241-318

Daily 11.30am-11pm

[www.cuscorestaurants.com](http://www.cuscorestaurants.com)

#### LA FERIA

PERUVIAN - \$\$\$

An atmospheric, traditional cusqueño restaurant serving Andean fare. The clay oven roasts suckling pork and cuy, guinea pig, and the location has a great view of Plaza de Armas.

Portal de Panes 123, 2nd Floor - Plaza de Armas Tel.

(084) 286-198

Daily 12-11pm

[www.cuscodining.com](http://www.cuscodining.com)

#### BACO FOOD & WINE

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. This is the sister restaurant to Cicciolina.

Calle Ruinas 465

(084) 242-808

Daily 3.30pm-10.30pm

[www.cicciolinacuzco.com/baco.html](http://www.cicciolinacuzco.com/baco.html)

#### LA DIVINA COMEDIA

FINE DINING - \$\$\$

A creation of chef Diego Rey. Mediterranean-style cuisine with Andean ingredients. Best for dinner.

Calle Pumacurco 408

(084) 437-640

Daily 12.30-3pm, 6-11pm

[www.restaurantcusco.com](http://www.restaurantcusco.com)

#### ★ 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. Both lunch and dinner are recommended.

Portal de Carnes 236, 2nd Fl., Plaza de Armas

(084) 240-668

Daily 11.30am-11pm

[www.cuscorestaurants.com](http://www.cuscorestaurants.com)

#### KION

CHIFA - \$\$

An excellent option for Chinese-Peruvian fusion, or Chifa, in Cusco.

Calle Triunfo 370, 2nd floor

(084) 431-862

Daily 11.30pm-11pm

[www.cuscorestaurants.com](http://www.cuscorestaurants.com)

## EL TUPAY (MONASTERIO)

FINE DINING - \$\$\$

Excellent cuisine in one of the finest and oldest of Cusco's 5-star hotels, the Hotel Monasterio. Great opportunity to take in the opulent atmosphere if you're not staying at the hotel. The restaurant features opera singers on Tuesdays, Thursdays and Saturdays.

*Calle Palacios 136, Plazoleta Nazarenas*

(084) 604-000

Daily 6pm-10.30pm

[www.belmond.com](http://www.belmond.com)

## ILLARIY RESTAURANT (HOTEL MONASTERIO) FINE DINING - \$\$\$

Excellent cuisine. Available for groups or private events.

*Plazoleta Nazarenas 337*

(084) 604-000

Daily 5am-6pm. Book in advance.

## CHICHA BY GASTON ACURIO CUZQUEÑO - \$\$

Chicha is regional food at its finest: inputs, customs, and local culture tapping into the thousand-year-old culinary wisdom of Cusco. Expect to find exquisite trout, guinea pig, alpaca, and other meats from the Andes.

*Plaza Regocijo 261, Cusco*

(084) 240-520 / (084) 240-717  
/ 998-191-613

Daily 12pm-10.30pm

[www.chicha.com.pe](http://www.chicha.com.pe)

## CASUAL DINING



### 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-11pm

[www.cuscodining.com](http://www.cuscodining.com)

## INCANTO ITALIAN - \$\$

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-11pm

[www.cuscorestaurants.com](http://www.cuscorestaurants.com)

## 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 8am-11pm

[www.cuscorestaurants.com](http://www.cuscorestaurants.com)

## 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 / 984-115-587

Daily 12.30pm-11pm

[www.cuscodining.com](http://www.cuscodining.com)

## 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 12pm-12am

[www.papachos.com](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 6pm-11pm

## 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.

*Calle Herrerias 138, Cusco. - (084) 260272 / Delivery: 084-386238*

Daily 11am-10.30pm

[www.labodega138.com](http://www.labodega138.com)

## 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 spiciness. Great place to try a more unique style of alpaca.

*Teatro 382, 2nd floor*

(084) 233-023

Open Monday to Saturday 1pm-10pm

## 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 to Saturday 6pm-11pm*

## 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.

*Teatro 394*

*(084) 132-032*

*Open Monday to Saturday 1pm-10pm*

## 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*

*Tuesday to Sunday 8am-10pm*

[www.labohemecusco.com](http://www.labohemecusco.com)

## 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 to Sunday 8am-10pm*

[www.kintarocuzco.com](http://www.kintarocuzco.com)

## 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 to Saturday 11am-11pm;  
Sundays 3pm-11pm*

[www.fallenangelincusco.com/wordpress/](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*

*Daily 12.30pm-10pm*

## GREEN POINT

VEGAN - \$

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

*Calle Carmen Bajo 235*

*(084) 431-086*

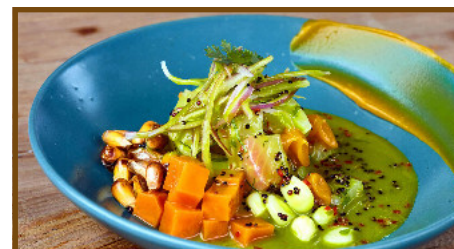
*Daily 8am-10pm*

[www.greenpointcusco.com](http://www.greenpointcusco.com)



## CALLE DEL MEDIO

PERUVIAN - \$\$\$



A new addition to Cusco Restaurants' group. This restaurant bar offers an authentic take on Peruvian gastronomy by reinterpreting classic dishes. The great view of the Plaza makes for a real plus. With a cool atmosphere and creative cocktails, it's a must visit!

*Calle del Medio 113, Plaza de Armas, Cusco*

*(084) 237946*

*Daily 11.30am-11pm*

[www.cuscorestaurants.com](http://www.cuscorestaurants.com)

## GRANJA HEIDI

A staple on the Cusco scene for years, the name of this second-floor restaurant translates to almost exactly what it is: food from Heidi's farm. This cozy Alpine-inspired restaurant serves homemade style meals and typical Andean food with tasty vegetarian options.

*Cuesta de San Blas 525, Cusco*

*(084) 238383*

*Monday to Saturday 11.30am-9.30pm*

[www.granjaheidicusco.com](http://www.granjaheidicusco.com)

## MR. SOUP

COMFORT FOOD - \$

A great option for Cusco comfort food. Mr. Soup serves local and international soups in a cozy setting just a block from the Plaza de Armas. Serving sizes are very generous, so it's easy to share!

*Calle Garcilaso 210, Cusco*

*(084) 386073*

*Daily 12pm-9.30pm*

## MORENA

PERUVIAN KITCHEN

PERUVIAN - \$

Indulge in a culinary journey through Peru at Morena. This modern and bright restaurant nestled in the heart of the ancient city of Cusco offers delicious flavors of Peru, featuring cuisine from the coast to the Amazon to the Andes.

*Calle Plateros 348, Cusco*

*Daily 12pm-10pm*

*(084) 437832*

[www.morenaperuviankitchen.com](http://www.morenaperuviankitchen.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-11.30pm

[www.jackscafecusco.com](http://www.jackscafecusco.com)

### L'ATELIER CAFÉ CONCEPT 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 to Sunday 8.15am-7pm

### 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

Daily 7am-11.30pm

### JUANITOS CAFE - \$

Best sandwiches and french fries in Cusco.

Calle 7 Angelitos 638

(084) 255-343

Monday to Saturday 11am-10pm

### 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 to Friday 8am-9pm; Saturdays 9am-9pm; Sundays 10am-6pm

[www.belmond.com](http://www.belmond.com)

### 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](http://www.cicciolinacuzco.com)

### EL BUEN PASTOR BAKERY - \$

A classic San Blas institution with sweet breads and empanadas.

Cuesta San Blas 579

Monday to Saturday 7am-8.30pm

### PLAZA CAFE CAFE - \$

The Plaza Cafe offers the best panoramic view of the Plaza de Armas. You'll find delicious salads, soups and main dishes, plus a very recommendable variety of nicely presented desserts.

Portal, Mantas 114, Cusco

(084) 225959

Daily 6am-9.45pm

### LA VALERIANA CAFE - \$

A lovely café located at Plazoleta de Espinar with a contemporary French style. Expect to find all kinds of fantastic flavors fresh from the oven! The staff is very familiar with each menu offering and are happy to make recommendations. There are also great vegetarian and vegan options available.

Av. Del Sol 576, Plazoleta Espinar  
- (084) 506941

Calle Espinar 115 - (084) 403922

Daily 7am-10pm; Sundays 8am-9pm

[www.lavaleriana.pe](http://www.lavaleriana.pe)

### MUSEO DEL CAFÉ CAFE - \$

A must for all coffee lovers. This museum will introduce you to the wonderful world of coffee by combining objective information on the processes of planting, harvesting, and selection with fascinating stories of Peruvian coffee pioneers.

Admission to the museum is free.

Calle Espaderos 136, 2nd floor, Cusco

(084) 263264

Daily 8.30am-11pm

[www.museodelcafecusco.com](http://www.museodelcafecusco.com)

### CAFÉ AYLLU CAFE - \$

As the oldest café in Cusco, Café Ayllu is all about tradition. The location has changed since its original opening, but the delightfully old fashioned feeling remains.

Calle Márquez 263, Cusco.

(084) 232357

Daily 6am-10.30pm; Sundays 6am-1pm

### YAJUU JUICE BAR - \$

When you walk into Yajúú, the first thing you'll see are rows upon rows of incredible fruit - all of which are used in their amazing juices. (You can even ask for medicinal options if you like!) From the second floor, you'll have a fantastic view of the Plaza de Armas in Cusco.

Plaza de armas Portal Confituria 249, Cusco.

(84) 221836

### LA RABONA BAKERY - \$

Ideal for a short break from exploring the city. La Rabona serves great coffee, delicious smoothies, and desserts in a very cool setting. It offers up great energy for a great value. Bright and colorful smoothies etc

Calle Herrajes 146, Cusco

(084) 241305

Daily 8am-8pm; On Sundays 10am-6pm

## QUINTAS

(Typical Cusco food)

### QUINTA EULALIA

QUINTA - \$\$

This Cusco establishment has been in business for more than 50 years. The courtyard patio is a great place to sit in the sunshine. Quinta Eulalia serves favorites like roast lamb, alpaca, and rocoto relleno. It's a great place to try cuy (guinea pig) and other traditional Peruvian meals.

*Choqechaka 384, Cusco*

*(084) 234495*

*Tuesday to Sunday, 12.30pm-4pm*

### QUINTA PEÑA DE DON LUIS

QUINTA - \$\$

For more than 40 years, this Cusco establishment has been serving up some of the most popular traditional dishes of the region.

*Av. Regional 412, Cusco*

*(084) 22-2073 y (084) 984-743852*

## 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 7am-5pm*

## CLASSES

### CHOCO MUSEO

CHOCOLATE MAKING

Learn about how chocolate is made and take part in a workshop where you make your own sweets. This is a great activity for families to do together. The basic 2 hour workshop is held at 9 and 11 am and at 2 and 4pm. Reservations essential.

*Calle Garcilaso 210, 2nd Fl*

*(084) 244-765*

*Daily 9am-7pm*

[www.chocomuseo.com](http://www.chocomuseo.com)

### CUSCO COOKING CLASS

COOKING

Get an intro to Peruvian food, visit a local market, learn to make some typical dishes as well as the national favorite drink, the pisco sour. This is a hands-on cooking class, not just a demonstration. At the end, you get to eat what you've made. Reservations are essential.

*Calle Palacio 135*

*Daily 2pm*

[www.cuzcodining.com/cooking-classes.htm](http://www.cuzcodining.com/cooking-classes.htm)

### MARCELO BATATA

PISCO TASTING

Although the Museo del Pisco maybe better known for its pisco tasting, this restaurant is a fabulous place to do it as well. One of their specialities is pisco that's been infused with flavors such as mint, cinnamon, eucalyptus and much more.

*Calle Palacio 121*

*(084) 222-424*

[www.cuzcodining.com/marcelo-batata.htm](http://www.cuzcodining.com/marcelo-batata.htm)

### ROOFTOP KITCHEN

COOKING

Learn about Peruvian food, visit San Pedro market, learn to cook some delicious fusion dishes, all from this gorgeous 11th floor rooftop kitchen. Reservations are essential but can be made same day.

*Pasaje Retiro 426 A, 11th Fl, Wanchaq (971) 009-559*

*Daily 11am or 4pm*

[www.rooftopkitchenperu.com](http://www.rooftopkitchenperu.com)

### FACES OF CUSCO

VARIOUS CLASSES

Learn to make your own chocolate treats using indigenous ingredients. Or learn to make the perfect cocktail. Or how about a family-style dinner with new friends from Peru and around the world? Faces of Cusco is constantly coming up with new and fun experiences to appreciate food, drinks and culture.

*216 Portal de Carnes, 2nd Floor*

*(084) 225-745*

[www.facesofcusco.com](http://www.facesofcusco.com)

## BARS IN CUSCO



### MUSEO DEL PISCO

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.

*Santa Catalina Ancha 398*

*(084) 262-709*

*Daily 11am-1am*

[www.museodelpisco.org/](http://www.museodelpisco.org/)

## FALLEN ANGEL

BAR - \$\$

An eclectic bar with quirky decorations ranging from the avant-garde to animal-print stools and bathtubs converted into tables. Cusco's most important gay-friendly bar. Great selection of nibbles and cocktails.

Plazoleta Nazarenas 221

(084) 258-184

Monday to Saturday 11am-11pm;  
Sundays 3pm-11pm

[www.fallenangelincusco.com/wordpress/](http://www.fallenangelincusco.com/wordpress/)

## PADDY FLAHERTY'S

PUB - \$

A typical Irish pub with views of the main square and decent pub-style food. Claiming to be the highest Irish-owned pub on the planet, there's always a lively crowd in the evenings.

Calle Triunfo 124

(084) 247-719

Daily 10am-1pm

[www.paddysirishbarcusco.com](http://www.paddysirishbarcusco.com)

## CALLE DEL MEDIO

BAR - \$

The best place to enjoy a drink with views over the main square from the balcony.

Calle del Medio 113, Plaza de Armas

(084) 237946

Daily 11.30am-11pm

[www.cuscorestaurants.com](http://www.cuscorestaurants.com)

## REPUBLICA DEL PISCO

BAR - \$

This chic, elegant bar is well loved by both locals and visitors. Well-versed bartenders can whip up any drink you desire, and the establishment often plays hosts to events.

Calle Plateros 354, Cusco

(5184) 244111 / 983 426 454

Daily 5pm-2am

[www.rdpcusco.pe](http://www.rdpcusco.pe)

## NORTON RAT'S TAVERN

BAR - \$

Located on a popular corner of the Plaza de Armas, this American-style bar is in the center of the action. It's a laidback experience and incredibly easy to find when you're in need of a drink.

Sta Catalina Angosta 116, Cusco

(084) 246204

Daily 8am-2am

## LOS PERROS

BAR - \$

A popular wine-couch bar with a selection of tasty food in a laid-back atmosphere. Artsy décor and a trendy vibe.

Calle Tecsecocha 436

(084) 241-447

Daily 11am-12am (midnight)

## NUEVO MUNDO DRAFT BAR

BAR - \$

This brewery house specializes in craft beer, serving 12 types of beer on tap and more than 40 by the bottle. You'll also find excellent food with local ingredients, and you'll enjoy it while gazing out at a nice view above Cusco's main square. Nuevo Mundo often hosts live music, so you're sure to find an energizing atmosphere.

Portal Confituria 233-B "nd. Flor, Plaza de Armas, Cusco

(084) 240594

Daily 5pm-11pm; Mondays, Tuesdays,  
Fridays and Saturdays from 12pm

## CHOLOS CRAFTS BEERS

BAR - \$

Cholos offers up some of the best local beer in town. Sip on what's on tap as you enjoy delicious burgers and snacks.

Calle Palacio 110, Cusco

987 885 080

Mopnday to Saturday 12pm-1am

## THE CROSS KEYS

PUB - \$

This cozy British pub features a lovely fireplace and a homey seating area. Sip on casual drinks and play table games as you unwind.

2nd floor, Triunfo 350, Cusco

(084) 229227

Daily 11.30am-1am

## LIMBUS

COCKTAIL BAR - \$

The menu at Limbus offers a variety of creative, innovative cocktails and contemporary food. The restaurant has a daring design as well and a spectacular view of the city from their amazing terrace! One of the best places in Cusco.

Calle Pasñapakana 133, Cusco

(084) 431282

Monday to Saturday 8am-11pm;  
Sundays 11am-11pm

[www.limbusrestobar.com](http://www.limbusrestobar.com)

## KM.O

BAR - \$

Enjoy live music here each night at 9pm. It features a casual atmosphere perfect for enjoying BBQ wings, fusion food, snacks, red wine, and craft beers. Wi-fi and table games add some extra fun to the atmosphere.

Live music every night and happy hour, great BBQ wings, fusion food and snacks, craft beers, wi-fi, table games, Bar with great atmosphere.

Calle Tandapata 100, Cusco

(084) 233855 / 998 516 720

Daily 6pm-2am

## Listings - 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 5am-10pm

[www.elalbergue.com](http://www.elalbergue.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 modern interpretations of traditional Sacred Valley cuisine to match. Dishes here incorporate produce from nearby organic farms and ingredients sourced by the chef in the Peruvian jungles.

Fundo Huincho Lote A-5, Urubamba

(084) 201-620

Daily 5am-10am; 12pm-3pm; 7pm-10pm

[www.hotelsolyluna.com/en/solyluna#](http://www.hotelsolyluna.com/en/solyluna#)

### ★ NEW MIL FINE DINING - \$\$\$



Since its opening in February 2018, MIL has become one of the most renowned restaurants in Peru.

Created by chef Virgilio Martinez of acclaimed Lima restaurant Central, MIL has an onsite lab where Virgilio experiments with growing produce and cooking at altitude. The eatery is located in the Sacred Valley with views of the stunning Inca archaeological site of Moray. The offering is an exquisite 7 course tasting menu that includes non-alcoholic drinks.

Mil was listed at number 36 in Latin America by San Pellegrino in their annual list of the world's 50 best restaurants

The restaurant is only open for lunch and has limited capacity. Reservations should be booked approximately 3 months in advance.

Tuesday to Sunday, 12.30-3.30pm

Contact Aracari for more details on the experience or to arrange a lunch.

[www.milcentro.pe](http://www.milcentro.pe)

### 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 to Saturday 12.30pm- 9.30pm,  
Sundays 9am-5pm

[www.elhuacatay.com](http://www.elhuacatay.com)

### 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

Friday to Wednesday 1pm-9pm

### 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

Wednesday to Sunday 12pm-8pm

### KAIA SHENAI 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 to Sunday 12pm-9pm

### MULLU CASUAL DINING - \$\$

Mullu Cafe serves dishes that creatively blend Peruvian and Asian flavors. With a rustic atmosphere, calming music, and fantastic views of Pisac, you're sure to love it.

Plaza De Armas 352, Písac

(084) 203073

Daily 9am-9pm

### PACA PACA PERUVIAN/INTERNATIONAL - \$\$

Not only does Paca Paca offer delicious Peruvian cuisine, but you'll also enjoy pizza and pasta - all served by incredibly kind faces.

Av. Mariscal Castilla 640, Sacred Valley 941 461 975

Tuesday to Sunday 1pm-9pm

### WAYRA

Inside Hotel Sol y Luna, Wayra features stunning mural and sculptures among high ceilings and traditional Peruvian decor. You'll enjoy Andean cuisine made of organic ingredients local to the Sacred Valley.

Fundo Huincho Lote A5 08661  
Urubamba (Cusco - Perú) T (84)608930

[www.hotelsolyluna.com](http://www.hotelsolyluna.com)

## CHUNCHO PERUVIAN - \$\$

Chuncho highlights the slow food process by preparing dishes using ancient Andean traditions. All ingredients are local, and it's an excellent atmosphere for trying traditional local food. The bar features local beer from Sacred Valley Brewing Co. and cocktails that include the local spirit Caña Alta.

*Chaupi Calle, Ollantaytambo - Sacred Valley at Hotel El Albergue*

979 797 638

*Saturday to Wednesday 12pm-10pm;  
Fridays 12pm-11.30pm*

## CUCHARA DE PALO

Cuchara de Palo serves traditional and Novo Andean cuisine. Dishes here highlight the variety and rich taste of Andean produce. With locally sourced ingredients and meals made from scratch, it's a true experience.

*Plaza Constitución 333 Pisac, Calca, Cusco*

(084) 203062

*Daily 7am-9pm*

[cucharadepalorestaurant.com](http://cucharadepalorestaurant.com)

## HEART'S CAFÉ CAFE - \$

Hearts Cafe serves homestyle healthy meals with an Andean twist. It offers up great value for the price - and of course, great taste.

*Avendio Ventiderio, Ollantaytambo*

(084) 436726

*Daily 7am-10pm*

[www.heartscafe.org](http://www.heartscafe.org)

## CAFÉ MAYU CAFE - \$

This lovely cafe sits right on the Ollantaytambo train station platform, where trains to and from Machu Picchu pass by. Fresh, organic ingredients are a key feature of each dish, with excellent local coffee and cocktails to boot.

*Estación de Tren s/n, Av Ferrocarril, Ollantaytambo*

(084) 204014

*Daily 5am-9pm*

[www.cafemayu.com](http://www.cafemayu.com)

## HACIENDA HUAYOCCARI

This hidden gem is housed in a beautiful private estate in the village of Huayocari. On site, you'll find a stunning private collection of Peruvian art to peruse as you sip a pisco sour before your meal. The terrace offers up beautiful views of the Sacred Valley to enjoy as you feast on traditional Andean dishes with locally grown ingredients.

*Road Cusco-Pisac-Urubamba, between km. 60 y 61 - Sacred Valley, Cusco, Perú*

(084) 226241

*Restaurant serves from 11.30am-4pm;  
6pm to close.*

[haciendahuayocari.com](http://haciendahuayocari.com)

## Listings - 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 12pm-9pm*

[www.indiofeliz.com/index-en.html](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 11am-10pm*

### QUNUQ (SUMAQ HOTEL) FINE DINING - \$\$\$

This 5-star hotel's restaurant would hold its own alongside the best places in Lima, let alone Machu Picchu. 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

[www.machupicchuhotels-sumaq.com](http://www.machupicchuhotels-sumaq.com)

## 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 5am-9pm*

## 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 9am-1am*

## CHULLPI CASUAL DINING - \$\$

Chullpi specializes in modern takes on traditional fare, with excellent local ingredients. Dishes also offer creative takes on local history, with great thought and care put into presentation.

*Av Imperio de los Incas 140, Aguas Calientes*

(084) 211350

*Daily 12pm-10pm*



# 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 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.

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



## Listings - Trujillo

### RESTAURANTS

#### 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.

*Diaz de Cienfuegos #250, Urb. La Merced, Trujillo*

*(044) 295-134*

*Daily 12pm-4pm*

[www.squallosseafoodrestaurant.com](http://www.squallosseafoodrestaurant.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.

*Calle Sta. Marina 146*

*(044) 044 659214*

*Daily 8am-11pm*

[www.elmochica.com.pe](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 8am-12am*

[www.demarcoperu.com](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*

*Monday to Saturday 6.30pm-12.30am*

#### PAPRIKA NORTEÑO - \$\$

Located inside Hotel Costa Del Sol, this eatery specializes in dishes from the Libertad region of northwestern Peru.

*Jr. Independencia 485, Plaza de Armas*

*(044) 232-741 / 972 701 493*

#### ROMANO RINCON CRIOLLO CREOLE FOOD - \$\$

This creole establishment offers a wide variety of menu options, and is especially delicious for meat lovers. You'll also enjoy an onsite wine cellar with affordable offerings.

*Estados Unidos 162, Urbanización El Recreo*

*Daily 11.30am-5pm*

*(044) 244207 - 296917*

[www.restaurantromano.com](http://www.restaurantromano.com)

#### COCO TORETE MEAT & GRILL - \$\$

Coco Torete serves top notch barbecue and is the perfect place to satisfy meat cravings. The restaurant also offers a delicious selection of wine and beverages, along with a charming atmosphere.

*Av. Larco Mz. M3 lote 15 Urb. San Andrés 5ta. etapa. - (44) 383404*

*Martinez de Compañón 648 Urb. San Andrés. - (44) 266088*

*Daily 12:20pm-12.30am*

[www.cocotorete.com](http://www.cocotorete.com)

## Listings - 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-5.30pm*

[www.bigbenhuanchaco.com](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*

*Tuesday to Sunday 12pm-5pm*

#### MOCOCHO SEAFOOD - \$\$

Mococho offers all kinds of delicious and healthy seafood options. Diners especially love the fresh steamed fish, topped with rich and tasty sauce options.

*Jiron Francisco Bolognesi 633, Huanchaco*

*961 343 392*

*Tuesday to Sunday 12.30pm-3.30pm*

## Listings - 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  
(074) 227-664

Daily 12.30pm-4.30pm; Thursday to Saturday 8pm-12.30am

### 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 to Saturday 7am-8pm; Sundays 7am-2pm

### EL RINCON DEL PATO CREOLE - \$\$

El Rincon del Pato specializes in ceviche and steamed fish, both of which are big enough to share. You'll enjoy fresh ingredients, some of the best ceviche in the region, and a charming, plant-filled interior. The flavor is well worth the price!

Medano 124, Chiclayo

(074) 200-326

Daily 10am-7pm

### 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 to Saturday 12pm-4.30pm,  
7pm-10.30pm; Sundays 12pm-5pm



### FIESTA RESTAURANT GOURMET NORTEÑO - \$\$



Héctor Solís is the founder of the Fiesta restaurant group with branches in Lima and , Chiclayo. 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 Chiclayo.

Salaverry 1820, Chiclayo

(074) 201-970

Monday to Saturday: 8.30am-10pm,  
Sundays 8.30am-4pm

[www.restaurantfiestagourmet.com](http://www.restaurantfiestagourmet.com)

### EL CANTARO CREOLE - \$\$

At El Cantaro, you'll find classic northern dishes prepared with traditional methods. Local ingredients and a wealth of experience - the restaurant has been around for four decades - add a depth to each dish.

2 de mayo 180, Lambayeque

(074) 282-196

Daily 9am-5pm

### SABORES PERUANOS NORTEÑO - \$\$

Sabores Peruanos is an excellent spot to familiarize yourself with delicious northern cuisine. The eatery serves up favorite typical dishes, all of which are delicious.

Av. Los Incas 136 | La Victoria

979 779 741

Daily 11.30am-5pm

### TOSTAO CAFE CAFE - \$

This coffee shop is a great experience for anyone who loves a good brew. Serving rich, delicious Peruvian coffee, they'll be sure to craft you a perfect caffeinated cup.

250 Las Jacarandas Urbanización, Av. Sta. Victoria, Chiclayo

(074) 233-868

Daily 11.30am-11pm

### LA PICANTERIA DEL MAR SEAFOOD - \$\$

Enjoy artisanal dishes of sustainably sourced seafood at La Picanteria del Mar. With local fish dishes and an eye toward preserving the local environment, this eatery is a win-win.

Rivera del Mar 164, Pimentel

(074) 453-142

Daily 11am-5.30pm

## Listings - Mancora

### GANAHA SUSHI - \$\$

Japanese-Peruvian cuisine with sushi being the house specialty.

Playa Amor 124 - Mancora

(981) 308-211

Tuesday to Sunday 1pm-11pm

### 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

Daily 9am-11pm

### 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

Daily 10am-11pm

### 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

Wednesday to Monday 12.30pm-4pm,  
7pm-11pm

## 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)*

[www.arennasmancora.com](http://www.arennasmancora.com)

## LA FABRICA RESTOBAR - \$\$

This charming bar and restaurant sits on the beach for ultimate relaxation. Housed in a reclaimed former factory, the space was sustainably made with recycled materials. Featuring a menu created by Austrian chef Luca Tamussino, whose work here was inspired by Central chef Virgilio Martinez, every dish is a delight.

956 893 292

*Sunday to Friday 12pm-10pm;  
Saturdays 12pm-12am*

*Auxiliar Panamericana Norte 1000  
(entrada a Pocitas), Mancora.*

## YUKA NIKKEI - \$\$

Enjoy delicious Peruvian Japanese food, also known as Nikkei, at this tasty local eatery.

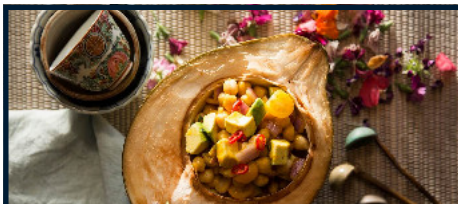
Av. Piura 261, Mancora

(073) 258-173

*Thursday to Tuesday 12pm-3.30pm,  
7pm-11pm*



## 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-3pm, 7pm-9.30pm*

[www.kichic.com/restaurant/](http://www.kichic.com/restaurant/)

## Listings - Piura

### CAPUCCINO GOURMET GOURMET - \$\$

A good quality upscale restaurant in Piura, with reasonable pricing. Previously located next to the Plaza de Armas, has now moved location.

Avenida Ramon Nujica S/N, Piura, Peru

969 698 913

*Monday to Saturday 11.30am-11.30pm,  
Sundays 11.30am-5pm*

[www.capuccino-piura.com](http://www.capuccino-piura.com)

## EL NUEVO AJICITO CEVICHE - \$\$

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

*Urb. La Providencia, Av. Las Gardenias  
Mz.B Lt.5, Piura*

(073) 331-290

*Daily 11.30am-4.30pm*

[www.elnuevoajicito.pe](http://www.elnuevoajicito.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

*Daily 12pm-11pm*

## BOTEGGA CAPUCCINO CAFE - \$\$

Botegga Capuccino, you'll come for the delicious lunch, but you'll stay for the top-of-the-line dessert. Be sure to order one of their beautifully presented sweets to finish off your meal.

Calle San Miguel N° 298, Santa Isabel, Piura

(073) 301111

*Daily 9am-11pm*

## TAYANTI PERUVIAN - \$\$

Enjoy tasty Peruvian fare with well presented dishes and a lively seating area.

*Avenida Andrés avelino Cáceres A3,  
Piura, Peru*

(073) 623-478

*Daily, 12.30pm-4pm, 19.30 to 1am*

## PAPRIKA NORTENO - \$\$

This much-loved eatery offers the fresh and thoughtful prepared Peruvian classics. Here, the presentation of each dish is just as fantastic as the flavor.

*Av. Loreto 649, Piura - (073) 302-864*

*Daily 12pm-11pm*

## PIQA RESTOBAR SEAFOOD - \$\$

With a cheerful and welcoming atmosphere, Piqa Restobar features seafood and fusion options to suit any palate.

*Jr. San Ramón s/n, Esquina con Av.  
Panamericana - Piura*

(073) 616-453

*Daily 12.30pm-4pm; 7pm-1am*

## Listings - Tumbes

### EDUARDO EL BRUJO SEAFOOD - \$\$\$

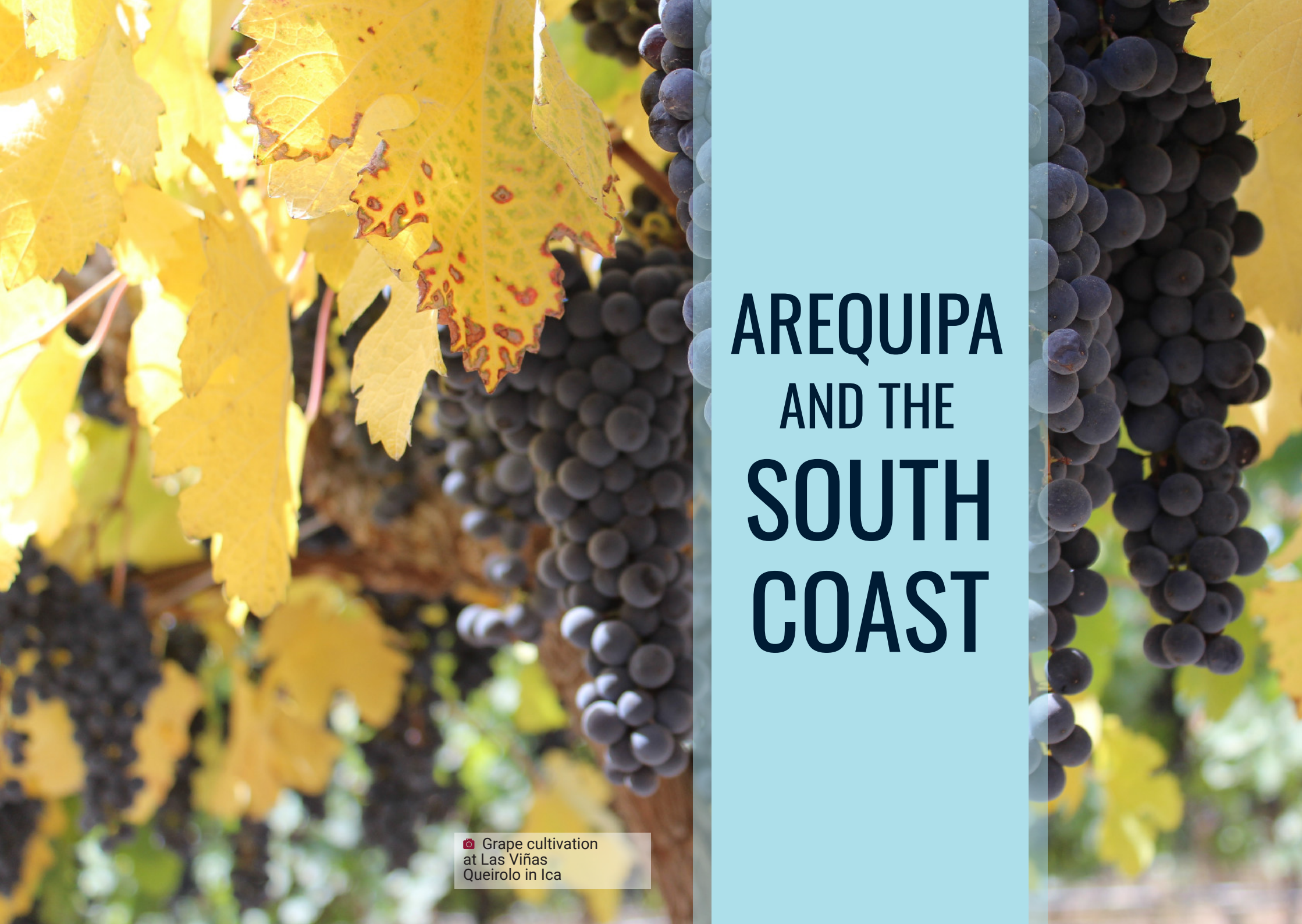
A bit pricey but some of the best fresh seafood that you can find in Northern Peru.

*Calle Bolognesi and Malecon  
Benavides*

972 678 640

*Daily 10am-11pm*

[www.eduardoelbrujo.com](http://www.eduardoelbrujo.com)



# AREQUIPA AND THE SOUTH COAST

📷 Grape cultivation  
at Las Viñas  
Queirolo in Ica

## 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 Chíncha, where African influences are easy to see in the folk culture, art, music and food. Each year in February, Chíncha hosts the *Verano Negro* ("Black Summer") festival, the biggest celebration of Afro-Peruvian culture in Peru. Classic African-influenced dishes found in Chíncha 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, half way between Tacna and Arequipa regions surprise its visitors with a big variety of fine desserts for such a small city, one where *siesta* is still compulsory. 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 chili peppers at La Nueva Palomino picantería 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 - South Coast

### PISCO PORTON - THE OLDEST DISTILLERY IN THE AMERICAS

This fascinating private tour of the oldest distillery in the Americas, La Caravedo, includes tastings of the incredible Piscos of the same names: La Caravedo Torontel and La Caravedo Quebranta. Developed by Master Distiller and Pisco expert Johnny Schuler, La Caravedo has the same quality, authenticity, and heritage as the Hacienda where it is made. Every bottle of La Caravedo is made with eight

pounds of the finest estate-grown single expression grapes. The spirit is distilled to 80 proof and is unaged, unaltered, and made with no additional flavors or additives - not even water. It is rested in concrete containers for a minimum of six months to allow the flavors and aromas to reach their peak before bottling. During your tour, you will witness the use of gravity-fed distillation to gently extract the flavor of the grapes, a wooden usillo to press the grapes, and a state-of-the-art facility using small batch copper pot stills. You will also be able to taste test the Pisco created here while you enjoy a complimentary happy hour from a sunset viewpoint.



## ON THE GRAPEVINE - TACAMA WINERY



Enjoy the perfect introduction to Peruvian wine on a half-day tour. Visit Tacama, Peru's oldest vineyard, dating back to the 16th century. Along with its impressive heritage, Tacama boasts a brand new cellar for carefully ageing their quality wines. With exclusive access to the cellar only occasionally open to the public, you'll be taken on a special journey from grape to glass. You'll learn about the combination of traditional processes and cutting-edge technology used to produce exceptional wines, sparkling wines and piscos. Stroll past the year's Tannats, Chardonnays 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 currently being grown, appropriate harvest times and more. Tacama is also special because of its architecture. It is one of the few places in Peru where you can visit a charming colonial-style hacienda with many of the traditional elements still intact including the welcoming avenue of trees, patio with arches, chapel, belfry and stables. Climbing the belfry you can enjoy a panoramic view across the vineyards

## SUNSET YACHT CRUISE



Step aboard for a private luxury yacht cruise. Your boat is complete with a small indoor dining area for enjoying fresh seafood appetizers and an outdoor seating area for admiring the sunset. Cruise the gentle waters of Paracas Bay while sipping Peruvian sparkling wine and watching the sky light up in shades of orange and red.

## Listings - Arequipa

### RESTAURANTS

#### **PALADAR (HOTEL CIRQA)** FINE DINING - \$\$\$

The rooftop eatery is planned to open late 2019. Accompanied by an organic garden, guests can enjoy refined Arequipa-inspired dishes with amazing 360° views of the city, the Cathedral, surrounding volcanoes and mountains.

*Calle Sucre 104 – Arequipa*  
944 196 058

#### **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  
*Monday to Saturday, 12pm-11pm;*  
*Sunday 12pm-8pm*

[www.chicha.com.pe](http://www.chicha.com.pe)

#### **TRATORIA 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  
*Daily 12pm-4pm; Monday to Saturday*  
*7pm-11pm*

[www.latrattoriadelmonasterio.com](http://www.latrattoriadelmonasterio.com)

#### **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.

*San Francisco 211 - Cercado*  
(054) 577-061 / 979 394 676  
/ 972 585 799

*Monday to Saturday 1pm-11.30pm*  
[www.salamanto.com](http://www.salamanto.com)

#### **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 210-212, Cercado*  
(054) 206-020  
*Daily 12pm-11pm*  
[www.zigzagrestaurant.com](http://www.zigzagrestaurant.com)

## LA ITALIANA

ITALIAN - \$\$

A place to enjoy generous specialties with "il vero sapore italiano". The menu offers a wide variety of antipasti, pizzas, pastas and exquisite meats.

*Calle San Francisco 303 - Cercado  
(054) - 202080 - [www.la-italiana.com](http://www.la-italiana.com)  
Monday to Saturday, 12pm-11pm;  
Sundays, 12pm-10pm*

## 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*

*Monday to Friday, 12.30pm-3pm,  
5.30pm-10pm; Saturdays 5.30pm-10pm*

## MONTONERO

FINE DINING - \$\$\$

Amongst the best restaurants in the city, and best for lunches. Featuring the typical recipes of Arequipa and offering both old-school and contemporary dishes.

*Alameda Pardo 123 Cercado, Arequipa  
(054) - 270528  
Daily 11am-11pm  
[www.el-montonero.com](http://www.el-montonero.com)*

## SAMBAMBAIAS

CASUAL DINING - \$\$

Sambambaias is great for families and large groups. Enjoy typical dishes in a traditional yet modern and homemade style. Best for dinners.

*Av. Luna Pizarro 304, Arequipa  
054-223 657  
[sambambaias.com.pe](http://sambambaias.com.pe)  
Monday to Saturday 12pm-10pm;  
Sundays 12pm-5pm*

## CASTA FIOR

CASUAL DINING - \$\$

Located at Hotel Maison de Elise, Casta Fior offers a wonderful blend of cozy atmosphere and upscale offerings. From each dish right down to the tea, every offering is delicious.

*Av. Francisco Bolognesi N° 106,  
Yanahuara - Arequipa.  
(054) 25 18 68  
Tuesday to Saturday, 8.30am-10.30pm;  
Sundays, 8.30am-4pm  
[www.hotelmaisondelise.com](http://www.hotelmaisondelise.com)*

## 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 8am-12am*

### 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 / 957600133  
Daily 11am-6pm  
[www.soldemayo.com.pe](http://www.soldemayo.com.pe)*

## 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, El Filtro  
(054) 232-040 / 958176504  
Daily 11am-5.30pm  
[www.picanteriamundial.com.pe](http://www.picanteriamundial.com.pe)*



## 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, 11am-5pm*

## 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  
(054) 223 964  
Daily 12pm-5pm  
[www.tipika.com.pe](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  
Tuesday to Saturday 9am-5pm,  
Sundays and Mondays 12pm-5pm  
(054) 484-685*

## LA BENITA

La Benita has served the region's best dishes for eight generations. It's a true legend and well worth a visit!

*Plaza Principal 114 Characato, Arequipa  
972 348 929  
Daily 8am-5pm; Sunday 6am-5pm  
[www.picanterialabenita.blogspot.com](http://www.picanterialabenita.blogspot.com)*

## CAFES AND CHOCOLATE

### CREPÍSIMO

CREPES - \$

From the same people who have Zig Zag, one of the most noted gourmet restaurants in Arequipa, comes Crepísimo. 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, Cercado  
Daily 8am-11pm - (054) 206-620  
[www.crepisimo.com](http://www.crepisimo.com)*

### LA DESPENSA

CAFE - \$

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

*Santa Catalina 302  
(054) 222-104  
Monday to Friday 8am-10pm, Saturday  
10am-10pm, Sunday 9am-9pm*

## PUKU PUKU

CAFE - \$

It offers a great view of the city from its terrace. Watch a beautiful sunset as you sip on a coffee.

*Calle Santa Catalina 120. 2nd. floor. Casona Mayor. (Between Santa Catalina and Moral street).*

*Monday to Saturday 8am-10pm;  
Sundays 11am-6pm*

[www.pukupuku.pe](http://www.pukupuku.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 10am-11pm*

[www.chaqchao-chocolates.com](http://www.chaqchao-chocolates.com)

## 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*

*Sunday to Thursday 10am-11pm,  
Fridays and Saturdays 10am-12am*

[www.chaqchao-chocolates.com](http://www.chaqchao-chocolates.com)

## 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.

*Jerusalem 136*

*(054) 218-842*

[www.laiberica.com.pe](http://www.laiberica.com.pe)

## 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 11am-1am*

[www.museodelpisco.org/](http://www.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 12pm-12am*

## Listings - The South Coast

## RESTAURANTS

### INTI MAR

SEAFOOD - \$\$

Seafood eatery on the beachfront near pisco.

*Km 38 Pisco - Punta Pejerrey*

*981 318 866*

*Monday to Saturday 10.30am-3.30pm*

[www.inti-mar.com/restaurant/](http://www.inti-mar.com/restaurant/)

### 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). Quality can vary and has recent unfavorable reviews.

*Av. 28 de Julio 216 (Antigua Panamericana Sur Km.138), Cañete*

*(01) 284-4114*

### RESTAURANTE EL PORTON

El Porton offers a relaxing, airy atmosphere and a Sunday buffet service.

*Ignacio Morsesky 120, Nasca*

*(056) 523490 / 956789810*

*Daily 11am-11pm*

[www.elportonrestaurant.com.pe](http://www.elportonrestaurant.com.pe)

## 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 / 984586030*

*Daily 10am-11pm*

[www.restaurantparacas.com](http://www.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*

*Monday to Wednesday 12pm-5.30pm;  
Thursday to Saturday 12pm-5pm;  
Sundays 12.30pm-5pm: 11am-5pm*

## RESTAURANTE HACIENDA SAN JOSE

Located inside a unique country-side historical property, Hacienda San Jose is an experience all its own. The food is great, but the surroundings are just as fantastic.

*Hacienda San José s/n (Altura Km. 203 Panamericana Sur) El Carmen - Chincha, Ica.*

*056 -313332 / 940 234 957*

[www.casahaciendasan jose.com/restaurant/](http://www.casahaciendasan jose.com/restaurant/)

## EL BATAN

A casual setting gives way to a wide variety of food offerings - including excellent ceviche. Next door is a charming bakery where you'll definitely want to stop for dessert.

*Panamericana Sur 791 Km. 197.5 (Al costado del Súper Grifo Chincha) Chincha Alta - Ica*

(056) 268050 / (056) 265803 / 99 817 6041

Daily 6.30am-10pm; Sundays 6.30am-7pm

[www.elbatanchincha.com](http://www.elbatanchincha.com)

## RESTAURANTE EL TAMBO DE TACAMA

El Tambo de Tacama is located on a beautiful vineyard that you can enjoy along with your meal. You'll find wine tasting options, stunning vistas, and Peruvian paso horses here.

*Av. Camino Real 390- La Tinguiña, Ica.*

(01) 2183030

Tuesday to Sunday 9am-5pm

## RESTAURANTE VIÑAS QUEIROLO

Located inside the Hotel Viñas Quierolo, this restaurant offers a flavorful breakfast buffet, beautifully presented lunch and dinner options, and sweeping vineyard views.

*Carretera San José de los Molinos km 11, Los Molinos, Ica - Perú*

(01) 2613772 Anexo 102 / Ica : 965-397086 / 980-644023

[www.hotelvinasqueirolo.com](http://www.hotelvinasqueirolo.com)

## RESTAURANTE DEL HOTEL MOSSONE

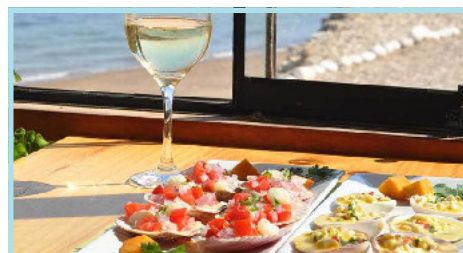
Located right in front of Huacachina lagoon, this historical establishment is a must visit if visiting the oasis. Be sure to take a look at the original 1920s design.

(01) 6143900 / (056) 213629, 213630

Daily 12pm-2.30pm, 7pm-10.30pm



## INTIMAR (PARACAS)



Intimar offers fantastic seafood, fresh from the sea to your table. Located on a quiet beach, it offers a dreamy nautical atmosphere.

*Km 38 carretera Pisco - Puerto San Martín, Paracas*  
991 350 656

## PISCO AND VINEYARDS

### VIÑAS DEL ORO

### VINEYARD

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) 700 4500

Monday-Friday: 9am-1pm, 2pm-5pm;  
Saturday: 9am-12pm

[www.piscovinasdeoro.com.pe](http://www.piscovinasdeoro.com.pe)

### 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. Quierolo 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 San José de los Molinos km 11, Los Molinos, Ica*

(01) 2613772 / 965-397086 / 980-644023

[www.hotelvinasqueirolo.com](http://www.hotelvinasqueirolo.com)

### HACIENDA TACAMA

### VINEYARD

This renowned vineyard produces fantastic wine and pisco. Hacienda Tacama blends traditions of the past with modern technology: it's located on a centuries-old farm but uses contemporary wine production techniques.

*Av. Camino Real 390- La Tinguiña, Ica.*

(056) 581030

*Visits to the Bodega: Tuesday to Saturday 9am-4.30pm*

[www.tacama.com](http://www.tacama.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*

[www.caravedopisco.com](http://www.caravedopisco.com)

## CHOCOLATE

### HELENA CHOCOLATES Y TEJAS

This Ica classic is a pioneer in the world of chocolate recipes and varieties. This brand takes packaging to a whole new level, putting plenty of care into their presentations. Their chocolates make excellent gifts and souvenirs. You can also tour the factory, where you'll see many products still handmade by chocolate artisans. If you're lucky you might even come across the founder, Elena Soler, and she can share some of her wonderful story with you!

*Factory: Av. Nicolás de Ribera el Viejo 227, Urb. Luren, Ica. (56) 23-2016*

*Calle Cajamarca 139, Ica. (56) 23-2016*

[www.helenachocolatier.com](http://www.helenachocolatier.com)



# THE AMAZON RAINFOREST

📍 "Causa de pituca" at ámaZ restaurant in Lima

## 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 jungle aphrodisiacs and potions for every possible affliction for sale. 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 (açai), 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 116 and 117 for a guide to tropical fruit.



## Amazon 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 (banana passion fruit), camu camu and carambola (star fruit). 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 that the Amazon has to offer.



## Listings - 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 to Saturday 12pm-11pm;  
Sundays 12pm-5.30pm

[www.alfrioyalfuego.com](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 to Thursday 6am-1am; Fridays  
and Saturdays 6am-2am; Sundays 8am-3am

#### 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-12.30am

#### FITZCARRALDO VIA GOURMET - \$\$

Fitzcarraldo via Gourmet is a local classic. Offering a view of the boardwalk and excellent fresh Amazon dishes, it is well worth a visit.

Av. Napo 100, Iquitos (Next to the Boulevard)

(065) 236-536

#### GRAN MALOCA AMAZON - \$\$

With an airy, inviting design and fine dining options straight from the nearby Amazon, Gran Maloca has much to offer.

Sargento Lores 170, Iquitos - Loreto

Monday to Wednesday, 12pm-4pm,  
7pm-11pm; Thursday to Sunday, 12pm-11pm

## 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 to Friday 8.15am-5.30pm

[www.delfinamazoncruises.com](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

[www.aquaexpeditions.com](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 7am*

## Listings - 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

*Mondays, Tuesdays and Thursday to Sunday 11am-10pm*

### **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 10am-10pm*

### **LA SEMILLA** CAFE - \$

La Semilla's colorful, casual atmosphere includes an open-air terrace and cozy seating. Enjoy local, organic dishes with vegan friendly offerings.

Jr. Arequipa 281, Puerto Maldonado

(082) 350676


*Monday to Friday 9am-2.30pm; 5pm-10pm; Saturdays 9am-10pm*



📷 Tropical fruit selection onboard Delfin Amazon Cruises



# RESOURCES

 Crafting  
a fishing net

## 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, glass – Copa)*

## 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*



## 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 fruits to look for are copoazú, guanabana (soursop) and carambola (star fruit)

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 savory dishes.

**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 fructooligosaccharides, 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** - Cassava. 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.



📷 Different varieties of quinoa grain



## 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 TOMENTOSA)

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 (MINTHSTACHYS MOLLIS)

Muña has a pleasant flavor often compared to mint. You can easily find muña growing in several Andean

regions of Peru, 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.

### 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 vine 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 and traveler’s diarrhoea. 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 various world renowned travel publications, Marisol Mosquera has built a reputation for her unique approach to travel in Peru and South America since she founded Aracari in 1996.

Her endeavor 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.

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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.

For enquiries about Peru cuisine trips please contact [travel@aracari.com](mailto:travel@aracari.com).

