

# FREE PERU: THE COOKBOOK PDF



Gaston Acurio, Andy Sewell | 432 pages | 18 May 2015 | Phaidon Press Ltd | 9780714869209 | English | London, United Kingdom

## **Peru: The Cookbook (pre-order) | Food / Cook | Phaidon Store**

Good question. And one with a pretty interesting answer, Peru: The Cookbook it turns out. Too bad Peru doesn't quite answer it. It is almost impossible to overstate the influence Acurio has had on his country and its cuisine. Conveniently, the chef has written his first English-language cookbook, Peru: The Cookbook. The book was released last month from Phaidon, a publisher that generally specializes in two types of cookbooks: big, glossy chef cookbooks Rene Redzepi, Ferran Adria and even bigger, encyclopaedic cookbooks that focus on the foods of a specific country Thailand, Mexico, India, The Foods of Lebanon etc.

And man, is it thorough. After a very brief introduction, over recipes crowd its colorful pages, including entire chapters on ceviche and street food—and very few recipe headnotes. Sound overwhelming? Peru: The Cookbook was an easy call for an appetizer, and a couple grilled meats—anticucho skewers of Peru: The Cookbook, and a whole, marinated chicken pollada -style with two sauces—rounded out our protein needs.

All of these were tasty. And the combination of the Peruvian liquor pisco with bitters, ginger ale, and lime juice was basically the ideal summer refreshment. Peru: The Cookbook was this a meal people would typically eat in Peru? I have no idea. Wading through the dense mass of recipes without the guidance of an in-depth introduction to Peruvian food was an endeavor, and, to be honest, more than a little frustrating.

Finding substitutes for Peruvian-specific ingredients proved to be its own massive hurdle. Chiles form the basis for the cuisine, and dishes use a mixture of fresh chiles and pastes from aji amarillorocoto and panca chiles. A little pricey, maybe, but at least available. The fresh chiles themselves? They're only available seasonally, and even then are scarce in the US. The chiles are almost universally considered irreplaceable, but you can get close-ish: I subbed habaneros for rocotos and serranos for ajis.

This is food Peru: The Cookbook want to cook. Apart from the hard-to-find Peru: The Cookbook, each dish was fairly easy to throw together, and apart from perhaps the raw fish and some spicy condiments, they were all pretty kid-friendly. Peru is full of these kinds of recipes: flavorful, often one-pot, often family-friendly, definitely unique dishes.

But what if you want to plan a meal out of Peru? Want to learn which side dish is typically served with a given entree? Or what sweets are eaten during holidays? Or why a sauce goes with one grilled meat but not another? Or Peru: The Cookbook Peruvians eat so much quinoa? Or what makes a Peruvian-style stir-fry Peruvian? Like the one about those stir-fries, for instance.

Turns out Peru had a huge influx of Chinese and Japanese immigrants and birthed two entire cuisines based on those influences: Chifa and Nikkei respectively. That's the sort Peru: The Cookbook thing I would have liked to learn from Peru: The Cookbook. The bummer reality is that all too often, I had to use Google to find answers to my questions. But now that I'm armed with a refrigerator full of chile pastes and a killer recipe for quinoa salad, you can bet I'm going to look for more information on the complex and delicious foods of Peru.

Our star ratings are based on a four fork system. The Peru: The Cookbook Cookbook Canon serves as the standard-bearer for what four fork books should be. Can't get enough Epicurious cookbook reviews? Like Peru: The Cookbook Cookbook Critic Facebook page for all of our cookbook coverage, teasers for upcoming reviews, new release news, and much more.

## Cookbook Review: Peru by Gastón Acurio | Epicurious

The chili here is not a spice, but the main ingredient of this stew, and the creamy mixture that is aji de gallina is the centerpiece of this dish. Heat the oil in a pan over low heat, add the onion and garlic, and saute for a few minutes, until the onion has softened. Add the chopped pecans or almonds and chili pastes. Season with salt and pepper. Add the cumin and oregano and continue to cook, stirring, for a few minutes, then remove from the heat and set aside. Put the bread in a bowl, cover with the milk, and let soak for 5 minutes, then put in a blender with the onion and pecan mixture.

Blend together well. Entrance to their Peru: The Cookbook is free Peru: The Cookbook for non-guests. Place the chiles in a pan with enough cold water to cover and bring to a boil, then Peru: The Cookbook from the heat and drain. Repeat the process 3 times, changing the water each time. Put the blanched chiles in a blender with the vegetable oil and a tablespoon of water and blend for about 5 minutes, to form a thick paste.

Once the mixture is well Peru: The Cookbook, push it through a strainer sieve. This chili paste is best used immediately, though it Peru: The Cookbook keep refrigerated in an airtight container for 2 days.

It can be used to prepare dressings and stews. Thoroughly wash the mirasol chiles to remove any dust or dirt. Cut in half lengthwise and remove the seeds and veins. Put the chiles in a bowl, cover with water, and let soak for 12 hours or overnight, changing the water 3—4 times during the soaking. Blend together thoroughly for about 5 minutes, then strain the mixture to remove any remaining chile pieces. Transfer to a suitable container and keep refrigerated until needed.

This chili condiment acts as a base for other condiments, stews, and soups. We eat white rice with almost everything in Lima and it is rare not to see a large Peru: The Cookbook of cooked white rice in the kitchen at home. Heat 2 tablespoons of the vegetable oil in a pan over medium heat, add the garlic, and fry for 2 minutes until Peru: The Cookbook but not browned.

Add the rice and salt to the pan and stir together. Reduce the heat to its lowest setting, cover and cook for 10—15 minutes. Remove from the heat, drizzle over the remaining tablespoon vegetable oil, and stir together with a fork. Re-cover the pan and let stand for 2 Peru: The Cookbook until the rice has achieved the desired consistency.

The rice should be cooked but not too soft or sticky, and the grains should separate Peru: The Cookbook. If you like this kind of thing and feel you are now ready for some real life cooking classes in the Peruvian capital or in Cusco you can check out the options and make a reservation [here](#).

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## **Peru: The Cookbook by Gaston Acurio, Hardcover | Barnes & Noble®**

Available again. Shipping from September 18 Editions: Hardback English. He has created an international empire, exporting Peruvian cuisine around the world. Acurio owns more than 44 international restaurants, including three locations of La Mar restaurant in the USA. He plans to open more restaurants around the world in the next two years, including in Washington, DC.

Acurio is a television host in Peru and is met by tens of thousands of fans wherever he makes a public appearance. He won the lifetime achievement award at the Latin America Best Restaurants in This beautiful volume is Peru: The Cookbook resource on a cuisine that's rapidly gaining in popularity north of the equator. This is a treasure chest of Peruvian cuisine.

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