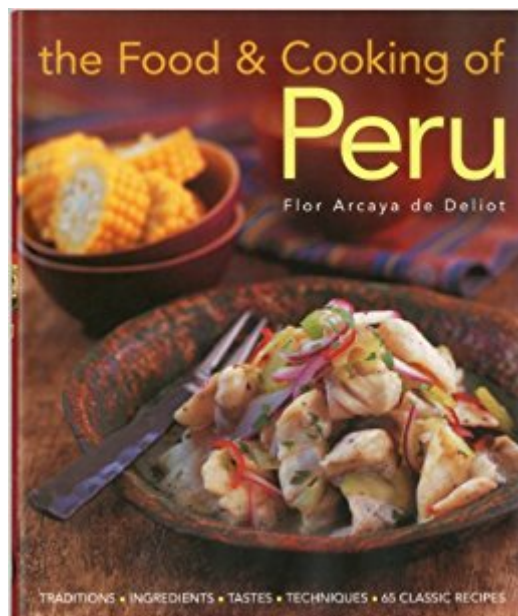




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# The Food And Cooking Of Peru: Traditions, Ingredients, Tastes And Techniques In 60 Classic Recipes



## Synopsis

Peruvian cuisine is considered to be one of the most diverse in the world, and on a par with French, Chinese and Indian cuisine in terms of sophistication. With this eclectic variety of traditional dishes, 28 different climates, and terrain that includes coasts, mountains, forest and jungle, Peruvian gastronomy is in constant evolution.

## Book Information

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## Customer Reviews

Flor Arcaya de Deliot was born in Lima, where she lived for some years. Her travels since then have given her a taste for national and regional dishes from the countries she has visited, but have also reinforced her love for Peruvian cuisine. Flor has written two Peruvian cookery books and one of her recipes obtained an honourable mention in the annual International Competition for the Potato, organized by the San Martin University in Peru and Unesco.

I have been collecting Peruvian cookbooks for many years since my mother is from Peru. I have about 80 so far, vintage and modern. I have a good working background of the regional styles of cuisine from Peru. I have to disagree with the other reviews of *The Food and Cooking of Peru* by Flor Arcaya de Deliot. The recipes do represent the typical dishes from this country- these are the dishes that are found in most Peruvian cookbooks. The author is also Peruvian (Copeland Marks, author of *The Exotic Kitchens of Peru*, is a gringo and many of his recipes are NOT authentic). Since there are not many Peruvian cookbooks available in the U.S, this book has a good representation of everyday meals that Peruvians grow up with. It has great photos and rather simple

recipes. My main complaint is that recipes get lost in translation. For example, the chef is told to use "beer" instead of a specific beer (e.g. chicha, light beer). My other complaint is that the book fails to describe the common ajis or chilis that are the backbone to Peruvian gastronomy. Although the book does have a nice introduction to Peruvian cuisine and the classic ingredients, it does not describe the main ajies that are used such as aji amarillo, aji panca, aji mirasol, rocoto, and aji limo. They all have distinctive flavors and can be used fresh, dried, and in paste. The book does not really go into that. The recipes do not distinguish between what type of ajis; the directions just mention to use red or yellow chilies. I think it would be helpful to the reader to be more specific since the book has a good resource directory for Peruvian ingredients that are difficult to find.

Great step by step instructions with photos. Really enjoyed reading about the history of the cuisine and cultural background. Some of the ingredients needed more description for example: What is a King Edward potato - we don't have them here that I know about? and what kind of chili sauce are they asking for - we have lots of those here? But all in all highly recommend this book for those wanting to make Peruvian at home.

As a Peruvian, I find this book very detailed with pictures. I love looking at pictures of the preparation and the final results. I also appreciated the extra pictures of different regions of Peru. It was a nice touch. Some of the recipes are new to me while some remind me of my childhood. Due to time constraints, I was only able to make one recipe, and it was very good! Corina :)

My buddy is a long way from home, so I got this book to surprise him when I cook for the guys in the barracks. I've never made food from Peru before. The day I made the food he came down and smell the food and he said it smells like he was back home. When he tried the food his eyes lit up like a kid in a candy store. Before he was done with his first plate he was making a second plate.

Loved the food and cooking book, the size was perfect the print and pictures, I was very satisfied with it, I will recommend it, I thank you, everything that I bought from you guys top quality, I'm very very happy thank you Maritza Herrera

For those who love Peruvian food as much as we do, this book is great! easy to follow steps. Nice results. Recommended!

Love this cookbook. My family is from Peru, so I think the recipes are close to what I'm used to eating in Peru. Easy to follow and straightforward.

I bought this book as a gift for someone. When I received the book the binding was a little messed up, was not too happy with that, but didn't have time to return it. Never had any problems like this before. Other than that my friend liked the book.

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