

Peruvian Meetup Recipes 9/5/21

Lomo Saltado

8 servings

2 Lb.	Sirloin steak, cut into 1/4" x 1" strips
2 Tbsp	Ahi amarillo paste (substitute 1/2 tsp cumin, 1/2 tsp coriander, 2 Tbsp Oregano)
1 tsp	Minced garlic
2 tsp	Black pepper
1 tsp	Salt
2 tsp	Vinegar
1 Tbsp	cooking oil
1	Red onion, large, sliced lengthwise
5	Yellow peppers, sliced into strips
3	Roma tomatoes, sliced lengthwise
4 Tbsp	Soy sauce
1 cup	Beef broth
2 Tbsp	Cilantro, chopped
1 Lb.	French fries, about 3 cups, cooked

Mix ahi amarillo paste, garlic, pepper, and salt with 2 tsp vinegar.

Coat the beef strips, place in baggie and allow to sit 15 to 30 minutes.

Cook French fries.

Heat oil, fry beef until just browned. Remove meat from pan.

Add oil if needed, add onion and pepper, sauce 1 minute, add tomato strips, cook additional 1 minute.

Add soy sauce and broth, reincorporate beef strips.

Cook for about 4 minutes, reducing liquid somewhat

Add French fries and toss.

Aji de Gallina

4	Eggs, hard cooked, sliced
2 Lb	Chicken breast or tenders, or turkey
2 cups	Chicken stock
1/2 loaf	White bread, remove crusts, cubed
12 oz	Evaporated milk
1/2 cup	Parmesan cheese, grated
1/4 cup	Pecans or walnuts, toasted and roughly ground
3 Tbsp	Cooking oil
1 tsp	Minced garlic
1	Brown onion, medium, chopped
1 Tbsp	Aji amarillo paste (substitute 1/2 tsp cumin, 1/2 tsp coriander, 2 Tbsp Oregano)
2 tsp	Turmeric powder (optional)
1/4 cup	Kalamata slices, pitted and quartered

Add eggs to boiling water, cover, return to boil and remove from heat. Remove from water after 5 to 10 minutes, cool in a bowl of water.

Poach chicken in stock until tender, about 30 minutes. Remove meat, cool, shred.

In blender, add evaporated milk, 1/2 cup of cooking stock and bread cubes, blend until smooth. Add cheese and nuts, puree until smooth.

Heat oil, saute onion until translucent, about 5 minutes, add garlic and cook until softened (be careful not to burn).

Add chicken and aji amarillo paste and heat through.

Add blended liquids and cook until hot. Stir in turmeric and cook over low heat 5 minutes more.

Peel and slice eggs.

Top meat mixture with eggs and olives. Serve!

Papas a la Huancaína

1/2 cup	Ahi amarillo paste (substitute 1/2 tsp cumin, 1/2 tsp coriander, 2 Tbsp Oregano)
1 cup	Evaporated milk
4	Soda crackers
8 oz	Queso fresco
4 oz	Cream cheese, softened
1 tsp	Garlic powder
1 tsp	Onion powder
1 tsp	Salt
2 Tbsp	Olive oil
8	Yukon gold potatoes, boiled, peeled, cut into 1/2" slices

Cut large potatoes in 1/2, cook in salted water until tender. Cool, peel, cut into 1/2" slices.

Put all ingredients except potatoes in a blender and blend until smooth.

Pour sauce over servings of potatoes.

Garnish as desired with black olive slices, parsley, hard boiled egg slices

Carapulcra

1 Lb	Papa seca (dried potatoes) (available on Amazon)
3 Tbsp	Vegetable oil
2/3 Lb	Pork loin, cubed
2/3 Lb	Chicken breast, cubed
1/2 tsp	Salt
1/2 tsp	Black pepper
1	Red onion, chopped
1 Tbsp	Minced garlic
3/4 cup	Ahi panca chili paste (available on Amazon, A fair substitute is pasilla peppers, or in a pinch ancho peppers.)
1/2 tsp	Cumin, ground
3 cups	Chicken stock
1/3 cup	Red wine
1-1/2 oz	Dark chocolate, chopped (72% or so)
2 tsp	Sugar
1/2 cup	Peanuts, roasted, roughly ground

Day before:

Roast the papa sera over low heat for a few minutes (no oil) and let cool.

Place in large bowl, cover with double its volume of cold water, leave to soak overnight at room temperature.

Next day:

Cut meats into 1/2" cubes. Heat oil, season meat with salt and pepper, sear over medium heat until just browned.

Add the onion, ají panca paste, pepper, salt, black pepper and ground cumin and cook for a few more minutes.

Drain the papa seca and add along with the chicken stock and wine, leaving it to simmer for an hour over a low heat without the lid, stirring every 5 minutes.

After an hour (or when the papa seca is fully cooked), add the chocolate, sugar and ground peanuts and let it stew for another 10 minutes.

Serve with rice.

Mazamorra morada

3 Lb	Purple corn dried, (available from Amazon)
3	Cloves
3	Cinnamon sticks
1	Pineapple, peeled, chopped (save peels)
2	Granny Smith apples, peeled, cored, chopped (save core and peels)
1	Orange Peel (fruit not used)
9 cups	Water
1/2 cup	Prunes
1/2 cup	Dried apricots
1-1/2 cups	Sugar
1/4 cup	Lime juice
3/4 cup	Sweet potato flour
3/4 cup	Water

Break corn into several pieces, put in heavy sauce pan. Add 9 cups water. Peel and core pineapple, apples and orange, (mix chopped fruit together to keep from oxidizing). Add peels and cores plus cloves and cinnamon sticks to pot.

Bring to a boil over high heat. Turn the heat to medium and cook partially covered for 1 hour and 30 minutes, or until reduced to 6 cups.

Strain, reserving the liquid. Discard the solids.

Pudding:

Add 4 cups liquid to saucepan. Add chopped pineapple, apple, prunes, apricots, sugar and lime juice. Bring to boil.

In a small bowl whisk 3/4 cup sweet potato flour and 3/4 cup water until well mixed, add to the liquid, stir continuously until mixture thickens.

Serve in small cups or ramekins and sprinkle with cinnamon.