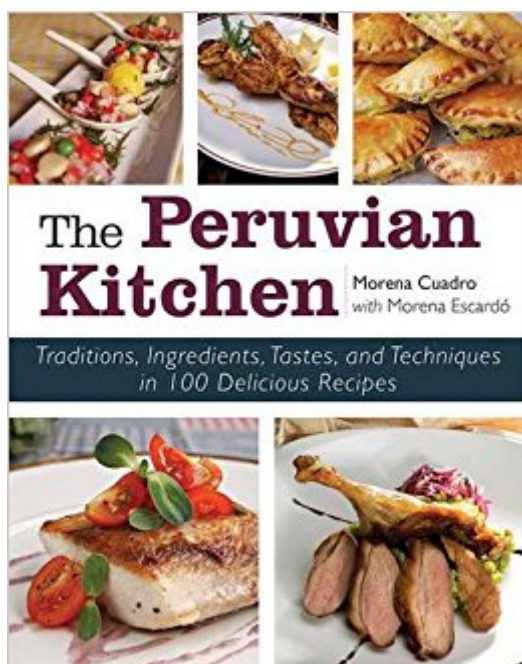


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# The Peruvian Kitchen: Traditions, Ingredients, Tastes, And Techniques In 100 Delicious Recipes



## Synopsis

Peruvian food has been climbing the culinary ladder at full speed, praised by the untrained palate of the average traveler and by food experts alike. Local Peruvian chefs are quickly gaining international celebrity status, opening restaurants in major cities around the world. Peru's millenary staple ingredients, such as quinoa, maca, and purple potatoes, have finally reached beyond their country's boundaries, and are seducing people of every background. Peruvian food's popularity surged in 2013, named as the International Year of Quinoa by the UN, during which Peru was named the world's leading culinary destination for the second year on a row. Peruvian food, as it is known today, is a fusion of its Incan roots, mixed with Spanish, Arab, African, Chinese, Italian, Japanese, and French influences. The ingredients and techniques of each of these culinary traditions have left a clear mark through time on the basic Incan diet, and the result is a vast and colorful range of dishes, each telling a distinct story. The Peruvian Kitchen is a journey through the diverse gastronomy of this country that will allow both those who have tried and fallen in love with Peruvian food already, and those who are first encountering it, the opportunity to get intimately acquainted with this exotic universe of flavors, techniques, and traditions. This book will be your go-to guide for creating a real Peruvian culinary experience at home; learn the history and traditions behind this famous cuisine and enjoy more than one hundred recipes, including cebiches, piqueos, soups, traditional sweets, and much more! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

## Book Information

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## Customer Reviews

Morena Cuadra was born in El Salvador, raised in Nicaragua, and adopted by Peru. Lima is where she learned to cook and discovered her passion and talent for this art. She is a trained chef and a wine expert, and has published several magazines and cookbooks. She directed a culinary school in Lima and writes a Peruvian food blog called Peru Delights. Cuadra resides in Leesburg, Virginia. Morena Escardón is a writer and a vegetarian home cook from Lima, Peru, with a fascination for healthy and holistic eating, and for turning any dish vegetarian, vegan, and gluten-free. Together with her mother, she writes the Peruvian food blog Peru Delights, where she emphasizes the versatility and nutrition of Peruvian super foods. Escardón resides in New York City.

I bought this book as a gift. The person who received this liked it very much. The recipes were true to the Peruvian culture..

I married into a Peruvian family and wanted to be able to make some of the dishes my husband had growing up. He approves!

Great Peruvian cookbook. Recipes are superb. Lots of great cultural info.

Wife loved it for an Xmas gift. She's ready to try all the recipies.

Fabulous and tasty recipes. Absolutely love it.

Amazing book, well written and really nice dust cover.

The translation is very good. Love the recipes.

great product nice history of food

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