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



The Peruvian Kitchen

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*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. Peruâ™s millenary staple ingredients, such as quinoa, maca, and purple potatoes, have finally reached beyond their countryâ™s boundaries, and are seducing people of every background. Peruvian foodâ™s popularity surged in 2013, named as the International Year of Quinoa by the UN, during which Peru was named the worldâ™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. Weâ™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.

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Customer Reviews

I generally do not write reviews - I just add recipes to my favorites. But I must share several comments with readers who are considering purchasing this beautifully illustrated cookbook packed with over the top flavorful recipes!! I recently hosted a welcome shower/brunch for dear friends who just finalized the adoption of an adorable baby girl. I set about organizing my menu which included a variety of mini quiches. After going through The Peruvian Kitchen recipes I settled on also making the Artichoke Tart - one of the stars of the brunch! Barely crumbs were left! One guest had 3 slices!! It is a very easy recipe and the presentation just as stunning as the photo in the author's book! All of the guests raved about the tart! The one change I made was to make the tart with artisan gluten free flour- you couldn't tell the difference. I have since made a number of other recipes - Lomo Saltado - amazing mouthfuls of flavor as is the Seco de Carne. For several dinner parties I knew I would go directly to the Something Sweet section. Suspiro Limeno is luscious heaven in your mouth. The Apple Cake is simply scrumptious, which I also made with gluten free flour. And if you are a chocolate lover this recipe is a must to add to your favorites! As the author suggests "if there's a birthday party, rest assured that this will be the cake holding the candles." She is referring to the chocolate cake! Again - barely a crumb left! This recipes gets 10 stars!! And I've made it twice!

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

Beautiful and wonderful recipes! Love this cookbook!

Amazing book, well written and really nice dust cover.

The translation is very good. Love the recipes.

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