

# Peruvian Recipes For You And Your Family

## Ingredients:

- 1 pound fresh fish or seafood, such as shrimp, scallops, or tilapia
- 1/2 cup lime juice
- 1/4 cup red onion, thinly sliced
- 1/4 cup chili peppers, finely chopped
- 1/4 cup cilantro, chopped
- Salt and pepper to taste

## Instructions:

1. Cut the fish or seafood into small pieces.
2. Place the fish or seafood in a bowl and add the lime juice, onion, chili peppers, and cilantro.
3. Season with salt and pepper to taste.
4. Cover the bowl and refrigerate for at least 30 minutes.
5. Serve the ceviche with sweet potatoes and corn on the cob.

## Ingredients:

**Peruvian Recipes For You and Your Family** by Michelle Lee

★★★★★ 5 out of 5

Language : English

File size : 16645 KB



Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 121 pages  
Lending : Enabled



- 1 pound flank steak, sliced into thin strips
- 1 tablespoon vegetable oil
- 1/2 cup red onion, thinly sliced
- 1/2 cup tomatoes, chopped
- 1/2 cup French fries
- 1/4 cup soy sauce
- 1/4 cup red wine vinegar
- 1 tablespoon sugar
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### **Instructions:**

1. Heat the oil in a large skillet over medium-high heat.
2. Add the beef and cook until browned on all sides.

3. Add the onion and tomatoes and cook until the onion is softened.
4. Add the French fries, soy sauce, red wine vinegar, sugar, cumin, salt, and black pepper.
5. Cook until the French fries are golden brown and the sauce has thickened.
6. Serve the lomo saltado with rice.

### **Ingredients:**

- 1 whole chicken, cut into pieces
- 1 tablespoon vegetable oil
- 1/2 cup aji amarillo peppers, chopped
- 1/2 cup red onion, chopped
- 1/2 cup garlic, chopped
- 1 cup bread, soaked in milk
- 1 cup chicken broth
- 1/2 cup heavy cream
- Salt and pepper to taste

### **Instructions:**

1. Heat the oil in a large pot over medium heat.
2. Add the chicken and cook until browned on all sides.

3. Add the aji amarillo peppers, onion, and garlic and cook until the onion is softened.
4. Add the bread, chicken broth, and heavy cream.
5. Bring to a boil, then reduce heat and simmer for 30 minutes, or until the chicken is cooked through.
6. Season with salt and pepper to taste.
7. Serve the aji de gallina with rice or potatoes.

### **Ingredients:**

- 1 pound potatoes, boiled
- 1/2 cup aji amarillo peppers, chopped
- 1/2 cup queso fresco, crumbled
- 1/2 cup evaporated milk
- 1/4 cup olive oil
- Salt and pepper to taste

### **Instructions:**

1. Place the potatoes in a bowl.
2. In a blender, combine the aji amarillo peppers, queso fresco, evaporated milk, and olive oil.
3. Blend until smooth.
4. Pour the sauce over the potatoes.

5. Season with salt and pepper to taste.
6. Serve immediately.

## **Ingredients:**

### **For the potato layer:**

- 2 pounds potatoes, boiled and mashed
- 1/2 cup aji amarillo peppers, chopped
- 1/4 cup olive oil
- Salt and pepper to taste

### **For the filling:**

- 1 pound cooked chicken, shredded
- 1/2 cup mayonnaise
- 1/4 cup red onion, chopped
- 1/4 cup celery, chopped
- 1/4 cup carrots, chopped
- Salt and pepper to taste

### **For the topping:**

- 1/2 cup black olives, sliced
- 1/2 cup hard-boiled eggs, sliced

- 1/4 cup parsley, chopped

## Instructions:

1. **To make the potato layer:** In a large bowl, combine the mashed potatoes, aji amarillo peppers, olive oil, salt, and pepper. Mix until well combined.
2. **To make the filling:** In a separate bowl, combine the chicken, mayonnaise, red onion, celery, carrots, salt, and pepper. Mix until well combined.
3. **To assemble the causa rellena:** Spread half of the potato mixture in a greased 9x13 inch baking dish. Top with the filling. Spread the remaining potato mixture over the filling.
4. **To make the topping:** Combine the black olives, hard-boiled eggs, and parsley in a small bowl. Sprinkle the topping over the potato layer.
5. Refrigerate for at least 30 minutes before serving.

These are just a few of the many delicious Peruvian recipes that you can try at home. With their vibrant flavors and fresh ingredients, Peruvian dishes are sure to please everyone at your table. So what are you waiting for? Start cooking today!

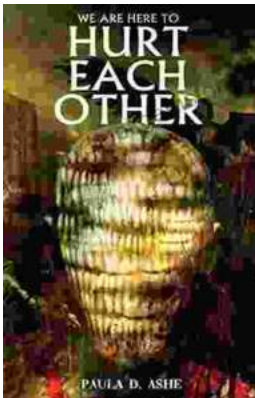


## Peruvian Recipes For You and Your Family by Michelle Lee

★★★★★ 5 out of 5

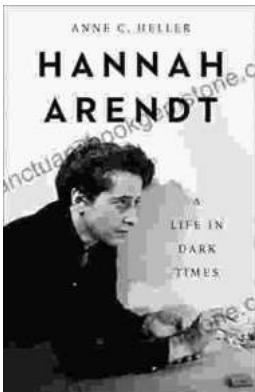
Language : English  
File size : 16645 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled

Print length : 121 pages  
Lending : Enabled



## We Are Here To Hurt Each Other: A Deep Dive into the Brutality of Human Nature

Yes, I can help you with that. Here is an SEO-friendly HTML article including alt text. \*\*\*\* The human condition is a complex and often paradoxical one. We are capable of...



## Hannah Arendt: A Life in Dark Times

Hannah Arendt was a German-American political theorist, philosopher, and historian. She is best known for her work on totalitarianism, the nature of evil,...