

A Taste of Peru at Home

In 2011 Chef, Ferran Adrià made a bold statement. He claimed Peru to be the country which holds the key to the future of gastronomy. At **Inkaterra** we're excited to see the region becoming increasingly more recognised for its cuisine. The culinary masterpieces being created are vast, diverse and a new concept to a lot of the world; a true reflection on what this country has to offer.

Inkaterra is passionate about placing its own stamp upon the palates of our guests, showcasing Peruvian culture and cuisine from the heart of our properties, to provide a true, authentic experience. Every stay at Inkaterra is unique, which is why the menu varies from property-to-property, representative of what each offers, which in turn, maintains (and constantly improves) sustainability.

Wherever you are, you can recreate a taste of Peru at home, with these recipes straight from the Inkaterra Kitchens.

CACAO BREAD





It seems fitting to start our culinary expedition where our very own journey started over 40 years ago. At [Inkaterra Hacienda Concepción](#), nestled between the Tambopata National Reserve, and the shores of the Made de Dios River, our Cacao Bread is a popular choice amongst guests. Packed with rich nutrients, and dozens of antioxidants from the cacao beans, this is the ultimate on-the-go snack, or wholesome starter – plus, ideal to curb those chocolate cravings.

INGREDIENTS:

- 4 cups All-purpose Flour
- 1/2 cup White sugar
- 1/3 tsp Salt
- 4 tsp Baking Powder
- 3 tbsp Unsalted Butter
- 3 Eggs
- 1 tbsp Olive Oil
- 1 2/3 cups Pure Cacao Paste
- 1 1/3 cups Bitter Chocolate
- 1 tbsp Natural Yeast Dough

PREPARATION:

- Mix the flour with the natural yeast dough, the eggs, the olive oil, and beat them slowly in a ground blender until the mixture becomes

elastic, reduce the speed and add the unsalted butter, the previously grated cacao paste and bitter chocolate until it becomes event.

- Roll some 40 gr. Per bread piece and leave it to ferment for one hour. Place them in the oven, at 190 oC (370oF.) for some 15-20 minutes. Leave it in the oven until it's lukewarm. Once ready place the bread piece on a dish and enjoy!

ANDEAN QUINOTTO



Lying along the terraced hills and waterfalls of a small Andean Village, close to the ancient citadel of Machu Picchu is [Inkaterra Machu Picchu Pueblo Hotel](#). Deriving from this region is the world-renowned grain, quinoa – one of the most protein-rich foods we can nourish our bodies with – trumping barley and rice. So suitably next on the menu is Andean Quinotto, a fast, simple, and a fulfilling meal to transport you back to Peru in an instance! Similar to risotto, this is traditionally served as a main meal, which can be adapted if your vegetative stock is dwindling with your own choices.

INGREDIENTS

(Makes 4-6 servings)

- 1/2 cup red or tri-color quinoa:
- 1/2 onion, diced
- 1 clove garlic, minced
- 1 yellow bell pepper, diced
- 6 1/2 tablespoons heavy cream
- 1 1/3 cup white wine

- 1/4 cup Parmesan cheese
- Salt and pepper to taste

PREPARATION:

- Cook quinoa. (See cooking method on packet) Set aside. In a large pan, sauté yellow pepper, garlic, and onions in olive oil until softened.
- Stir in quinoa, and then incorporate cream and white wine, cooking a few minutes to reduce the mixture. Next add Parmesan cheese and salt and pepper according to taste. Serve with a garnish of fresh herbs, such as parsley or rosemary.
- Note: No salt or sugar should be used during the cooking of the quinoa.

QUINOA COOKIES



The final recipe comes from one of our most intimate properties, [Inkaterra Hacienda Urubamba](#) in the Sacred Valley of the Incas. Home to the Earth to Table concept from Executive Chef, Rafael Casin, guests are encouraged to harvest their own crops with traditional Incan tools, as it was practiced centuries before. Inspired by these low carbon crops, our quinoa cookies can be munched while enjoying a nourishing cup of Peruvian tea.

INGREDIENTS:

- 3 tbsp Red quinoa
- 3 tbsp Black quinoa
- 1 1/2 cups Flour

- 80 gr. Butter
- 2 tsp Sugar
- 2 tsp Olive Oil
- 1 handful of Black raisins
- 2 teaspoons Vanilla Extract
- 1 teaspoon Baking Powder
- 1 Egg

PREPARATION:

- Beat the butter, add sugar, mix until it becomes creamy. Next add the sifted flour, two types of quinoa, eggs, baking powder, olive oil and vanilla; bake for 20 minutes at 350 °f - in preheated oven during 15 minutes.

If this has tickled your taste-buds and you're ready to roll up your sleeves to knead, bake and fill your homes with fresh meals, then take a snap and share it with us on social media, just tag @InkaterraHotels! We can't wait to see them!

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