

## Peru

### Latin America

#### Menu

#### 1. *Chupe a la limena* (Peruvian seafood and potato chowder)

##### Ingredients:

- 4 Tbsp. butter
- 1 medium onion, chopped
- 4 cloves garlic, crushed
- 4 medium plum tomatoes, peeled, seeded and chopped
- 1 tsp. minced chili
- 1 Tbsp. tomato paste
- 9 cups fish stock or water
- 2 medium russet potatoes, peeled and halved
- Salt and pepper to taste
- 1/3 cup long grain rice
- 3 medium boiling potatoes, peeled and cut into wedges
- 3/4 cup evaporated milk
- 1/4 lb. *queso blanco* (white cheese)
- 1 1/2 cups fresh corn kernels
- 1 1/2 lbs. halibut
- 3/4 lb. large shrimp, peeled and de-veined
- 1 cup green peas
- 1 tsp. paprika
- 2 hard boiled eggs, quartered
- Cilantro for garnish

##### Directions:

Melt butter in a heavy soup pot over medium-low heat. Add the onion and garlic and cook 5 minutes. Add tomatoes and chili and cook, stirring occasionally, until the tomatoes are reduced to a puree, about 12 minutes. Stir in tomato paste. Add the stock and the halved russet potatoes and bring to a boil. Season the soup with salt and pepper. Cover and cook over medium low heat for 10 minutes. Add the rice and the potatoes and cook until the halved potatoes are tender, about 10 minutes. Remove the potatoes and mash. Wisk and mix the potato mixture into the soup. Add the milk, cheese and corn and cook for 10 more minutes. Add the fish, shrimp, and peas and cook for 5 more minutes. Stir in paprika and adjust seasoning if necessary. Serve garnished with egg and cilantro.

#### Life in Peru

While Peru's population has more than tripled over the last 50 years, most of the country is sparsely populated. Peru's inhabitants are from diverse cultures and backgrounds. A little more than half of the people are Indian. Another 12 percent are of European descent and 32 percent is *mestizo*, or mixed native and European ancestry. Poverty is a serious problem afflicting half of all residents. Twenty percent of the families are extremely poor and do not have enough food to properly feed their children. Peruvians typically try to earn a living from mining, fishing, or agriculture.

#### Typical meal

A typical meal consists of high mountain potatoes, onions and wild herbs.

#### A boy and his llama



This child from the highlands races down to the Urcos market with his family's llama.

##### References:

Bremzen, Anya Von. *Fiesta: A Celebration of Latin Hospitality*. 1997. Doubleday: New York.