



Colorful Creativity – Peruvian Cuisine

"Bold flavors and endless variety."

Peruvian cuisine is known for its rich flavors and mix of cultures. What makes it special is the way it combines traditional Andean ingredients with influences from Spain, Africa, and (1)____. This has created a unique style of cooking that sets it apart from other cuisines.

The most (2)____ ingredients in Peruvian dishes include corn, potatoes, quinoa, and a variety of chili peppers. Seafood is also important because of Peru's long coastline. Fresh herbs and spices, like cilantro and aji peppers, give many dishes their special flavor.

Peruvians use many different cooking methods. They often grill, stew, or (3)____ their food, but one of the most popular ways of preparing meals is by marinating meat or fish in lime (4)____ and spices, which is how *ceviche* is made.

Ceviche, one of the most famous Peruvian dishes, is made from raw fish (5)____ in lime juice, served with onions, cilantro, and chili peppers, creating a deliciously tangy flavor.

Another popular dish is *Lomo Saltado*, a stir-fry with beef, onions, tomatoes, and (6)____ fries. *Aji de Gallina* is a creamy chicken dish made with a yellow chili (7)____. For dessert, many enjoy *tres leches* cake, a sweet cake soaked in three types of milk. A favorite drink is *Chicha Morada*, a purple corn drink, and Peruvians also love *mate de coca*, a drink made from (8)____ leaves, which is refreshing and helps with altitude sickness. *Pisco Sour*, made with Pisco (grape brandy), is Peru's most famous (9)____ drink.

Peruvian cuisine brings a vibrant blend of flavors to the table, showcasing the country's cultural diversity. It offers a delicious (10)____ of taste and history, making it one of the most exciting cuisines in the world.



Word Bank

alcoholic, French, coca, juice, mix, chili, common, marinated, Asia, stir-fry, sauce