

Reading Worksheet  
**SOL4 Food**

#10



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## 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