

## ROCOTO RELLENO (STUFFED PEPPERS)

Serving Size: 12 servings, 1/4 pepper per student

### Ingredients:

- 3-4 bell peppers (approx. 1 pepper for every 4 students)
- 1/2 pound mushrooms (8 oz container)
- 1/2 red onion
- 1/3 cup black olives, sliced
- 1 clove garlic, minced
- 1/2 cup raisins
- 1-2 cups shredded cheese (Mexican blend)
- 3 tbsp olive oil
- 2 tbsp paprika
- 1 tbsp cumin
- 1 tbsp salt, or more to taste

### PREP BEFORE CLASS:

Preheat the oven to 350°F. Wash peppers, cut off tops, and remove insides.

### Directions:

1. Have students dice mushrooms, red onion, black olives, and garlic. Mix together in a bowl.
2. Add paprika, cumin, salt, and olive oil to the bowl of veggies, mix to combine.
3. Add raisins, mix to combine.
4. Add 3/4 cup of shredded cheese and mix.
5. Scoop about 1/2 cup of mixture into the cleaned pepper until fully stuffed.
6. Add more cheese to the tops of the peppers.
7. Bake for 15 minutes and let cool. Slice into quarters and enjoy!

### DID YOU KNOW?

Rocoto Relleno is popular in the city of Arequipa, a city in the Andes mountains in southern Peru.



### DID YOU KNOW?

Ceviche is typically made from fresh raw fish cured in fresh citrus juices such as lime or lemon.

## VEGGIE CEVICHE

Serving Size: 12 servings

### Ingredients:

- 1/2 red onion
- 4 limes
- 1 small red pepper
- 1/2 cup canned corn
- 1 avocado
- 1/4 cup cilantro leaves
- 1 tbsp salt, or more to taste
- 1 cup water
- 1 bag of tortilla chips for serving (NUT & SESAME FREE)

### PREP BEFORE CLASS:

Wash produce and cut pepper and onion into halves or quarters. Open canned corn and drain.

### Directions:

1. Dice onion and add to a bowl of salt water.
2. Add lime juice from two limes to bowl with onion in salt water and let onions marinate for about 10-15 minutes.
3. While marinating, have students chop red pepper and avocado into small chunks.
4. Have students pick leaves from cilantro to make about 1/4 cup.
5. Drain liquid from onions and add to bowl with peppers, avocado, drained corn.
6. Add juice of two more limes and mix well. Then mix in cilantro.
7. Add salt and pepper to taste. Serve with chips. Enjoy!

# LESSON 5: PERUVIAN CUISINE

## SHOPPING LIST

### Ingredients to buy:

- 4-5 bell peppers
- 1/2 pound mushrooms (8 oz container)
- 1 red onion
- 1 avocado
- 4 limes
- 1/4 cup cilantro leaves
- 1 clove garlic
- 1/3 cup black olives, pitted

### Ingredients in the bin:

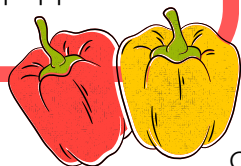
- 1/2 cup raisins
- 1-2 cups shredded cheese (Mexican blend)
- 1/2 cup canned corn
- 1 bag of tortilla chips (NUT & SESAME FREE)
- 1 tbsp cumin
- 2 tbsp paprika
- Salt
- Olive oil

## OBJECTIVES


- Identify at least three staples in Peruvian cuisine
- Learn what denaturation is
- Explain what marinating is and why we do it

## STAR INGREDIENT : RED PEPPER

- Peppers are native to Mexico, Central America, the Caribbean and northern South America. Pepper seeds were imported to Spain in 1493 and then spread through Europe and Asia.
- The most common colors of bell peppers are green, yellow, orange and red.
- A red bell pepper supplies twice the vitamin C and eight times the vitamin A content of a green bell pepper.



## INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes, guess what we are making, and which cuisine the recipes belong to.
- Today we are making Peruvian cuisine! Peruvian cuisine reflects local practices and ingredients including influences mainly from the indigenous population, including the Inca, and cuisines brought by immigrants from Europe, Africa, and Asia.
- The four traditional staples of Peruvian cuisine are:
  - corn
  - potatoes and other tubers
  - Amaranthaceae (quinoa, kañiwa and kiwicha)
  - legumes (beans and lupins).
- Staples brought by the Spanish include rice, wheat, and meats (beef, pork, and chicken).
- Discuss the first recipe, stuffed peppers or rocoto relleno. It is the Peruvian variety of stuffed peppers, a dish popular in the city of Arequipa, a city in the Andes mountains located in the southern parts of Peru which is famous for its take on dishes derived originally from Spain. The Incas prized the rocoto pepper for its special flavor and cultivated it around 1.500 to 2.900 meters above sea level. This dish was the most common way to prepare rocoto.

# LESSON 5: PERUVIAN CUISINE

## STAR TECHNIQUE: MARINATING

- Marinating is the process of soaking foods in a seasoned, often acidic, liquid before cooking.
- Marinades can be either acidic (made with ingredients such as vinegar, lemon juice, or wine) or enzymatic (made with ingredients such as pineapple, papaya, yogurt, or ginger)
- A marinade often contains oils, herbs, and spices to further flavor the food items.
- It is commonly used to flavor foods and to tenderize tougher cuts of meat. The process may last seconds or days.
- Marinades vary between different cuisines.

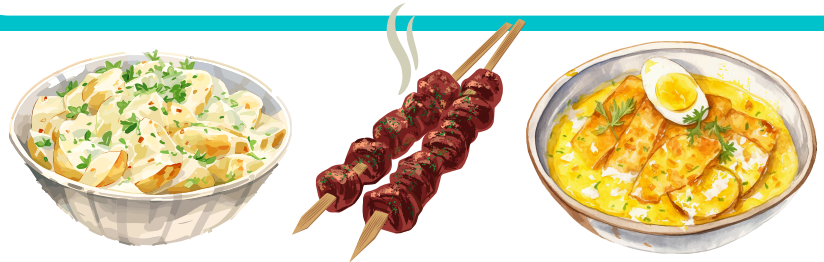
## COOKING PRO

Citric acid is also a form of 'cooking' through a chemical process called denature. The process of denaturation – soaking the fish in citrus juice for ceviche – changes the flesh of the fish from raw to firm and opaque, as if the fish has been cooked with heat.



## PERUVIAN CUISINE

- Cultural Fusion: Peruvian cuisine is a fusion of indigenous ingredients and cooking techniques with influences from Spanish, African, Asian, and other immigrant cultures. This blending of culinary traditions has resulted in a unique and diverse gastronomy that reflects Peru's multicultural heritage.
- Quinoa and Potatoes: Quinoa, a nutritious grain-like crop native to the Andean region, holds great significance in Peruvian cuisine. It is used in a variety of dishes, including soups, and salads, and as a substitute for rice. Potatoes, also originating from the Andes, are a staple ingredient and come in a wide range of varieties, each with its own texture and flavor. Potatoes are used in numerous Peruvian dishes, such as the famous causa (a layered potato dish) and papa a la huancaína (potatoes in spicy cheese sauce).
- Ceviche is one of the most iconic dishes in Peruvian cuisine. It consists of raw fish or seafood marinated in lime or lemon juice, often with the addition of onions, chili peppers, and other seasonings. The acidity of the citrus juice "cooks" the fish, resulting in a refreshing and tangy dish. Ceviche showcases the Peruvian love for fresh seafood and the vibrant flavors of the country's citrus fruits.
- Aji Amarillo is a bright yellow chili pepper that is an essential ingredient in Peruvian cuisine. It adds a mild to moderate heat and a distinct fruity flavor to dishes.
- Anticuchos are marinated and grilled skewers typically made with beef hearts, though other meats like chicken or beef can also be used. This dish has roots in the traditional cooking techniques of the Incas and represents the blending of indigenous and Spanish influences. Anticuchos are often served with a spicy and tangy sauce called aji panca, made from Peruvian red chili peppers.



## END OF CLASS CHECKLIST

10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal