

GLOBAL PANTRY

FOODS OF PERU

The health benefits of Peruvian cuisine stem from traditional dishes that are rich in plant-based ingredients, whole grains such as quinoa, lean animal proteins, and seafood prepared using balanced cooking methods.

WHOLE GRAINS



Quinoa is an ancient grain-like seed native to the Andean regions of modern-day Peru, Bolivia, Chile, and Ecuador. Quinoa contains all nine essential amino acids, making it one of the few plant foods considered a complete protein. This makes it an excellent choice for vegetarians, vegans, and anyone seeking high-quality protein. Quinoa is also a gluten free grain. It is used in Peruvian soups and stews like Quinoa Atamalada and Sopa de Quinoa.

SEAFOOD

Peru's long coastline provides abundant access to fresh seafood. Traditional dishes such as ceviche highlight raw or lightly marinated fish, which provide lean protein and Omega-3 fatty acids. Traditional Peruvian ceviche is made with seabass or local river trout. To make ceviche at home look for extremely fresh, firm, white fish. In addition to seabass, fluke and flounder make great choices.



Ají chilies such as ají Amarillo are staples of Peruvian cooking. Beyond adding signature flavor and color, they pack impressive nutritional and health benefits. These include immune supporting vitamin C and anti-inflammatory capsaicin.



Fresh herbs give Peruvian the fresh bright flavors it is known for. Adding fresh herbs to dishes limits the need for fat and salt to enhance flavor. Fresh herbs are also known to have antioxidant, anti-microbial, and anti-inflammatory effects.



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