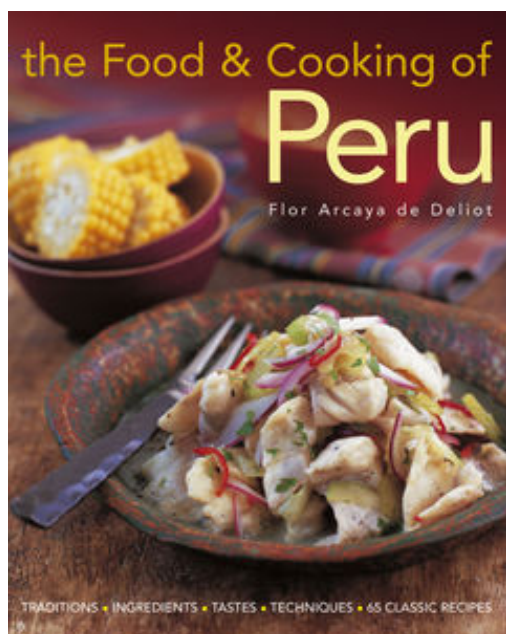


Download Online Boek Nederlands The Food And Cooking Of Peru - Flor Arcaya De Deliot



Download online boek Nederlands The Food and Cooking of Peru Flor Arcaya de Deliot , Discover the rich and vibrant food and cooking of Peru, one of the most delicious, distinctive and ancient cuisines of the world, with this wonderful new book. It starts by exploring the fascinating story of Peruvian eating traditions, from its roots in the Inca culture, to the rich inheritance of the Spanish Conquistadors, and the later immigrant influences of the Moorish, Genoese, French and Chinese. There then follows a comprehensive guide to the local ingredients and how to use them, from chillies and limes to maize and yucca. The fantastic collection of 60 authentic recipes includes snacks and street foods, enticing chilli-infused main courses, a rich variety of vegetable dishes, and tempting sweetmeats and desserts. Try for yourself the delicious fried pork Chicharones, the irresistible little pastries, Empanaditas, the popular street

food Humitas and Butifarras. Illustrated with more than 300 stunning photographs, specially commissioned for this book, and including complete nutritional information for every recipe this book allows you to feast on food that combines the old world with the new, and explore the very best of one of the world's most complex cooking traditions.

Flor Arcaya de Deliot was born in Lima, the capital of Peru, where she lived for some years. Her travels since then have given her a taste for national and regional dishes from the countries she has visited, but have also reinforced her love for Peruvian cuisine. She particularly enjoys comparing similar recipes from different regions and analysing their origins and ingredients. Flor has written two Peruvian cookery books and one of her recipes obtained an honorable mention in the annual International Competition for the Potato, organized by the San Martin University in Peru and Unesco.

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