

FORSANDINO

STRENGTHENING HIGH ANDEAN INDIGENOUS
ORGANISATIONS AND RESCUING THEIR
TRADITIONAL PRODUCTS

Llaqta Kallpanchaq
Peru

Runa Kawsay
Ecuador

TRADITIONAL HIGH ANDEAN CUISINE



Allin Mikuy / Sumak Mikuy



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TO THE HIGH ANDEAN BENEFICIARY COMMUNITIES

At FAO we believe good nutrition is the key to a good life, and along with you, the community members, have been implementing actions with which to strengthen productive systems, develop a renewed appreciation for the importance of traditional crops such as native potatoes, oca, olluco, mashua, quinoa, tarwi and other products that form part of the rich agricultural treasures of the High Andes. These actions are directed at achieving a better quality of life based on your potential.

This book has been prepared using the recipes and additional information that you have supplied. These pages will allow many others to learn of the great culinary and nutritional potential of your region's traditional ingredients for preparing a wide range of dishes.

FAO wishes to express its gratitude for the contributions you have made to this collection of traditional recipes born directly in your own communities.



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FAO nisqan qatun wasi anchatam riqsikusunichik qamkunapa, chaynallataq
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qillqasqa kanampaq.

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FOREWORD



The vast geographical extension and specific soil and climate conditions of the Andes have produced an especially rich flora and fauna. In these regions, important pre-Colombian civilizations developed, whose diverse ethnic groups learned to work the land and they developed efficient agricultural systems adapted to the region's variable, and at times extreme climatic conditions. The social, economic and cultural cohesion they achieved was based on the production of a broad variety of traditional crops including tubers, roots, cereals, vegetables, fruits and the raising of animals such as guinea pigs and South American camelids.

The development of increasingly efficient production systems made possible food security and sustained population growth. Later, the gradual establishment of an Hispanic colonial structure tempered the traditional socioeconomic systems. New species of crops and animals were introduced, promoted and produced, and though this process led to the consolidation of a food production system based on introduced species, a significant range of traditional crops survived such as potatoes, oca, olluco, mashua, tarwi and quinoa, among others. Colonial society's increasing demand for food was covered in large part by taking advantage of the productive capacities of High Andean communities.

Indigenous people account for more than 30% of the population in Andean countries and 90% of them depend on traditional farming both for their livelihoods and as a direct source of food. The productive systems that they inherited from their ancestors –and which they have since jealously preserved and developed– offer important biological and technological advantages. Strengthening these systems is one of the main challenges facing those who seek to fight poverty in the region, which affects more than 80% of the population and condemns more than 45% of infants to conditions of chronic malnutrition.



Through the Project for Strengthening Indigenous Organisations and Supporting the Revival of Traditional Products in the High Andean Regions of Peru and Ecuador, FAO seeks to improve family food security by bolstering the community organisations of the region and supporting their traditional agricultural systems.

Reviving traditional products and ancestral knowledge associated with national/regional cooking makes it possible to expand the food base, improve nutritional conditions and food security, and to generate additional sources of income for rural households. Without a doubt these crops are of great nutritional value, are highly adaptable to severe environmental conditions, and greatly enhance the value of family farming, especially in the case of indigenous peoples. In this context it is important to help recover and promote traditional prepared foods based on these crops, incorporate them into food assistance programmes, and develop innovative forms of consumption on a greater scale.

The cookbook ***High Andean Cuisine: Allin Mikuy / Sumak Mikuy*** is a collection of typical dishes intended to help stimulate a greater appreciation for the vast potential of traditional products and introduce them to a much wider audience. In this sense, it is a valuable resource that we are confident will help Andean countries adopt mechanisms that make it possible to improve the food and nutritional security of the farming communities in the High Andes.

RAÚL BENÍTEZ

FAO Regional Representative for Latin America and the Caribbean

PREFACE

Dietary habits are intimately bound up with a community's distinctive characteristics and local production systems. The dishes and other food preparations that comprise the family diet reflect not only their nutritional needs, but also a people's very culture and traditions.

This cookbook seeks to draw water from the well of the great culinary treasures of the High Andean communities of Peru and Ecuador that reflect both their natural surroundings and history. It is our hope that a broader revival of their rich production, dietary and cultural practices, and that a renewed appreciation of that legacy will improve the food security and household incomes of indigenous families while helping to assure that the lessons learned over the course of centuries of painstaking work are not lost.

This document was made possible thanks to the active participation of entire beneficiary communities over the course of cooking contests, food festivals, participatory workshops and other events in which it was possible to compile information about dietary habits and the use of traditional products. In each of these activities participants displayed a commitment to preserving and revaluating foods that are part of the region's traditions.

The book is intended to convey the importance of the region's traditional farming systems to public and private organisations, international bodies, academic institutions and NGOs that promote rural development. It is aimed, in part, at professionals committed to productive diversification and the use of local resources.

This collection of recipes is also designed to help gourmets and chefs discover the rich source of culinary inspiration of traditional High Andean cooking and ingredients, which appear here in ways that are both diverse and unique.

Chefs play a crucial part in developing a renewed appreciation for, and familiarity with traditional products, and in the process can open doors to their being marketed nationally and internationally.

Above all, the **High Andean Cuisine: Allin Mikuy / Sumak Mikuy** cookbook is geared toward the very communities in which the recipes were collected. These recipes are based on Andean produce including tubers and root vegetables such as potatoes, oca, olluco or



melloco, mashua, arracacha or arracachas, and yacón or jícama, as it is also known in some parts of the region; grains and cereals such as maize, tarwi, quinoa, qañigua and kiwicha or amaranth; fruits such as aguaymanto, tumbo, ayrampu or mortiño; vegetables and aromatic herbs such as ñabos or field mustard, huacatay, muña and panisjara, among others. They also include the local livestock of cuys (guinea pigs) and Andean camelids.

This publication was developed as part of the FAO GCP/RLA/163/NZE Regional Project for Strengthening Indigenous Organisations and Supporting the Revival of Traditional Products in the High Andean Regions of Peru and Ecuador, known in Peru as Llaqta Kallpanchaq and in Ecuador as Runa Kawsay.

The initiative was made possible by financing provided by the New Zealand Agency for International Development (NZAID).

Information in this book has been compiled directly in the beneficiary communities of Sanjapamba, Huacona Santa Isabel, Laguna San Martín, Guadalupe, Sanganao and Mayorazgo in the Ecuadoran Province of Chimborazo, and the communities of Padre Rumi, Tinquercasa, San Pablo de Occo and Parco Alto in the Huancavelica Region of Peru.

This book stands as an acknowledgement of Andean indigenous culture, which in matters of food selection and preparation reaffirms the use of traditional knowledge and provides a sampling of its enormous potentialities.

The book begins with a description of some of the main traditional ingredients of the region, followed by recipes that are organised by the type of dish, specifying the person, community and/or institution that supplied it.

It is our hope that this book will serve as yet another contribution to the revival and revaluation of the traditional products and consumption habits of High Andean campesina communities.

SALOMÓN SALCEDO

*Senior Policy Officer / Project Technical Leader,
FAO Regional Office for Latin America and the Caribbean*



INTRODUCTION

The Forsandino Cookbook is intended as a medium through which members of High Andean indigenous communities, often lacking direct contact, can share the recipes that reflect their separate experiences in reviving and developing a farming and culinary culture threatened for centuries. As Salomón Salcedo adds in his Preface, the book is also aimed at spurring interest among chefs, gourmets, foodies and all variety of cooking enthusiasts who are in an ideal position to accelerate and deepen the growing international appreciation for High Andean foods.

That purpose applies all the more to this, the first English language edition, which we hope will reach a much broader international public and whose familiarity with the ingredients and cuisine of the High Andes may be more limited than that of many readers of the original Spanish language edition.

Some readers may be struck by the extent to which a cookbook titled Traditional High Andean Cuisine is so full of ingredients and dish names that are distinctly non Andean in origin. The text you hold in your hands is by no means some mystical, lost cookbook of the Incans, but a sample of the culinary practices that a living people are developing at a crucial moment in their history. It conveys some of their food traditions dating back over millennia just as it embodies their agricultural and dietary odysseys of the past five centuries.

The historical record of Incan-era food preparation and diet is limited, almost paltry compared to that of Mexico, where early chroniclers left us detailed descriptions of the dietary and culinary customs of pre-contact cultures. Conquest era writers from the Andean regions speak of some key ingredients used, mainly those which struck the fancy of the earliest European colonists, and we have a growing knowledge of the highly specialized farming techniques and energy efficient cooking methods that successive indigenous cultures developed.

Contact with conquering peoples from Europe and the Colonial rule that followed entailed devastatingly adverse effects on the lives of indigenous peoples, but the historical record also suggests that they were quick to experiment with many Eurasian crops such as barely, fava beans and field mustard that could thrive in the challenging soil and climate conditions and altitudes of

the High Andes, and which could be readily adapted into a diet in which legume, grain and 'pseudo-grain' based beverages, porridges or stews were a central fixture. The increased diversification of local agriculture and diet was obviously positive in many respects, but over the past century, social and economic pressures had begun to threaten the unique components of the regional diet.

The historical crops of the High Andes came to be increasingly viewed with disdain as the food of poor mountain folk. As commercial demand dried up, a people who were once capable of a self-sustaining, highly productive agriculture increasingly found themselves having to migrate in search of work that most often provided only menial jobs and meagre incomes.

Back home, agricultural output plummeted. Even production of quinoa, the 'Mother grain', contracted dramatically throughout much of the 20th century and that of other key crops virtually collapsed. People began to lose their familiarity with how to produce and even consume the specific plants and animals capable of thriving in the local environment, and they grew dependent on foods imported from lower elevations, many of dubious nutritional value, at a time when the incomes needed to purchase such goods were also drying up. Malnutrition grew even as local methods of food processing disappeared and plant cultivation began dying out.

Fortunately, over the past five centuries many plants whose production was once confined to the region found new homes in distant lands. Some have achieved wide popularity throughout much of the world, though most people may be unaware of their Andean origins. The potato is obviously the most famous though others, less ubiquitous, have been incorporated into the diets of people from the Cape of Good Hope to California, from New Zealand and China to the Mediterranean. In fact, some Andean plants have thrived on most every continent as garden or cash crops. Some were introduced abroad soon after the Spanish conquest, others have only recently been "discovered".

More recently a growing awareness about the global loss of genetic diversity of our crops and the nutritional variety of our diets, plus the insatiable human quest to treat its collective pallet to new tastes and textures, have stoked interest among a much broader public for the "lost crops" of tubers, grains, fruits and herbs of the Andes with their special nutritional qualities.

Those developments have given added impetus to projects such as ours that seek to assist efforts by the indigenous peoples of the High Andes to reclaim their agricultural, culinary and medicinal traditions, and to develop them in a new historical context. As demand for their traditional crops

is revived and they make progress in developing sustainable and more productive production methods, residents of these communities are already reporting improved diets, better health and living standards, and a rekindled awareness and appreciation for their culture and traditions. This is an ongoing process, as is the job of transmitting that historical knowledge to the rest of the world, and we hope this cookbook can contribute to that endeavour.

One of the greatest hurdles readers outside the Andean region may encounter in trying to reproduce, or experiment with these recipes is that of acquiring the original ingredients, many of which are uniquely adapted to the challenging altitudes and climate conditions of the High Andes. It is a quest they share with people from the Andes who have migrated to other parts of the world and desire to reproduce their traditional dishes.

From a region where potatoes come in a seemingly endless array of shapes and sizes, colours and textures, it may come as a surprise to encounter recipes that simply call for potatoes alongside others that stipulate specific varieties. Similarly, many entries offer no clue as to whether the aji listed is mild or especially spicy, while others involving cheese-laden dishes settle for “cheese”, full stop.

As with your great grandmother’s collection of recipes, or many neighbourhood and small town cookbooks of yore, the author may often see no need to specify what should be obvious to their immediate target audience of relatives and neighbours.

In this edition we have tried to include additional information about some of the main ingredients that appear in the recipes below. We have included a brief glossary with descriptions of key ingredients and dishes, along with notes about their availability outside the High Andes, and when possible, suggestions about possible substitutes.

However, a few general comments may be helpful.

Obviously readers abroad will lack access to the 2,000 or so varieties of potatoes in all manner of colour, shape and texture to be found in the Andes. Even the communities that produced these recipes have their own, much more limited selections of potato types that they regularly employ, and that selection varies from region to region. As a rule of thumb, we would suggest trying to find waxy varieties that hold up better than more floury white potatoes when boiled. You may also

want to experiment with those that are sometimes available from local specialty or farmers markets, many of which share the unique colours (purple, orange or deep yellow flesh, for example) that are also popular in the Andes and often are especially rich in nutrients and anti oxidants. If your local selection is limited, Yukon Golds or similar varieties will do well.

As our glossary indicates, some of the most popular ajis, can be purchased abroad in both dried and processed presentations, and sometimes one can obtain their seeds for planting or fresh peppers, but readers may also decide to experiment with the types of peppers available to them locally, depending on the flavour, colour, sweetness, and spiciness desired.

Cheese is a key ingredient in High Andean dishes, and except for the occasional reference to quesillo type string cheese, we have specified farmer's cheese as a good choice for most dishes. Mentions of cream are to the thick, sweet types common throughout Latin America and which hold up well in cooking.

The harsh environment of the High Andes helps to explain why salads in this book almost entirely consist of "wilted" and cooked varieties, as are some of the juices. Lastly, some readers may be surprised by the recipes that call for finely chopping onion and even garlic and then washing them in water before adding them to dishes, though this is a popular way in the region to ease the intensity of such flavours.

The High Andes are a repository of unique species and genetic diversity about which we still have much to learn. The world is indebted to the peoples of the Andes for the vast range of food items they have contributed to the global diet and for many more they can supply in the future. At a time of environmental stress and heightened dependence on a narrow range of commercially cultivated plants globally, the region continues to have much to offer our planet.

DANNY LAIRD

Translator

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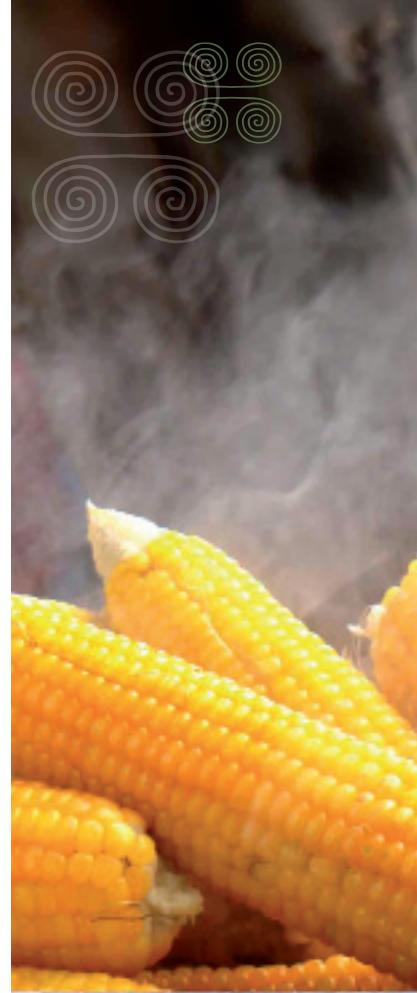
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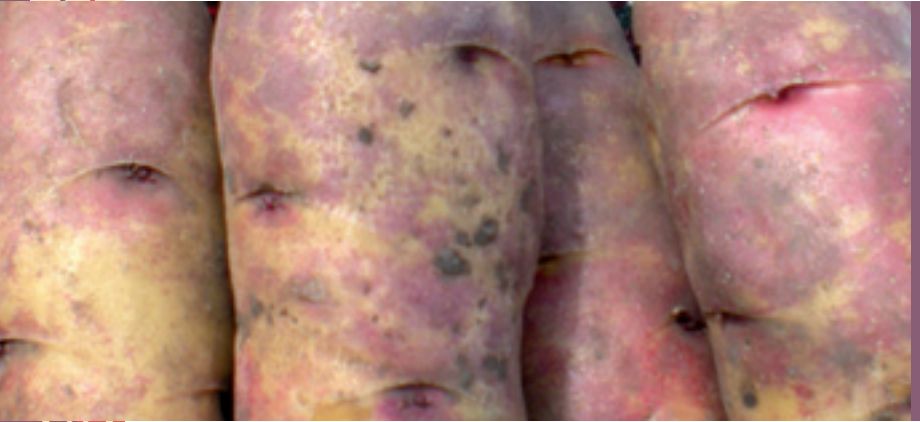
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PRINCIPAL PRODUCTS USED IN
THE COOKING OF HIGH-ANDEAN
INDIGENOUS PEOPLES 

ÑAWPAQ KAWSAYKUNA /
ÑAWPA MURUKUNA 





1. PAPA / POTATO (*SOLANUM TUBEROSUM*)

The potato originated in High Andean regions of South America, where it has been eaten for roughly 10,000 years and cultivated for as many as 8,000 years. Spanish conquistadores took the potato back to Europe near the end of the sixteenth century as a botanical curiosity. By the early nineteenth century it had become a staple essential to the diet of workers during the industrial revolution and is now a ubiquitous presence in the human diet throughout most of the world. It can be cultivated at elevations as high as 4,300 msl. in varied ecosystems and constitutes the world's most climatically and ecologically versatile crop. Roughly 2,000 native varieties of potato still exist throughout the Andean region. Given that potatoes can be prepared in many ways and provide high levels of an easily digestible starch, they serve as the main source of calories for indigenous Andean peoples. The potato is also known for its high levels of potassium and vitamin C. Native varieties of potatoes in the region vary greatly in shape –many look more like fingerlings than the rounder varieties to which we are accustomed in much of the world– and flavour. The skin and flesh vary from black and dark purple, red, orange and bright yellows. The deeper coloured varieties tend to be especially rich in nutrients and have unique antioxidant properties up to four times greater than common commercial varieties.

2. OCA / NEW ZEALAND YAM (*OXALIS TUBEROSA*)

Oca was possibly domesticated alongside the potato and olluco in High Andean regions of Peru. It is an annual species that grows between 20 to 70 cm in height. In the Andes it is cultivated at elevations of between 3,000 and 3,600 msl. The tuber is eaten either fresh or dehydrated. When one prefers an especially sweet oca, the fresh tuber is left in the sun to sweeten and can even be eaten as a dessert, however no such sunning is needed when the oca is to be used in savoury dishes. It is an important source of energy as it is rich in carbohydrates and as with other tubers, it is high in protein and low in fat. It is known for high levels of vitamin C. Outside of Andean countries it is most widely produced in New Zealand, where it has been cultivated since the 1860's, and is known both as oca and New Zealand yam, and in Mexico, where its names include papa ratonera or papa amarga. The tuber has an irregular surface, and comes in a vast array of colours including white, pink, yellow orange and violet including some with tones so deep that they appear almost black.



TUBERS



3. OLLUCO OR MELLOCO / EARTH GEMS (*ULLUCUS TUBEROSUS*)



This plant was domesticated and began to be widely cultivated throughout the High Andes beginning around 5,500 BCE. It is one of the most important in the local diet, surpassed only by potatoes. It is an annual crop with three to six aerial stems that can grow to 30 to 80 cm. in height with colours ranging from green to pink and purple. It most commonly grows erect or as a climbing or semi-creeping plant. The tubers are eaten fresh or freeze dried, in which case they are exposed to July freezes, trampled to press the water content out, dried and stored. The leaves can be eaten in a cold salad and served with vinegar. Olluco is rich in protein and carbohydrates, as well as in phosphorous, calcium, and carotene.

4. MASHUA OR MASHWA (*TROPAEOLUM TUBEROSUM*)

This tuber was domesticated in pre-Colombian times in present day Ecuador, Peru and Bolivia, where it is still consumed for its high protein content. It was an important component of the Wari culture (CE 500 to 1,000), especially in the diet of women and children. Its cultivation is similar to that of the potato.

The tuber is harvested six to eight months after planting. Mashua is an herbaceous, semi-creeping or climbing plant that can extend up to two meters in height.

The tubers can be stored for up to six months in cold, ventilated spaces. Mashua offers high yields and grows best between 2,400 and 4,300 msl. The tubers are boiled or roasted after they have been left in the sun for a couple of days, a practice that increases their sugar content. The blossoms and leaves are eaten cooked. The protein content of the tubers ranges between 14% and 16%.





5. ARRACACHA OR RACACHA (ARRACACIA XANTHORRIZA)



Arracacha is a plant that was domesticated in the lower regions of the Andes and was originally cultivated all along the Andean mountain range, from Venezuela to northern Chile and northeastern Argentina. It can be cultivated at altitudes ranging from 200 to 3,600 msl, but it tends to thrive between 1,800 and 2,500 msl. It is mainly grown for its tasty tap root, which is easy to digest thanks to the small size of its starch grains. In the Andes it is used in many of the same ways as the potato including dumplings, purées, and gnocchi, it is processed to make chips and biscuits, and is employed in a popular side dish called *rallado de arracacha*, a very popular sweet paste made from arracacha cooked in cane syrup. It is also rich in calcium, iron, phosphorus, and vitamin A. Though its shape is reminiscent of a squat carrot, and in some regions it is known as *zanahoria blanca* (literally white carrot), it should not be confused with that root vegetable, which is often referred to in the region as ‘zanahoria amarilla’ or yellow carrot to distinguish it from arracacha.





This wild plant grows in both humid and dry conditions alongside major crops such as potato and/or maize. It can grow at altitudes as high as 3,600 msl and is known as a hardy and fast growing plant. Both the yellow blossoms and peppery leaves are used in salads and main dishes and it is rich in vitamins and minerals, particularly iron, which is important for helping local residents avoid anaemia. Though one common name in English is field turnip, it does not produce the white bulbous taproot often associated with turnips. However, ñabos share the distinctive yellow blossom of other members of the brassica rapa family including rapinin (broccoli rape) and Chinese broccoli (gai-lan). Most recipes in this book alternatively call for the plant's blossoms or green leaves though some dishes combine both.

6. ÑABOS, NABO SILVESTRE YUYO OR (*BRASSICA RAPA L.* OR *BRASSICA CAMPESTRIS L.*) FIELD MUSTARD

7. YACÓN (*SMALLANTHUS SONCHIFOLIUS*) PERUVIAN GROUND APPLE



This is another of the crops that the Spanish took note of during their conquest of the Andes. Conquest-era chroniclers reported that the local population ate the root raw and fresh and that it was regarded as an especially refreshing food during hot workdays. It is a perennial herbaceous type plant that can reach between 1.5 and 2.5 metres in height. The plant produces a taproot with a pleasant, crisp texture and sweet flavour. It is normally grown between 2,200 and 3,000 msl, either directly alongside other crops or in monoculture fields. It is generally harvested between July and August. The white part of the root is eaten during the warmest months of the year and its flavour ranges from moderately to intensely sweet. It is also commonly used to make juices, can be served by itself like a vegetable, or either in soups or salads. It contains a high quantity of carbohydrates, minerals such as potassium, phosphorus, iron, zinc, magnesium, calcium and copper. It is rich in vitamins C, thiamine (B-1), riboflavin and niacin. Its leaves are widely used to lower blood sugar and to ward off diabetes. Also known as Peruvian ground apple (its flavour and texture have been described as a cross between an apple and watermelon), it is increasingly grown as a garden vegetable in many parts of the world including southern Australia and New Zealand. Yacón is also known in some regions of the Andes, especially in Ecuador, as jícama though it should not be confused with nor substituted for the yam bean of the same name that is popular in Mexico, Central America, China and throughout Southeast Asia.





Maize or corn is one of the world's four main food crops. Historical records suggest that it was first cultivated in Mesoamerica around 6,000 BCE. It is known as the main ingredient in the most popular traditional "beer" of pre-Colombian cultures in the region: *chicha de jora*. Maize is grown in inter-Andean valleys that shelter the crops from freezes and normally can be grown at up to 3,500 msl. There are 55 different varieties throughout the Andean region that can be distinguished by the colour of the kernels. Maize is eaten fresh (*choclo*) or can be used dry in a wide range of dishes and other preparations. The stalks are used in the preparation of fermented beverages and/or refreshing drinks such as *guarapo*. The kernels contain high levels of an easily digestible starch that makes this a high-energy crop.

8. JARA OR MAÍZ (*ZEA MAYS*) / MAIZE OR CORN





9. *KIWICHA OR AMARANTO / AMARANTH (AMARANTHUS CAUDATUS)*



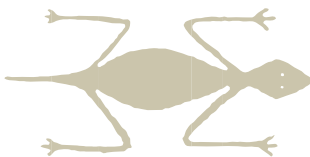
Kiwicha or amaranth is a cereal that has been cultivated in the Americas for the past 5,000 to 7,000 years. It is an annual, herbaceous, slightly shrub like plant with exuberant foliage and bright inflorescences. The leaves, whether fresh or dried, and the grain, whether dried, popped like popcorn or ground into a flour are edible and can be combined with many combinations of foods. The seeds are tasty, nutritious and rich in protein, amino acids and minerals. The leaves contain more iron than spinach, significant amounts of fibre, vitamins A and C and minerals such as calcium and magnesium.





10. QUINUA / QUINOA (*CHENOPODIUM QUINOA*)

Quinoa has served Andean people as an edible cereal from the remotest times. It is generally grown alongside other crops such as potatoes and maize, while also serving as a fence-hedge for fields and as biological barriers. It was domesticated prior to 5,000 BCE. The word quinoa is derived from the Quechua language. At the height of the Incan era it was regarded as a sacred food and was also used for medicinal purposes. The grain can be used in soups, sweets, beverages and for making breads and pastas. The leaves are ideal for salads. As a basic foodstuff and from a nutritional point of view, quinoa constitutes one of the main components of the High Andean diet. It is a powerful source of protein with an especially rich variety of amino acids including lysine, cysteine, methionine, phenylamine, tryosine, tryptophan and vailine. Its vitamin content includes B complex, C and E, and it offers high amounts of phosphorous, potassium, magnesium, and calcium among others.





11. QAÑIWA / CAÑIHUA (*CHENOPODIUM PALLIDICAULE*)

Qañiwa / Cañihua (*Chenopodium pallidicaule*) or most commonly kaniwa or canihua in English, is another grain that originated in the Andean highlands. The plant is highly resistant to freezes, pests, blights and drought, qualities that make this a reliable source of food serving as a nutritional back-up or safety net when other crops fail. Its leaves are consumed as greens and also make it a good fodder crop. It can grow at higher elevations than some of the region's other traditional grains, above 3,500 msl. The plants, which range from 20 to 70 cm in height, produce edible seeds in a variety of colours with some yielding taller more erect plants and others lower-lying and bushier in shape. The grain is used in a wide variety of food preparations. It is known for its high protein content (between 15% and 19%) and while it shares the high levels of essential amino acids found in its close relative quinoa, it lacks its sister plants anti-nutrients and high levels of bitter saponins, thereby making it much easier to prepare and process into flour.

12. TARWI OR CHOCHO/ PERUVIAN FIELD LUPIN (*LUPINUS MUTABILIS*)

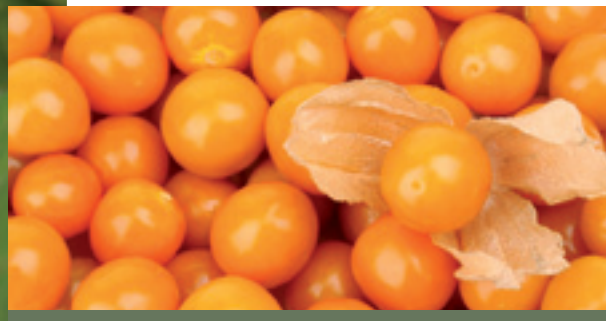
Tarwi, which is also known widely by the name chocho, is a nutritional leguminous grain that has been continuously cultivated in High Andean regions for approximately 2,000 years. The name chocho is a Spanish adaptation of chuchu, which in Quechua means maternal nipple. In English it is also referred to as Andean lupin, or Peruvian field lupin as the plant is a species of lupin, like luppinni beans though chocho has much lower alkaloid content. It grows on a shrub like plant that can range in height from 0.8 to 2.0 m. It is mainly grown at altitudes ranging from 2,000 to 3,800 msl., in cool temperate and cold climates. The grains grow within a pod very similar to those of peas or fava beans. Though alkaloids give chocho a bitter taste, they are easily removed by soaking, after which time the lupins are generally boiled. High Andes inhabitants traditionally soaked, cooked and mashed the tarwi to produce a white liquid used as baby food.

Today, chocho is employed in a wide variety of dishes ranging from purees, sauces, and soups to main dishes such as stews and a version of ceviche, as well as in desserts, and tarwi flour can even be used in popular beverages.

Protein accounts for between 41% and 52% of chocho, the highest level of any traditional crop in the region and its digestibility and protein content is similar to, or greater than that of soybeans. Its mineral content is similar to that of other legumes and the whole grain is a good source of calcium, phosphorous, magnesium, iron and zinc.



13. AGUAYMANTO OR UVILLA / CAPE GOOSEBERRY (*PHYSALIS PERUVIANA*)



The native cape berry, which is also known in the region under the names tomatillo, uvilla or aguaymanto, is a husk tomato that is believed to have its origins in the western slopes of the Andes between Peru and Ecuador. It grows anywhere from sea level to 3,300 msl. on a wild, shrub like plant that within the region is cultivated in very few regions, yet it is grown for commercial purposes and is a major component in the diets of Andean rural families. When ripe, the fruit is bright yellow to orange in color. It is closely related to the *tomato verde* or *tomatillo* (*P. philadelphica*) of Mexico and Central America, but unlike its Mesoamerican cousin, it turns mildly tart but distinctively sweet when ripe. It is eaten fresh, dried or in the form of preserves, liquors, vinegars, and canned in syrup. It has a higher vitamin C content than citrus fruits and is also a significant source of vitamins A and B. It is eaten in its fresh and dried forms in a variety of preparations including jams, salads, liquors, vinegar and as preserves.

At least since the 18th and 19th centuries it is grown in many subtropical regions around the world including Europe, North America, South Africa, Australia, New Zealand, China and various Pacific islands and is known under a wide variety of names. A few of the more common names in English include Peruvian cherry, ground cherry and Cape gooseberry. Its early popularity in South Africa has led some to attribute the use of Cape gooseberry to its association with the Cape region of that country as one of its more common names in English though many insist the “cape” designation refers to the papery husk that encompasses the fruit.



This fruit, which is also known as ayrampo, grows on a variety of deciduous, evergreen, thorny shrub that grows in some parts of the High Andes between 2,500 and 4,500 msl. The ripened fruit is eaten fresh and is also used to make desserts such as mazamorra de ayrampo and jams. It is an important source of minerals and vitamins. An infusion of ayrampu leaves is used to calm nerves. An

14. AYRAMPU (*BERBERIS LUTEA*)

infusion of its blossoms is used to treat exhaustion and anemia. An infusion using the root is used to treat amebic dysentery, and when finely chopped it stimulates urine retention.

This is a variety of deciduous, evergreen, thorny shrub that grows in some parts of the High Andes between 2,500 and 4,500 msl. It has many uses dating far back into pre-Colombian times including food and medicinal applications. It is an especially hardy plant that can grow in poor soil, harsh temperatures and arid conditions. It is harvested in April, May and June, when its fruit, which is most commonly eaten fresh, softens and turns deep red or purple. It is also used in the highest regions of the Andes as a flavouring and colouring agent in highly popular beverages such as Chicha morada and desserts like mazamorra morada, both of which are much more commonly made in other regions using the purple corn that is unique to lower elevations. Ayrampu is a relative of the hundreds of varieties of berberis historically used in traditional cooking and medicine in many parts of South America, Europe, Asia and Africa, some of which share many of the characteristics of this High Andean species. It is an important source of minerals and vitamins and is also effective as an antipyretic, laxative and a skin toner. An infusion made from the leaves helps with problems of nervousness. An infusion of the flowers helps against exhaustion and anemia. An infusion made from the roots helps in the treatment of amoebic dysentery, while one made of dried, chopped roots helps with problems of urine retention.



15. CUY (*CAVIA PORCELLUS*)

Cuy (*Cavia porcellus*) or guinea pig is a species of rodent that is native to the central Andes. It was domesticated sometime around 3,000 BME by pre-Colombian cultures for whom it served as an important source of animal protein. Traditionally these animals were raised around the warmest part of the house (the kitchen).

In recent years technification of their breeding has been intensively developed. Cuy now serve as the main source of animal protein in High Andean, rural homes, and represent a promising business alternative as well as a major source of organic fertilizer. The meat is prepared in a variety of ways and dishes and is known for its low fat content and high levels of omega 3.

TYPICAL DISHES OF HIGH ANDEAN INDIGENOUS COMMUNITIES



LLAQTANCHIKPA
MIKUYNINKUNA /
KIKIN MIKUYKUNA







APPETIZERS AND SALADS



ÑAWPAQNIN MIKUYKUNA /
KALLARI MIKUYKUNA





ECUADOR

➤ 1. SALPICÓN DE MELLOCO / MELLOCO SALPICON



Ingredients	Weight in grams	Household measurement
Melloco chopped into cubes	900	4 1/2 cups
Carrot chopped into small cubes	225	1 1/2 cup
Green peas, shelled	450	3 cups
Chicken breast	225	1 medium unit
Onion (finely chopped and washed)	80	2 medium units
Limes		2 units
Homemade mayonnaise		1 cup
Salt to taste		

PREPARATION

Boil the melloco, carrot and green peas in just enough water to cover them; let them cool. Separately, cook the chicken breast and then shred the meat and mix with the aforementioned cooked ingredients. Chop andAdd the chopped and washed onion. Season with salt and mayonnaise. Serve with chopped lettuce and parsley.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



Salpicón is a very popular dish throughout Latin America, often consisting of a fresh salad combining vegetables and shredded meat. In this recipe, the cook has added a large portion of melloco, the region's second most popular tuber. Here the cook recommends chopping and then washing the onion, a technique aimed at reducing the harshness of the onion. The same method is used in other recipes in this section.



2. ENSALADA MIXTA / MIXED SALAD

Ingredients	Weight in grams	Household measurement
Sliced melloco	800	4 cups
Hulled wheat	200	1 cup
Carrots	200	1 cup
Green peas	200	1 cup

PREPARATION

Boil the hulled wheat, and later the green peas until they are both cooked. Remove from heat and let cool. In a separate pot boil the melloco in a little water and later season with salt and lime juice. Grate the raw carrots and mix in the hulled wheat and peas. Serve on a bed of melloco slices and garnish with a slice of tomato.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



➤ 3. CROQUETAS DE MELLOCO / MELLOCO CROQUETTES

Ingredients	Weight in grams	Household measurement
Chopped melloco	450	2 1/2 cups
Bread	240	4 medium units
Flour	200	1 cup
Milk	220	1 cup
Eggs	180	3 units
Chopped parsley	15	1/4 cup
Oil		As needed
Salt to taste		

PREPARATION

Boil the melloco in a small amount of water. Soak the bread in the milk and then break into small pieces; add the flour, melloco, parsley and salt, mix well. Beat the egg whites until stiff. Fold in the egg whites and continue to stir until all of the ingredients are thoroughly combined. Add to a greased pan and bake or fry in slices. Serve with the sauce of your choice.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)





4. ENTERAS DE ZANAHORJA BLANCA CON SALSA DE HUEVO / ARRACACHAS IN EGG SAUCE



Ingredients	Weight in grams	Household measurement
Arracachas	900	5 medium units
Milk	250	1 cup
Egg	50	1 unit
One onion	80	1 medium unit
Manteca de color (p. 216)	5	1 tsp.
Salt to taste		

PREPARATION

Boil 30 minutes the peeled and halved arracachas in enough salted water to cover; drain. To make the sauce, brown the finely chopped onion in the manteca de color and a little salt; stir in the milk and let boil for 5 minutes. Remove from heat and add the egg; stir constantly until the sauce becomes somewhat thick, and make sure it does not separate. To serve, pour the sauce over the hot arracachas.

Note: It is possible to leave out the egg and use water in place of milk.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)

➤ 5. PURÉ DE ZANAHORJA BLANCA / ARRACACHA PURÉE

Ingredients	Weight in grams	Household measurement
Arracachas	450	1 lb.
Butter	30	2 tbsp.
Chopped white onion	15	1 tbsp.
Egg	60	1 large unit
Hot milk	60	4 tbsp.

PREPARATION

Cook the peeled arracacha in salted water; drain and mash them while they are still hot. Place the butter and onion in a pan, fry lightly, add the milk and bring to a boil. Add the carrots and mix well then add the egg and mix all the ingredients. Serve the purée hot.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)





❖ 6. PURÉE DE HOJAS DE QUINUA / QUINOA LEAF PURÉE

Ingredients	Weight in grams	Household measurement
Quinoa leaves	750	2 bunches
Potato	500	5 units
Milk	200	1 cup
Oil or margarine	60	4 tablespoons
Salt to taste		



PREPARATION

Cook the quinoa leaves for 10 minutes and then drain thoroughly. Cook the potatoes 30 minutes and drain. In a saucepan mix the leaves and the drained potatoes, add the boiling milk, the margarine or oil, the salt and then allow the mixture to come back to a boil. Serve hot along with meat or eggs.

Source: National Autonomous Institute of Agricultural Research (INIAP)

7. PURÉ DE QUINUA CON PAPA / QUINOA PURÉE WITH POTATOES



Ingredients	Weight in grams	Household measurement
Grain quinoa	200	1 cup
Potatoes	300	3 units
Milk	330	1 1/2 tbsp. of
Oil or margarine	60	4 tbsp.
Salt to taste		

PREPARATION

Cook the previously washed quinoa for 30 minutes in enough water so that it makes a thick paste. Cook the potatoes and remove them from the pot when they are cooked. Mash the potatoes, place them in a saucepan, add the milk, salt, oil or margarine. In a deep bowl mash the quinoa with a wooden spatula, and stir it into the saucepan with the potato mixture and bring to a boil for 5 minutes. Serve hot with meat or eggs.

Source: National Autonomous Institute of Agricultural Research (INIAP)



8. ENSALADA DE OCA / OCA SALAD

Ingredients	Weight in grams	Household measurement
Oca	800	2 lbS.
Potatoes	225	1/2 lb.
Green peas	200	1 cup
Grated carrot	225	1/2 lb.
Chopped cheese	200	1 cup
Bell pepper	50	1 unit
Lime		2 units
Salt and oil		to taste



PREPARATION

Cook the oca in boiling water for three minutes, and then drain and grate it. Mix with the grated carrot and previously cooked green peas.

Season with salt, oil and lime.

Serve along with sliced potatoes, chopped cheese and garnish with strips of bell pepper.

Source: National Autonomous Institute of Agricultural Research (INIAP)





➤ 9. PURÉ DE OCAS / OCA PURÉE

Ingredients	Weight in grams	Household measurement
Ocas (non sun dried)	600	30 units
Powdered milk	200	1 cup
Powdered garlic	15	1 tbsp.
Butter	30	2 tbsp.
Fresh fava beans	200	1 cup

PREPARATION

Boil the oca along with the fava beans in a small amount of water. Blend the ocas, the fava beans and the milk. Add just enough water to achieve a paste-like consistency. Prepare the dressing with butter and garlic and add the blended mixture. Bring to a boil for one minute and remove from heat. Serve accompanied with rice or any salad.

Source: National Autonomous Institute of Agricultural Research (INIAP)

❖ 10. ENSALADA DE PAPA CON QUESO Y MORTADELA / POTATO SALAD WITH CHEESE & MORTADELA

Ingredients	Weight in grams	Household measurement
Santa Rosa potatoes	450	1 lb.
Fresh mint	30	6 leaves
Salt	20	2 tsp.
Red wine	30	3 tsp.
White vinegar	20	2 tsp.
Prepared Mustard	15	1 tbsp.
Oil	10	1/2 cup
Mortadela	200	1 cup
An unsalty cheese	225	1/2 lb.
Pepper and parsley		to taste

PREPARATION

In a large pot cook the potatoes and the mint leaves for 15 to 20 minutes. Drain the potatoes and set them aside to cool. Remove the mint leaves and cut them into strips. In a small bowl combine the red wine, vinegar, salt, pepper, oil and parsley to make a dressing. Cut the cooled potatoes into slices, pour 2/3 of the dressing over the potatoes and move the slices to make sure each one is covered in the dressing. Add the chopped mortadela and cheese, the mustard and the remaining third of the dressing. Serve cold.

Source: National Autonomous Institute of Agricultural Research (INIAP)





➤ 11. TAMAL DE PAPA / POTATO TAMALES

Ingredients	Weight in grams	Household measurement
Santa Rosa potatoes	900	2 lbs.
Unsalted butter	100	1/2 cup
Queso fresco or farmers cheese	23	1/4 unit
Baking powder	30	2 tablespoons
Egg	60	1 unit
Flour	15	1 tablespoon
White onions	25	1 unit
Garlic	10	2 cloves
Four achira leaves as tamal wrappers		
Salt to taste		
FILLING		
Pork	113	1/4 lb.
Chicken	113	1/4 lb.
Pearl onions	60	1 unit
White onions	25	1 unit
Red paiteña onions	60	1 unit
Red bell pepper	20	1 unit
Hard boiled eggs	120	2 units
Butter, oil, peanuts, parsley, salt, pepper, and raisins to taste		



PREPARATION

DOUGH

Peel and cook the potatoes with the white onions, 4 teaspoons of butter and salt until they soften. Drain, mash the potatoes and add the rest of the butter, the flour, the egg, the grated cheese and the baking powder. Knead the dough and set aside.

FILLING

Sautee the pork, paiteña onions, white onions, garlic, and salt in oil and add a bit of water in a skillet until all the ingredients brown. Sautee the chicken in water with pearl onions, salt and garlic. When the ingredients are fully cooked, remove and shred the chicken and set aside the oily mixture from the skillet. Put oil, butter, finely chopped white and pearl onions and the garlic in a skillet. When the mixture is cooked, gradually add the peanuts along with the oily mixture left over from the chicken sauté; let it cook down and then let it cool. Add two tablespoons of the dough in the middle of each leaf, make an opening in the dough and add a bit of each of the sautés, then place an egg on top of the filling and decorate with the raisins, the bell pepper and parsley. Fold the achira leaves over with the ends of the leaves on the underside of the tamal; evenly distribute each of the tamales in a single layer in a tamal pot and cook for 15 to 20 minutes.

Source: National Autonomous Institute of Agricultural Research (INIAP)





12. AJÍ DE CHOCHO Y TOMATE DE ÁRBOL / LUPIN BEANS AND TREE TOMATOES IN AJÍ SAUCE

Ingredients	Weight in grams	Household measurement
Lupin beans	100	1/2 cup
Tree tomato	60	1 unit
Fresh ají	30	2 units
Onions	80	1 medium unit
Cilantro	5	2 teaspoons
Water		1/2 cup
Salt to taste		

PREPARACIÓN

Boil the tree tomato for 10 minutes; remove the peel and seeds. Wash the aji, remove the seeds and blend with salt until they form a smooth paste. Add the tree tomato. Continue to blend, slowly adding water until you achieve an even consistency. Add the peeled lupin beans, onions, finely chopped cilantro, and salt as needed.

Note: This mixture is used as a seasoning. It can also be made using a paste of ground lupin beans rather than whole ones.



13. ENSALADA DE CHOCHOS CON TOMATE Y CEBOLLAS / LUPIN SALAD WITH TOMATO AND ONIONS

Ingredients	Weight in grams	Household measurement
Lupin beans	200	1 cup
Tomato	150	1 medium unit
Paiteña onions	100	1 unit
Lime	25	1 medium unit
Oil	15	1 tablespoon
Salt to taste		

PREPARATION

Chop the onions in thin slices, wash them and add lime juice and salt. Chop the tomatoes into medium sized cubes and add the onions. Add the peeled lupins, oil, and salt if needed. Garnish with chopped parsley.

Source: National Autonomous Institute of Agricultural Research (INIAP)



14. PURÉ DE ZAPALLO CON CHOCHO Y PAPA / WINTER SQUASH PUREE WITH LUPIN BEANS AND POTATOES



Ingredients	Weight in grams	Household measurement
Lupin flour	75	5 tablespoons
Potato	300	5 units
Winter squash	250	1 piece
Oil	30	2 tablespoons
Water	440	2 cups
Salt and aromatic herb to taste		

PREPARATION

Boil the winter squash and potatoes and then mash them. Dissolve the lupin bean flour in the cold water, bring to a boil while stirring constantly. Add the winter squash and the mashed potatoes, the oil and seasoning. Bring to a boil once again for a few minutes.

Note: You can substitute carrots in place of the winter squash, and you can also add milk if you prefer.

Source: National Autonomous Institute of Agricultural Research (INIAP)

➤ 15. CEVICHE DE CHOCHOS CON CORVINA / CORVINA CEVICHE WITH LUPIN BEANS

Ingredients	Weight in grams	Household measurement
Lupin beans	400	2 cups
Corvina	675	1 1/2 lbs.
Lime		12 units
Orange		2 units
Tomato sauce	200	1 cup
Salt and cilantro to taste		

PREPARATION

Skin the corvine, cut the flesh into strips and boil it for a minute in water to which salt and seasonings have been added. Drain off the water and then let the fish pickle for a bout two hours in the mixture of lime and orange juices. Mix the fish and juices with the lupin beans, the paitaña onions, the tomato sauce, lime and orange juice. Season to taste with salt and chopped cilantro.

Source: National Autonomous Institute of Agricultural Research (INIAP)





➤ 16. CHOCHOS EN MAYONESA / LUPIN BEANS IN MAYONNAISE

Ingredients	Weight in grams	Household measurement
Lupin beans	600	3 cups
Cooked, tender green peas	450	1 lb.
Home made mayonnaise	200	1 cup
Lime juice	15	1 teaspoon
Salt to taste		

PREPARATION

Peel the lupin beans and cook for five minutes in water with salt and lime juice. Drain the water and mix in the cooked, green peas. Let the mixture fully cool and then stir in the mayonnaise.

Source: National Autonomous Institute of Agricultural Research (INIAP)

17. ENSALADA DE CHOCHOS Y QUESO / LUPIN AND CHEESE SALAD

Ingredients	Weight in grams	Household measurement
Lupin beans	400	2 cups
Cheese	250	1/2 of a half-kilo serving of cheese, grated
Milk	150	3/4 cup
Home made mayonnaise	30	2 tablespoons
Potatoes chopped into cubes	800	4 cups
Chopped red bell pepper	90	2 medium units
Boiled eggs	120	2 units
Salt and parsley to taste		



PREPARATION

Cook the potatoes, remove them from the water while they are still somewhat firm and set them aside to cool. Mix the lupin beans with the potatoes and bell pepper. Blend the shredded cheese, milk, salt and mayonnaise and pour the cream on top. Slowly stir, and empty into a serving dish and top with slices of hard-boiled eggs and parsley.

Source: National Autonomous Institute of Agricultural Research (INIAP)





❖ 18. ENSALADA DE LEGUMBRES EN CREMA / MIXED VEGETABLE SALAD IN CREAM SAUCE

Ingredients	Weight in grams	Household measurement
Fresh lupin beans	450	2 1/2 cups
Baby green peas, cooked	450	2 1/2 cups
Green beans, cooked	450	2 1/2 cups
Carrots, cooked and chopped	225	1 1/4 cups
Tender choclo corn, cooked	225	1 1/4 cups
Butter	60	4 tablespoons
Cream	200	1 cup
Sugar		1 pinch
Salt and black pepper to taste		

PREPARATION

Melt the butter in a skillet. When the butter gets hot, add the vegetables, a pinch of sugar, the salt and other seasonings. Stir constantly for a few minutes and add the cream. Bring to a boil for a minute and then remove from heat. Serve hot.



Source: Superior Polytechnic School of Chimborazo (ESPOCH)

➤ 19. ENSALADA TROPICAL DE CHOCHOS / TROPICAL LUPIN BEAN SALAD

Ingredients	Weight in grams	Household measurement
Lupin beans	400	2 cups
Apple	400	2 cups
Chopped celery	30	3 stalks
Natural yogurt	200	1 cup
Tomato, finely chopped	80	2 medium units
Salt and seasonings		to taste

PREPARATION

Mix the peeled lupin beans with the apple that has previously been chopped into cubes and left to sit in water with lime juice, the tomatoes and the chopped celery. Season with natural yogurt, salt and seasonings to taste.
Serve with rice, if so desired.

Source: National Autonomous Institute of Agricultural Research (INIAP)





❖ 20. CHOCHO PATÉ / LUPIN BEAN PATÉ

Ingredients	Weight in grams	Household measurement
Lupin beans	100	1/2 cup
Cream	100	1/2 cup
Farmers cheese	200	1 cup
THE SAUTÉ		
Lime	30	1 unit
Oil	60	2 tbls.
White spring onions	30	1 bunch
Salt, cilantro and black pepper		to taste

PREPARATION

Sauté the white onions, lime juice, cilantro, salt and black pepper.

While the sauté mixture cools, blend the lupin beans with the cream. Pour it into a dish and add the cheese and the sautéed mixture. Stir vigorously until it thickens and achieves an even consistency.

Serve the pate on crackers, bread or crudités.

Source: National Autonomous Institute of Agricultural Research (INIAP)



21. SALSA DE CHOCHOS / LUPIN BEAN SAUCE (1)

Ingredients	Weight in grams	Household measurement
Lupin beans	200	1 cup
Milk	200	1 cup
Water	800	4 cups
Pork	450	1 lb.
Beef broth	400	2 cups
Butter	60	4 tablespoons
Wheat flour	100	1/2 cup
Half of a spring onion		
White onion	100	1/2 cup
Garlic	15	1 tablespoon
Parsley	15	1 tablespoon
Achiote	30	2 tablespoons
Salt, Oregano to taste		



PREPARATION

Fry the pork with the half of a spring onion, a pinch of cumin, and salt to taste.

Add three cups of water and continue to cook.

Blend the whole lupin beans in one cup of water and one of milk.

Lightly sauté in a tablespoon of butter the white onion and parsley, add the seasonings and the blended lupin beans, and allow the mixture to boil for a few minutes.

In a separate pan, heat the rest of the butter, add the flour and when it thickens, add the beef broth.

Add salt and seasonings and stir constantly over the flame until it thickens anew. Combine this mixture with that of the lupin beans and serve hot.

Source: National Autonomous Institute of Agricultural Research (INIAP)



❖ 22. SALSA DE CHOCHOS / LUPIN BEAN SAUCE (2)

Ingredients	Weight in grams	Household measurement
Spring onions	25	1 bunch
Lettuce	100	1 small head
Lupin beans	200	1 cup
Globe tomato	60	1 unit
Milk	200	1 cup
Garlic	5	1 clove
Butter	15	1 tablespoon
Salt and seasonings to taste		

PREPARATION

Fry the finely chopped spring onion in butter. Add the garlic, salt and seasonings to taste. Blend the lupin beans with the milk, add the sautéed onion mixture and bring to a boil for ten minutes. Add water if needed to achieve an even sauce. The sauce can be served with cooked potatoes, tomato slices and a lettuce leaf.

Source: National Autonomous Institute of Agricultural Research (INIAP)

❖ 23. ENSALADA DE CHOCHOS PRIMAVERA / SPRING SALAD WITH LUPIN BEANS

Ingredients	Weight in grams	Household measurement
Lupin beans	400	2 cups
Green peas	400	2 cups
Carrot	100	1/2 cup
Vermicelli	200	1 cup
Cream	15	1 tablespoon
Salt and black pepper to taste		

PREPARATION

Cook the green peas and carrot until they are soft. In another pot cook the vermicelli.
Chill these ingredients and mix with the cream and the lupin beans. Add salt and black pepper to taste.

Source: National Autonomous Institute of Agricultural Research (INIAP)





❖ 24. ENSALADA HABA / FAVA BEAN SALAD

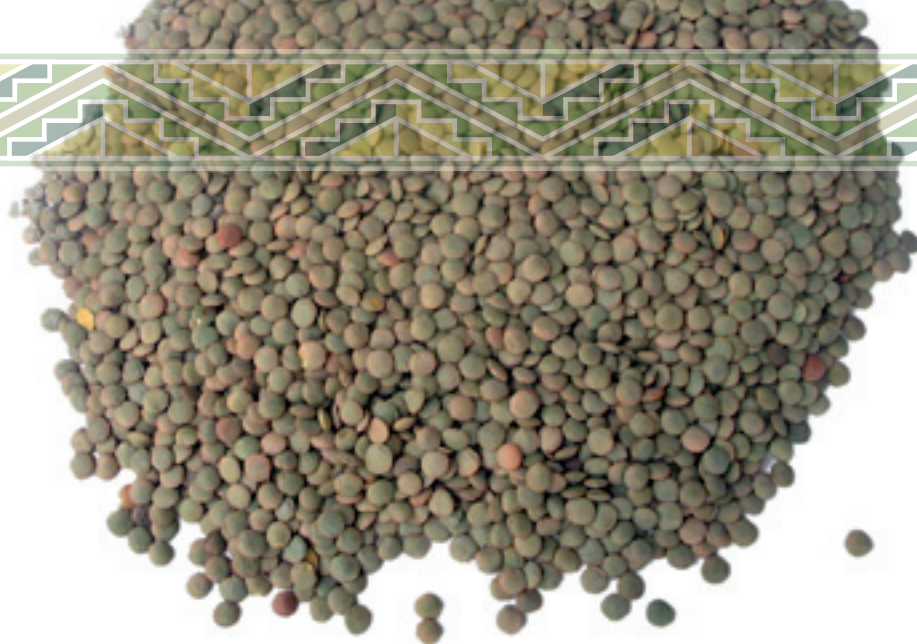
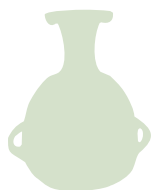
Ingredients	Weight in grams	Household measurement
Fava bean	200	1 cup
Paiteña onions	100	1/2 cup
Carrot	100	1/2 cup
Globe tomato	100	1/2 cup

PREPARATION

Cook the fava beans, remove from heat and let cool.

In another pot, cook the onion and tomato. Season with salt and lime juice. Grate the raw carrot and mix with the fava beans and the onion and tomato mixture.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



25. ENSALADA LENTEJA / LENTIL SALAD

Ingredients	Weight in grams	Household measurement
Lentils	200	1 cup
Red (paitaña) onions	100	1/2 cup
Carrots	100	1/2 cup
Globe tomato	100	1/2 cup

PREPARATION

Cook the lentils, remove from heat and set aside to cool. In another pot cook the onions and tomato. Season with salt and lime juice. Grate the raw carrot, stir into the lentils and then cook with the onion and tomato mixture.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



❖ 26. BOLITAS DE PAPA RELLENA / STUFFED POTATO BALLS



Ingredients	Weight in grams	Household measurement
Calvache potatoes	450	1 lb.
Chicken breast	110	1/2 unit
Garlic chopped	5	1 clove
Cream	30	2 tablespoons
Achiote	10	1 teaspoon
Breadcrumbs	100	1/2 cup
Flour	100	1/2 cup
Eggs	120	2 units
Salt, pepper and nutmeg to taste		
Oil for frying		

PREPARATION

Peel the potatoes and boil for about 30 minutes. In another pot cook the chicken breast with salt and a clove of grated garlic. When the breast is done, chop it into cubes add salt and black pepper and set aside. Mash the potatoes, add the cream, achiote, nutmeg and add more salt to taste. Make potato balls with this mixture with some of the chopped chicken breast mixture. Coat with flour, egg and breadcrumbs and fry them in hot oil or bake them until they brown. Serve them hot along with mayonnaise or salsa.

Source: National Autonomous Institute of Agricultural Research (INIAP)



27. DEDITOS DE PAPA CON SALSA POMODORO / POTATO FINGERS WITH TOMATO SAUCE

Ingredients	Weight in grams	Household measurement
Leona negra potatoes	900	2 lbs.
Egg yolks	50	2 units
Cream	220	1 cup
Flour	100	1/2 cup
Salt to taste		
Oil	440	2 cups
FOR THE SALSA		
Pearl onions	60	1 unit
Garlic	10	2 cloves
Red wine	110	1/2 cup
Globe tomato	60	1 unit
Tomato paste	20	2 tablespoons
Salt and black pepper to taste		

PREPARATION (THE DOUGH)

Wash and peel the potatoes. Boil them in salted water for 20 minutes or until the potatoes are thoroughly. Add the two yolks, mix and slowly incorporate the cream until you can mold the dough; if it is still too soft, add flour until you achieve the desired consistency.

Sprinkle the flour over a clean table. Place the dough in the middle and roll it out until it is 1 cm. thick. Cut the dough into 3 to 4 cm. squares.

Heat the oil, thoroughly dust the squares and fry them.



PREPARATION (THE SAUCE)

Finely chop the onion and garlic; peel and seed the tomatoes. Fry the onion and the garlic, then add the tomatoes and tomato paste. Cook for a few minutes and add wine. Let it cook down and add salt and black pepper.

RECOMMENDATIONS

When frying the figures, it is important that the oil be good and hot but do not let it burn. To make sure the figures are not greasy, position a napkin in the basket in which they are placed, in order to absorb all the excess oil.

Source: National Autonomous Institute of Agricultural Research (INIAP)



Though **aji** is the generic name used for chillies in the Andes (*Capsicum pubescens*), it also refers to any sauce made with such chillies. Here we have an example of a basic aji sauce that involves a traditional.



28. AJÍ / AJI SAUCE

COMMUNITY OF HUACONA SANTA ISABEL (SICALPA)

Ingredients	Weight in grams	Household measurement
Aji	25	1 unit
White onion	60	1 unit
Salt to taste		
Water as needed		

PREPARATION

Thoroughly wash the aji and white onions. If you want to make sure that the aji is not too spicy (hot), remove the seeds and veins. Place the aji on a stone and use another stone to thoroughly grind the peppers. Add a bit of salty water to taste. Finely chop the white onions and add the finely ground ají.

Note: Store in a tightly sealed, glass dish.

➤ 29. MAÍZ TOSTADO / TOASTED MAIZE

Ingredients	Weight in grams	Household measurement
Toasted maize	450	1 lb.
Red onion	100	1 unit
Oil	200	1 cup
Salt to taste		

PREPARATION

Pour the oil into a skillet. Wait for it to get hot and then add the toasted maize. Finely chop and wash the red onion. Stir the toasted maize continuously to make sure it doesn't burn. Once the maize turns golden brown, remove from the oil and add the onion. Let it cool and serve.



Toasted corn kernels are widely used as a snack food but also as an ingredient in, and accompaniment to many traditional dishes. It was widely consumed in Pre-Colombian times. It is made using varieties whose kernels tend to be of a medium size, sweet in flavor and golden in color and that when heated in oil pop and turn crunchy but do not split open or puff up like popcorn. The most common such variety is maíz chulpe.



COMMUNITY OF HUACONA
SANTA ISABEL (SICALPA)



❖ 30. CASCARITAS DE PAPA / BAKED POTATO SLICES

Ingredients	Weight in grams	Household measurement
Calvache potatoes	450	1 lb.
Butter	90	6 tablespoons
Salt and black pepper to taste		

PREPARATION

Heat the oven to a medium temperature. Wash and peel the potatoes, and then slice them in relatively thin slices. Rinse in water and then dry them on a towel or tablecloth. In a saucepan, melt the butter on a low flame. In a mixing bowl, add the potatoes and the butter, using your hands to make sure they are thoroughly combined. Add salt and black pepper. In an oven safe dish, layer the potato slices as if they were the scales of a fish. Place in a pre-heated oven at 180 C for 10 minutes, by which point the potato slices will tend to curl up. Use a spatula to press them flat and then bake them for another 10 minutes or until they begin to turn a golden brown. Serve then directly from the baking dish.

Source: National Autonomous Institute of Agricultural Research (INIAP)



31. PAN CON HARINA DE CHOCHO / LUPIN BREAD



Ingredients	Weight in grams	Household measurement
Lupin flour	75	1/2 cup
Wheat flour	450	3 cups
Lard	150	5 tablespoons
Egg	100	2 units
Sugar	60	4 tablespoons
Dry yeast		1 tablespoon
Water		1 cup
Salt to taste		

PREPARATION

Place the flour on a pastry board and make a hollow in the center. Add shortening, eggs and sugar. Add the yeast, previously diluted in warm water along with a little sugar. Mix all ingredients together and knead until you have a soft, even dough. Allow it to stand for 10 minutes. Shape into small, round rolls, place on a greased cookie sheet and allow to rise. Bake in a hot oven.

Source: National Autonomous Institute of Agricultural Research (INIAP)



32. TORTILLAS DE ARROZ DE CEBADA / HULLED BARLEY TORTILLAS COMMUNITY OF GUADALUPE

Ingredients	Weight in grams	Household measurement
Hulled barley	200	1 cup
Wheat flour	40	1/2 cup
Carrot	50	1 unit
Lard	60	3 tablespoons
Onion	80	2 medium units
Garlic	5	2 cloves
Cilantro	5	2 teaspoons
Water as needed		
Salt to taste		



PREPARATION

Mix the flour with the salt, water and the hulled barley, then add in the melted lard until you have a soft dough. Sauté the finely chopped garlic and onion in the lard and add salt. Add the sautéed garlic and onion into the dough and add finely chopped cilantro and carrot. Pat out into flat cakes or tortillas and cook them on a traditional clay griddle or comal, or a skillet.

33. BOCADITOS DE CHOCHO Y QUESO / LUPIN AND CHEESE BALLS

Ingredients	Weight in grams	Household measurement
Ground lupin beans	400	2 cups
Grated cheese	200	1 cup
Egg	60	1 unit
Bread crumbs	100	1/2 cup
Oil	200	1 cup
Salt and black pepper to taste		

PREPARATION

Mix the ground lupin beans with the grated cheese, eggs, salt, pepper and breadcrumbs until you obtain a soft and manageable dough. Form small balls and fry in hot oil. When the balls turn golden, remove them from the oil and lay out on absorbent paper. To serve, lay the lupin balls out on a dish and spear each one with a toothpick. Accompany with mayonnaise, salsa rosada (a fry sauce often made primarily made with mayonnaise, aji and a bit of ketchup), or any other sauce you prefer.

Source: National Autonomous Institute of Agricultural Research (INIAP)



34. CARITAS FELICES DE CHOCHOS / LUPIN BEAN HAPPY FACES



Ingredients	Weight in grams	Household measurement
DOUGH:		
Lupin beans	100	1 cup
Wheat flour	100	1 cup
Salt	15	1 tablespoon
Oil	200	1 cup
SAUCE:		
White onions	25	1 bunch
Pepper	50	1 unit
Potatoes	80	2 units
Milk	200	1 cup
Cheese	200	1 cup
Egg	60	1 unit
Arracacha	70	1 unit
Garlic	5	1 clove
Salt to taste		
GARNISH:		
Toasted maize	225	1/2 lb.
Globe tomato	80	2 units



PREPARATION

DOUGH

Make a dough with the ground lupin beans, flour and salt. If the dough is too soft, add a little more flour until it is pliable. Shape into patties and pan-fry in hot oil.

SAUCE

Sauté the finely chopped white onions, garlic and pepper. Separately, cook the potatoes and the arracacha pieces in a little water with salt. When soft, add the sautéed ingredients, milk, and cooked egg, and blend into a tasty sauce.

Bathe each patty in the sauce and adorn with two grains of toasted maize for the eyes and a piece of tomato for the smile.

Source: National Autonomous Institute of Agricultural Research (INIAP)



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35. ENSALADA DE BERROS / WILTED WATERCRESS SALAD

SRA. MANUELA QUISPE VIDALÓN.
C.C. PADRE RUMI

Ingredients

Watercress
PukaWayro potato
Garlic
Onion
Lamb fat
Salt



PREPARATION

Wash and pick through the watercress and then cook. Once the watercress is done, drain and mix with the boiled potatoes, mashing them with the dressing and salt.

Dressing: In a skillet fry finely chopped onion and garlic in the lamb fat. Accompany with toasted corn kernels.

36. ENSALADA DE YUYO / FIELD MUSTARD SALAD

SRA. CONCEBIDA VIDALÓN,
JUANA OREJÓN AND
JULIA LOAYZA.
C.C. PADRE RUMI.

Ingredients



Field mustard leaves
Runtus potato
Green onions
Garlic
Cumin
Lard
Oil
Field mustard
Wheat berries

PREPARATION

Wash and pick through the field mustard and then cook. Once the watercress is done, drain and mix with the boiled potatoes that have previously been previously boiled and mashed along with the dressing, mashing them with the dressing and salt.

Dressing: In a skillet fry finely chopped onion and garlic in the lard. When done add the salt and cumin.





SRA. ROSA SOTACURO GAVILÁN.
C.C. TINQUERCCASA/
CHOPCCA NATION.



37. TORREJA DE CHUÑO / CHUÑO FRITTERS

Ingredients

Ground chuño made from Acco Suito potatoes
Eggs
Onion
Oil

PREPARATION

Mix the ground chuños with water, egg and chopped onion until you develop a dough with an even consistency. Shape into small, flat, round potato cakes. Then fry in hot oil.



38. PAPA RELLENA CON CUY / POTATO STUFFED WITH CUY

SRA. ROSA SOTACURO RAYMUNDO.
C.C. TINQUERCCASA/
CHOPCCA NATION.

Ingredients

Ground (freeze-dried potatoes), preferably made from Acco Suito potatoes
Garlic
Oil
Salt
Green onions
Cumin
Ají
Shredded cuy

PREPARACIÓN

Boil and then mash the potatoes until attaining an even consistency. Add ground ají and salt. Parboil and shred the cuy, then sauté with dressing. Form balls with the mashed potatoes and stuff them with the cuy/dressing mixture. Then fry the stuffed potato balls.

Dressing: Sauté green onions (green and white parts), cumin and garlic with shredded cuy. Serve with hominy or corn on the cob.



SRA. CEDRIANA BELITO GALA.
C.C. CHONTACANCHA

39. TORTILLA DE FLOR DE NABO / FRIED FISH & FIELD MUSTARD BLOSSOM CAKES

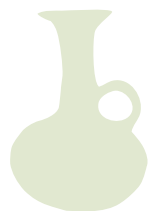
Ingredients	Quantity
Egg	3 units
Flour	1/2 kilo
Carrots	1/4 kilo
Milk	1/2 cup
Fish filets	1/4 kilo
Oil	3 tablespoons
Salt to taste	
Field mustard blossoms	3 round balls
Hulled wheat berries	1/2 kilo

PREPARATION

Boil field mustard blossoms 40 minutes, then wash, drain, and shape into small balls. Boil the fish and carrot separately, and mash them together into a purée. Make a dough of all ingredients. Pat into cakes or tortillas and fry in hot oil approximately 10 minutes. Serve with boiled native potatoes and boiled, hulled wheat berries. Serves 4.

➤ 40. RELLENO DE FLOR DE NABO / FIELD MUSTARD BLOSSOM STUFFING

SRA. CEDRIANA BELITO GALA.
C.C. CHONTACANCHA



Ingredients	Quantity
Field mustard blossoms	3 small balls
Aracc (wild Andean potato)	4 kilos
Egg	2 units
Onion	2 medium
Rocoto ají	1 unit
Oil	200 millilitres
Salt, cumin and pepper	to taste
Cilantro	20 sprigs
Cheese	1 big piece

PREPARATION

Boil the field mustard 40 minutes, then wash, drain, and shape into small balls. Prepare the dressing with rocoto ají, onion, cilantro, boiled egg, salt, cumin and pepper. Boil the wild potato, then mash to make a dough. Mix the prepared dressing into the dough, then fry stuffing in oil 10 minutes.

Serve with cheese cubes. Serves six.



SRA. FELÍCITA HUARANCCA ARECHE.
C.C. PARIACCLLA

41. HUANCAINA DE NABO / HUANCAYO-STYLE FIELD MUSTARD BLOSSOM SAUCE

Ingredients	Quantity
Milk	1/2 jar
Cheese	1 medium-sized slice
Soda crackers	1 package
Lettuce	3 leaves
Potato	1 kilo
Egg	1 unit
Field mustard blossoms	2 small balls

PREPARATION

Boil the field mustard and roll into little balls. Blend the balls together with the milk, cheese and soda crackers. Then add the oil and blend all the ingredients together to make a sauce.

Serve the sauce along with the boiled and sliced) potatoes, the lettuce leaves and a sliced boiled egg.

Serves four.



***Huancaina** is a very popular cheese sauce dish that is served cold over slices of chilled potatoes, eggs and lettuce. Traditionally the sauce achieves a bright yellow colour thanks to the presence of yellow aji, but in this High Andes version the colour and added flavour come from the field mustard blossoms.*





SRA. LEONCIA CONTRERAS
ÑAHUINCOPA. C.C PARCO ALTO.

42. TORTILLA DE HOJA DE NABO / FIELD MUSTARD TORTILLA

Ingredients	Quantity
Egg	1 unit
Chuño flour	1/4 kilo
Oil	3 tablespoons
Salt to taste	
Field mustard leaves	1 bunch
Onion	1 medium unit

PREPARATION

Chop the field mustard leaves, mix with egg, chuño flour, oil and salt. Pat the dough into cakes or thick tortillas and fry. Serve with onion salad, two slices of rocoto ají, boiled chuño and pan-roasted maize (cancha). Serves four.

43. ENSALADA DE HOJA DE NABO / FIELD MUSTARD-LEAF SALAD

Ingredients	Quantity
Field mustard leaves	3 medium sized balls of cooked leaves
Garlic	4 cloves
Onion	1 unit
Oil	5 tablespoons
Potatoes	1 kilo
Lime	2 units
Cumin, MSG, and salt	To taste
Dry green peas	1/2 kilo
Cuy	3/4 kilo

PREPARATION

Boil the potatoes, then peel and chop. Wash the field mustard leaves and chop thoroughly. In a bowl combine the oil, onion, garlic, cumin, MSG, salt and lime. Mix and add the potatoes and field mustard leaves. Serve with golden-browned cuy and stewed green peas. Serves four.



SRA. CATALINA BELITO GONZÁLES.
C.C PARCO ALTO.



➤ 44. PANQUEQUE DE PAPA / POTATO AND FISH PANCAKES

SRA. MARÍA ESCOBAR PALOMINO



Ingredients

Runtus potato
Partridge egg
Fish
Salt to taste
Oil

PREPARATION

Mix the boiled and mashed potatoes with the partridge egg and the boiled, flaked fish, adding salt to taste, until you have a smooth, even dough. Pour oil into a skillet, and when good and hot, fry the dough in small portions. Serve with a crisp vegetable salad.





SOUPS

CHUPIKUNA /
APIKUNA



ECUADOR

➤ 1. SOPA DE MELLOCOS / MELLOCO SOUP

Ingredients	Weight in grams	Household measurement
Mellico	700	35 medium units
Farmer's cheese	100	3 medium slices
Milk	250	1 cup
Onion, whole	40	1/2 medium unit
Manteca de color (see p. 216)	5	1/2 teaspoon
Garlic	5	2 cloves
Water	2000	9 cups
	Salt to taste	

PREPARATION

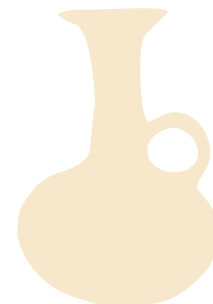
Finely chop onion and garlic in the *manteca de color*. Chop the mellico in any shape you wish. Add water, salt and mellico and cook for 30 minutes after mixture comes to a boil, or until done. Add milk and boil 5 minutes more. Add shredded cheese. Serves five.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



2. CHUPE DE MELLOCOS / MELLOCO STEW

Ingredients	Weight in grams	Household measurement
Mellocos cut in strips	800	4 cups
Potatoes, cut into strips	450	2 1/2 cups
Fava beans, peeled	200	1 cup
Farmers cheese	200	1 cup
Garlic	20	2 cloves
Onion, chopped	60	1 medium unit
Water as needed		
Salt to taste		



PREPARATION

In a pot, sautee the garlic and onion, then add water and boil. Add the melloco and potato strips and previously cooked fava beans. Add cheese and salt. Serve hot.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



Chupes are a type of stews or chowders that are especially popular in Andean countries. Though many are currently built around some type of meat or seafood, in this vegetarian recipe mellocos take centre stage.



COMMUNITY OF LAGUNA SAN MARTÍN (QUIMIAG)

3. SOPA DE QUINUA / QUINOA CHOWDER

Ingredients	Weight in grams	Household measurement
Quinoa	100	1/2 cup
Pork	250	10 ounces
Potato	300	3 medium units
Onion, whole	40	1 small unit
Peanuts, toasted and ground	30	2 tablespoons
Garlic	5	2 cloves
Manteca de color (see p. 216)	5	1 teaspoon
Cilantro	5	2 teaspoons
Milk	125	1 cup
Water	2000	9 cups
Salt to taste		

PREPARATION



Boil quinoa in unsalted water that has previously been boiled for at least 30 minutes. Sautee small pieces of salt pork with salt and finely chopped onion and garlic. Add the *manteca de color* and let boil for 30 minutes. Add quinoa. Add peeled and sliced potatoes and boil for 15 minutes. When done, add peanuts previously dissolved in milk. Add cilantro. Serves five.

Note: The pork can be replaced by adding cheese after the soup is thoroughly cooked.



❧ 4. SOPA DE QUINUA DESMENUZADOS / FLUFFED QUINOA SOUP

Ingredients	Weight in grams	Household measurement
Grain quinoa	100	1/2 cup
Beef	250	1 piece
Carrot	100	1 medium unit
Fresh green peas	75	1/2 cup
Potato	200	2 medium units
Onion	40	1 medium unit
Garlic		1 clove
Cilantro		2 teaspoons
Oil or Manteca de color (see p. 216)	30	2 tablespoons
Salt to taste		
Water as needed		

PREPARATION

Boil the quinoa for 30 minutes. In oil or manteca de color, brown the meat previously cut into cubes along with finely chopped onion and garlic. Let boil for 15 minutes. Add the cubed carrot and green peas; boil 15 minutes longer. Add medium-sized pieces of potatoes. Boil until done. Sprinkle with chopped cilantro. Serve hot.

Source: National Autonomous Institute of Agricultural Research (INIAP)

➤ 5. SOPA DE OCAS FRESCAS CON ARROZ DE CEBADA Y HABAS TIERNAS / FRESH OCA SOUP WITH HULLED BARLEY AND FRESH FAVA BEANS

Ingredients	Weight in grams	Household measurement
Ocas	800	1 1/2 lb.
Hulled barley	225	1/2 lb.
Broad beans	600	1 1/2 lb.
White onions	25	1 bunch
Vegetable shortening	15	1 tablespoon
Achiote	15	1 tablespoon



PREPARATION

Wash and peel ocas, and cook with hulled barley and fava beans. Add salt, finely chopped white onions, vegetable shortening, and achiote. The soup may be garnished with grated cheese or cheese cubes before serving, if desired.

COMMUNITY OF GUADALUPE (SAN JUAN)



6. SOPA DE LEGUMBRES CON CHOCHO / VEGETABLE SOUP WITH LUPIN BEANS

Ingredients	Weight in grams	Household measurement
Lupin beans	100	1/2 cup
Beef	225	1/2 lb.
Globe tomato	200	1 cup
Farmer's cheese	200	1 cup
Chopped sambo squash	300	1 1/2 cup
Carrot	50	1 medium unit
Fresh, tender maize kernels	100	1 cup
Green beans	100	1 cup
White onions	60	1 medium unit
Garlic	15	3 cloves
Water	800	4 cups
Sugar	5	1/2 teaspoon
Salt, pepper, oregano to taste		



PREPARATION

Cook the meat, sambo squash, tomatoes, onion and garlic. Remove meat from flame when done. Blend soup, strain, and return to flame. Add the lupin beans, chopped carrot, green beans and maize kernels. Season with salt, pepper, oregano and a pinch of sugar. Add the meat cut into small pieces and boil until it is thoroughly cooked. Garnish with crumbled cheese.

Source: National Autonomous Institute of Agricultural Research (INIAP)





7. CAZUELA DE CHOCHOS CON POLLO / LUPIN BEAN CASSEROLE WITH CHICKEN

Ingredients	Weight in grams	Household measurement
Lupin beans	200	1 cup
Green banana	200	1 cup
Globe tomato	200	1 cup
Paiteña onions	60	1 medium unit
White onions	25	1 bunch
Chicken breast	250	1 breast
Broth	600	3 cups
Butter	15	1 tablespoon
Salt, pepper, oregano, parsley, cilantro and achiote to taste		

PREPARATION

Cook the chicken breast in three cups of water with a pinch of salt. Stir the broth. In a pot, prepare a sauté with butter, white onions, salt and seasonings. Add the finely chopped tomato and sauté for five minutes. Stir into the broth in which the chicken breast was cooked the ground lupin beans and the sliced green banana. Cook for 15 minutes, stirring constantly, making sure that the mixture does not stick to the bottom of the pot. Add the shredded chicken breast, boil 5 minutes more, and serve hot.

Source: National Autonomous Institute of Agricultural Research (INIAP)



8. SOPA DE BOLAS DE CHOCHO CON RELLENO / STUFFED-LUPIN DUMPLING SOUP

Ingredients	Weight in grams	Household measurement
FOR BROTH		
White cabbage	45	3 leaves
Tender green peas	225	1/2 lb.
Carrot	60	1 large unit
Milk	200	1 cup
Water		as necessary
White onions	25	1 bunch
Cuts of beef as preferred		
Salt and seasonings to taste		
STUFFING:		
Tender green peas	225	1/2 lb.
Ground lupin beans	100	1/2 cup
Carrot	80	2 medium units
Ground beef	225	1/2 lb.
White onions	25	1 bunch
Achiote	15	1 tablespoon
Salt and seasonings to taste		
DOUGH:		
Finely ground lupin beans	200	1 cup
Wheat flour	225	1/2 lb.
Milk	200	1 cup
Butter	225	1/2 lb.



PREPARATION



Make a broth using the carrot, chopped white onions and cabbage and water. Then add the green peas, cuts of meat, cup of milk, and salt and seasonings to taste.

STUFFING:

Cook the green peas and chopped carrot, drain off the water and stir in the meat, ground lupin beans, white onions, salt, achiote and sauté.

DOUGH:

Mix the ground lupin beans with the wheat flour and butter, dissolve the salt in the milk and add to the mixture. Knead until you obtain a pliable dough. Make small dumplings, fill with the sauté, and drop into the hot broth. Bring to a boil for 5 minutes and serve hot.

Source: National Autonomous Institute of Agricultural Research (INIAP)

9. SOPA DE LEGUMBRES / VEGETABLE SOUP

Ingredients	Weight in grams	Household measurement
Beef	225	1/2 lb.
Globe tomato	200	1 cup
Farmer's cheese	200	1 cup
Cauliflower	200	1 cup
Chopped carrot	50	1 medium unit
Broccoli	100	1 cup
Green beans	100	1 cup
White onions	60	1 medium unit
Garlic	15	3 cloves
Water	800	4 cups
Sugar	5	1/2 teaspoon
Salt, pepper, and oregano		To taste



PREPARATION

Cook the meat, tomatoes, onion and garlic in the water. Remove the meat from the pot when well done. Blend the soup, strain, and return to the flame. Add the chopped carrot, green beans, broccoli, and cauliflower. Season with salt, pepper, oregano and a pinch of sugar. Add the meat cut into small chunks and boil until the soup is done. Garnish with crumbled cheese.

COMMUNITY OF LAGUNA SAN MARTÍN (QUIMIAG)





COMMUNITY OF SANJAPAMBA (SAN ANDRÉS)

❖ 10. SOPA DE ARVEJA CON CHOCLO / GREEN PEA SOUP WITH EAR OF CHOCLO

Ingredients	Weight in grams	Household measurement
Globe tomato	200	1 cup
Farmer's cheese	200	1 cup
Cabbage	200	1 cup
Ear of choclo	100	1 medium unit
Green peas	100	1 cup
White onions	60	1 medium unit
Potatoes	300	1 medium unit
Garlic	15	3 cloves
Water	800	4 cups
Salt, pepper, and oregano		To taste

PREPARATION

Bring the water to a boil. Blend tomato with onion, garlic and a little salt. Strain and place on flame. Add cabbage and boil for 10 minutes. Add the potatoes, corn and cooked green peas. Season with salt, pepper and oregano. Garnish with cheese.



COMMUNITY OF SAN JOSÉ DE
MAYORAZGO (LA MATRIZ)

11. COLADA DE HABA CON CUY / CUY STEW

Ingredients	Weight in grams	Household measurement
Fava flour	25	1 tablespoon
Paiteña onion	25	1 tablespoon
Carrot	25	1 tablespoon
Plum tomato	25	1 tablespoon
Water		1 litre
Cuy		1 Unit
Garlic		to taste
Salt		to taste



PREPARATION

Sauté onion, carrot, tomato and garlic.

Add flour to a pot of boiling water, stirring constantly.

Add the sautee mix and stir.

Season and roast the cuy and place one piece in each soup dish before adding consommé.

➤ 12. SOPA DE OLLUCO / OLLUCO SOUP

Ingredients

Olluco
Green peas
Fava beans
Puka Huayro potato
Green onions
Cheese
Milk
Garlic cloves
Field turnip
Lamb fat
Salt to taste

PREPARATION

Boil water and add chopped olluco, potato chunks, fava beans and green peas. When soup is done, add the dressing, cheese cubes and milk. Simmer for a few minutes and remove the pot from the flame.

Dressing: Sauté garlic and green onions in lamb fat. Serve with fresh corn, boiled egg, and cheese.

SRA. SANTA SULCA PEÑARES, JUANA OREJÓN AND JULIA LOAYZA. C.C PADRE RUMI





SRA. VICTORIA ENRÍQUEZ ESCOBAR.
BOARD OF DIRECTORS CHOPCCA NATION.
AGRICULTURAL PRODUCERS ASSOCIATION.

➤ 13. SOPA DE OLLUCO CON PAPAS / OLLUCO POTATO SOUP

Ingredients

Olluco
Green peas
Broad beans
Huayco potato
Green onions
Cheese
Milk
Garlic cloves
Field mustard leaves
Lamb fat
Salt to taste



PREPARATION

Heat water in pot, and when it reaches the boiling point, add finely chopped olluco and pieces of potato, fava beans and green peas. When done, add dressing. Add cheese cubes and milk. Remove the pot from the flame and add finely chopped field mustard.

Dressing: Sauté garlic and green onions in lamb fat. Garnish with fresh corn, boiled egg and cheese.







➤ 1. MELLOCO EN SALSA DE MANÍ / MELLOCO IN PEANUT SAUCE

Ingredients	Weight in grams	Household measurement
Mellico	600	1 1/2 lbs.
Peanuts, toasted	100	5 tablespoons
Milk	250	1 cup
Onion	450	2 small units
Manteca de color (see p. 216)	10	1 tablespoon
Cilantro	5	2 teaspoons
Salt to taste		



PREPARATION

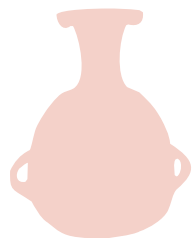
Cook the mellocos; drain off the water and cut the mellocos into pieces. Sauté the finely chopped onion in the manteca de color. To the sautéed onions, add the ground, toasted peanuts mixed with milk; bring to a boil for 5 minutes. Add the mellocos, sprinkle with finely chopped cilantro and serve hot.

Serves five.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



➤ 2. REVUELTO DE MELLOCO CON HUEVO / SCRAMBLED MELLOCO AND EGGS



Ingredients	Weight in grams	Household measurement
Melloco	600	30 units
Milk	250	1 cup
Eggs	100	2 units
Onion	80	1 unit
Garlic		2 cloves
Parsley	12	1 teaspoon
Manteca de color (see p. 216)		As needed
Salt to taste		

PREPARATION

Boil the mellocos and when done, chop into small pieces. Sauté the finely chopped onion and garlic in the manteca de color. Add salt. Stir in the mellocos and add milk. Boil for 10 minutes. Simmer for 2 minutes more, add previously beaten egg, and scramble. Serve hot.

Note: This dish can be served along with fluffed quinoa, rice and meats.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



3. AJIACO DE MELLOCO / MELLOCO POTATO SOUP

Ingredients	Weight in grams	Household measurement
Melloco	300	1 1/2 cup
Peeled potatoes	450	2 1/2 cups
Milk	225	1 1/4 cup
Grated cheese	200	1 cup
Onion, finely chopped	30	2 tablespoons
Aji		1 pepper
Garlic		1 clove
Oil	60	4 tablespoons

PREPARATION

Boil the mellocos and the potatoes; rice and mash well. Sauteé garlic, onion and aji in oil. Add the milk and one cup of water, then the potatoes, mellocos and cheese. Bring to a boil for 5 minutes, stirring constantly. Garnish with parsley and serve with a side dish of rice.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)





➤ 4. SALTEADO DE MELLOCO / MELLOCO STIR-FRY



Ingredients	Weight in grams	Household measurement
Mellico	300	2 1/2 cups
Red onions	80	2 medium units
Tomatoes	120	2 medium units
Beef, diced	200	1 cup
Garlic to taste		
Salt and oregano to taste		

PREPARATION

Cut the mellocos in strips and boil in a covered cooking pot with one cup of water, adding salt to taste. Stir-fry the meat along with the garlic and crumbled oregano; add onion and diced tomatoes. Simmer until done, then add boiled mellocos, stir well, and add salt to taste. Garnish with parsley and serve on a warm bed of rice.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



5. MELLOCO A LA JARDINERA / MELLOCO WITH GARDEN VEGETABLES

Ingredients	Weight in grams	Household measurement
Mel loco	500	2 1/2 cup
Pork	450	1 lb.
Rice	400	2 cups
Col	200	1 cup
Green peas	200	1 cup
Carrot, chopped en cubes	200	1 cup
Onion, finely chopped	45	3 tablespoons
Garlic	15	2 tablespoons
Oregano	15	2 tablespoons
Oil	45	3 tablespoons
Parsley to taste		

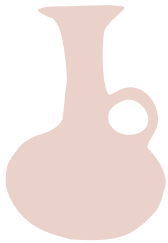


PREPARATION

Make the dressing with oil, garlic, onion and oregano, adding salt to taste. Pour that mixture over the meat and brown. Stir in strips of mel loco and vegetables and mix well. Add 1 1/2 litres of water and bring to a boil. Add the rice and cook, making sure the grains don't stick together. Sprinkle with chopped parsley and accompany with sauce if you wish.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)

➤ 6. MONDONGUITO GUATITA CON MELLOCO / GUATITA STYLE TRIPE WITH MELLOCO



Ingredients	Weight in grams	Household measurement
Melloco	600	3 cups
Tripe or boiled chicken	450	1 lb.
Tender green peas	200	1 cup
Carrots	200	1 cup
Chopped onions	60	1 medium unit
Garlic	15	1 tablespoon
Oil	60	4 tablespoons
Bay leaves		3 leaves

PREPARATION

Boil thickly chopped mellocos along with green peas and carrots. Sauteé oil, garlic, onion and bay leaves. Add tripe or boiled chicken and brown. Then add the melloco, green peas, and carrots. Serve with rice.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



“Guatita” is a typical dish of Ecuador, that is usually built around tripe; a Peruvian version is commonly known as Cau Cau. In this recipe, the cook suggests that chicken can be used in place of the tripe, if preferred.



7. LOCRO DE OCAS / OCA STEW COMMUNITY OF GUADALUPE (SAN JUAN)

Ingredients	Weight in grams	Household measurement
Ocas	400	2 cups
Melloco	100	1/2 cup
Mashua	100	1/2 cup
Tender fava beans	100	1/2 cup
Potatoes	200	1 cup
Red onions	15	1 tablespoon
White onions	15	1 tablespoon
Garlic	15	1 tablespoon
Lard	15	1 tablespoon
Milk	200	1 cup
Achiote	10	1 teaspoon

PREPARATION

Wash the mellocos, ocas, mashua, tender fava beans and potatoes, then peel the ocas, mashua, potatoes and fava beans. Have a cooking pot of boiling water ready. First boil the potatoes for approximately 20 minutes and then add the ocas, mellocos, mashua, fava beans, red and white onion, garlic and the lard that has been previously heated with the achiote to make manteca de color. When almost done, add milk, and, if you like, beaten eggs.

➤ 8. LOCRO DE ZANAHORIA BLANCA / ARRACACHA STEW

Ingredients	Weight in grams	Household measurement
Arracacha	1260	7 medium units
Onion, whole	80	1 medium unit
Garlic	5	2 cloves
Manteca de color (see p. 216)	30	1 tablespoon
Milk	250	2 cups
Cheese	60	2 medium sized slices, cubed
Cilantro	5	1 medium sprig
Water	2200	10 cups
Salt to taste		

PREPARATION



Sauté the finely chopped onion and garlic in the manteca de color and salt. Peel the arracachas, cut into small pieces and place in boiling water. Add the sautéed onion and garlic and continue to cook until the arracachas are soft (about 30 minutes). Beat the mixture until part of the arracachas turns almost into a purée. Add the milk, cubed cheese, finely chopped cilantro and more salt, if needed. Serve hot.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)





9. ÑOQUIS DE ZANAHORIA BLANCA / ARRACACHA GNOCCHIS

Ingredients	Weight in grams	Household measurement
Arracacha	800	4 cups
Egg yolks	80	4 yolks
Butter	60	4 tablespoons
Flour	400	2 cups
Oil	30	2 tablespoons
Cheese	50	1 slice
Salt to taste		

PREPARATION

Grate the arracacha peel and chop into small pieces. Steam until the roots open. When they are done, make a purée of them, using either a grinder, fork, or special purée press. Place them in a bowl and add the butter, egg yolks and salt. Mix thoroughly and knead by hand. Place the dough on a smooth, floured surface, divide into pieces and shape them by hand into elongated cylinder shapes. Cut the dough into individual gnocchis and sprinkle them with flour. Fill a wide-mouth cooking pot with water and boil with two tablespoons of oil and a tablespoon of salt. When the water is boiling, carefully drop the gnocchis into the water with the help of a slotted spoon. As soon as the dumplings rise to the surface, remove them, using the slotted spoon, and place them in a baking dish.

Cover them with a sauce of your choice, sprinkle with cheese, and bake in the oven about 10 minutes until brown.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)

➤ 10. ARRACACHA REVUELTA / SCRAMBLED ARRACACHA

Ingredients	Weight in grams	Household measurement
Arracha	800	4 cups
White onions, chopped	60	4 tablespoons
Chopped cilantro	15	1 tablespoon
Achiote oil (see manetca de color, p. 216)	60	4 tablespoons
Grated cheese	100	1/2 cup
Salt, black pepper and cumin to taste		

PREPARATION



Cook the peeled arracachas in a large amount of water with salt. When they are done, drain and keep warm. In a skillet, sauté the onion and cilantro in oil, and season with salt, pepper and cumin. Add grated cheese to the sautéed mixture and stir. Cut the arracachas in half longwise and scramble with the rest of the ingredients. Serve immediately.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



11. CHAULAFÁN DE QUINUA / RICE WITH QUINOA



Ingredients	Weight in grams	Household measurement
Quinoa	200	1 cup
White rice	200	1 cup
Ground beef	200	1 cup
Chicken, diced	120	1/2 cup
Egg	120	1/2 cup
Carrot, grated	100	2 units
Bell pepper	100	1 medium unit
Onion, whole	50	1 medium unit
Parsley	80	1 medium bunch
Garlic	5	2 cloves backwards
Oil or manteca de color (see p. 216)	30	2 tablespoons
Salt to taste		
Water as needed		



One of the most popular dishes in Ecuador, **chaulafán** is the local variation of Chinese fried rice. The Peruvian equivalent is known as *chaufa*. It was introduced to the country roughly a century ago by Chinese immigrants through their *chifa* eateries, but today can be found in all variety of restaurants and food stalls. Here the cook adds a High Andean twist by including quinoa. Other variations of “*chaulafán andino*” can include tubers and other ingredients unique to the mountain regions.

PREPARATION

Wash the quinoa and rice separately and drain off the water. In 5 tablespoons of hot oil lightly fry the quinoa and the rice together for 15 minutes. Add the hot water and salt, cover the cooking pot, and boil for 30 minutes, until the quinoa and the rice are tender and fluffy. In a skillet sauté the onion, garlic, finely chopped bell pepper and grated carrot in 2 tablespoons of oil. Add the ground beef and diced chicken and let the meat brown. Mix the combined ingredients with the quinoa and rice. In another skillet, make an omelette by cooking beaten eggs, a tablespoon of onion, half a tablespoon of chopped parsley and a pinch of salt, in hot oil. Cut the omelette in small squares and add to the other combined ingredients. Lastly, add a tablespoon of manteca de color and mix thoroughly.

➤ 12. QUINUA GRANEADA CON ARROZ SECO / FLUFFY QUINOA AND RICE

Ingredients	Weight in grams	Household measurement
Quinoa	200	1 cup
Rice	200	1 cup
Oil	60	4 tablespoons
Onion, whole	40	1/2 unit
Garlic		2 cloves
Salt to taste		
Water as needed		

PREPARATION

Wash the quinoa and the rice separately and drain off the water. In the oil hot, lightly fry the quinoa and the rice together for 15 minutes. Add water along with finely chopped onion, garlic and salt, cover the cooking pot, and let boil for 30 minutes or until the quinoa and rice are tender. This dish may be served with any kind of meat and vegetable salad.

Source: National Autonomous Institute of Agricultural Research (INIAP)





13. PASTEL DE QUINUA CON PLATANO / QUINOA-BANANA CAKES

Ingredients	Weight in grams	Household measurement
Grain quinoa	100	1/2 cup
Quinoa flour	40	4 tablespoons
Ripe plantain banana	200	1 unit
Sugar or cane syrup	60	4 tablespoons
Vanilla extract to taste		
Oil	150	10 tablespoons



PREPARATION

Boil the quinoa for half an hour and drain off the water. In another pot, boil the ripe, unpeeled banana for 10 minutes; when done, peel and mash. Mix the cooked quinoa with the mashed banana. Add sugar or cane syrup (or dissolved panela), vanilla extract and 3 tablespoons of quinoa flour. Shape flat cakes by hand, and cook in hot oil.

Note: This recipe can be adapted for children to make a pap instead of cakes, by omitting the quinoa flour and vanilla extract.

Source: National Autonomous Institute of Agricultural Research (INIAP)

➤ 14. OCAS FRITAS CON ARROZ / FRIED OCAS WITH RICE



Ingredients	Weight in grams	Household measurement
Ocas	900	2 lbs.
White onion	25	1 onion
Paiteña onions	30	1 small unit
Globe tomato	120	2 units
Cheese	100	1/2 cup
Rice	400	2 cups
Oil	100	1/2 cup

PREPARATION

Wash and peel the ocas and cook with salt. In another pan, sauté onions, tomatoes and cheese in oil. Add the chopped ocas and serve with rice.

Source: National Autonomous Institute of Agricultural Research (INIAP)



15. COLADA DE OCA CON ZAPALLO / OCA COLADA WITH WINTER SQUASH

Ingredients	Weight in grams	Household measurement
Oca	300	1 1/2 cups
Winter squash	800	4 cups
Panela (see p. 218)	400	2 cups
Milk	800	4 cups

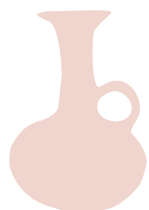
PREPARATION

Wash unpeeled ocas and cook with diced winter squash until soft. Add milk and crumbled panela. Cook for a few more minutes.

Note: The ocas used in this recipe should be “sun-ripened”, a process in which the fresh ocas are left in the sun for a few days so that they become very sweet; otherwise the ocas will tend to be bitter.

Source: National Autonomous Institute of Agricultural Research (INIAP)





➤ 16. SALTEADO DE OCA CON POLLO / OCA-CHICKEN STIR-FRY

Ingredients	Weight in grams	Household measurement
Ocas	900	2 lbs.
Chicken	900	2 lbs.
Tomato	180	3 medium units
Onion, sliced	180	3 medium units
Garlic, crushed	10	1 cucharita
Yellow bell pepper	20	1 unit
Oil, salt and oregano to taste		
Parsley		As garnish

PREPARATION

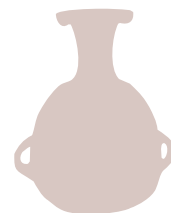
Slice the oca into thick strips, stir-fry and set aside. Stir-fry the chicken in hot oil and add the yellow bell pepper, garlic and oregano. Stir in tomato, onion and the fried oca strips. Add salt. Serve with rice, garnished with finely chopped parsley.

Source: National Autonomous Institute of Agricultural Research (INIAP)



17. AMARANTO CON CARNE DE CHANCHO / AMARANTH WITH PORK

Ingredients	Weight in grams	Household measurement
Amaranth	400	2 cups
Pork with the rind included	450	1 lb.
White onions	25	1 bunch
Chopped garlic	5	1 clove
Lard or oil as needed		



PREPARATION

Toast the amaranth and cook in 6 cups of water. Clean the pork and cook the meat in one cup of water with salt until the water cooks down and the meat browns. Fry the garlic and onion, add the amaranth and pork rinds. Combine the ingredients and cook them for another 10 minutes. Cooked potatoes may be added before serving.

Source: National Autonomous Institute of Agricultural Research (INIAP)

➤ 18. LOCRO DE PAPA CON ACHOGCHA / POTATO STEW WITH CAIGUA

Ingredients	Weight in grams	Household measurement
Potatoes, peeled and cubed	1500	15 large units
Caigua	450	15 small units
Milk	500	2 cups
Cheese	100	2 medium-sized slices
Oil or manteca de color (see p. 216)	30	2 tablespoons
Onion	80	2 bunches
Garlic		2 cloves
Salt to taste		
Water as needed		

PREPARATION

Sautee the finely chopped onion and garlic in the manteca de color. Add water and salt. When the water comes to a boil, add the peeled and chopped potatoes, cook for 15 minutes. Wash the caiguas, remove the seeds and chop if necessary. Add to the combined ingredients and boil for 10 minutes. Add milk and boil for several minutes. Serve with crumbled cheese.

Source: National Autonomous Institute of Agricultural Research (INIAP)



Locros are a class of hearty soups or stews that are popular throughout much of western Latin American combining a variety of legumes and tubers such as sweet potatoes, but in the High Andean regions they are uniquely potato based, cream soups, as evidenced by this recipe.

❖ 19. PAPAS AL PAICO / PAÍCO POTATOES

Ingredients	Weight in grams	Household measurement
Potatoes coneja negra, small	450	1 lb.
Butter	60	4 tablespoons
Lime juice	60	4 tablespoons
Water	60	4 tablespoons
Paico (epazote)	30	2 tablespoons
Salt and black pepper to taste		

PREPARATION

Wash, peel and cut the potatoes cross-wise in even slices. Steam until slightly soft. Wash and drain the paico and chop finely. Put it aside. When potatoes are done, put them in a skillet and sprinkle with water butter, paico, salt and pepper. Boil for a few minutes over hot fire, continuously moving the skillet in a circle to coat it evenly with butter. When the sauce obtains a creamy consistency, add lime juice. Serve hot on a platter. These potatoes may be served with meat or fish fillets.

Source: National Autonomous Institute of Agricultural Research (INIAP)



➤ 20. PASTEL DE PAPA CON CHAMPIÑONES Y JAMÓN / POTATO LOAF W/ MUSHROOMS AND HAM

Ingredients	Weight in grams	Household measurement
Leona negra potatoes	900	2 lbs.
Mushrooms, fresh	300	1 1/2 cup
Ham	48	4 slices
Cream	150	10 tablespoons
Eggs	180	3 units
Butter	15	1 tablespoon
Parsley	100	1/2 cup
Salt and black pepper to taste		

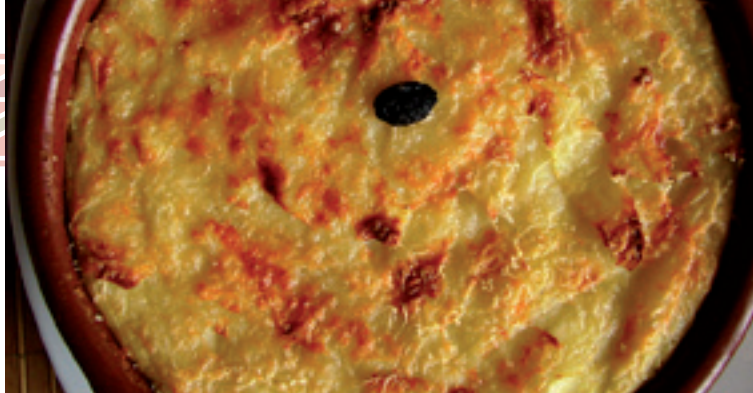


PREPARATION

Wash and peel the potatoes. Cut into pieces and cook in salted water. Drain and mash to make a purée. Chop the ham in thick cubes. Put them aside. Wash, drain and chop the parsley. Clean the mushrooms, discard the stems and cut them into thick slices. In a skillet, melt the butter over a low flame. Add the mushrooms and cook slowly until the water has evaporated. Add salt, pepper, and chopped parsley and mix well with the mushrooms. Remove from the flame. Put the purée in a bowl and gradually add the cream until obtaining an even mixture. Add the egg yolks one by one, mixing them thoroughly into the dough. Add the mushrooms and ham. Mix all ingredients well. Beat egg whites until stiff. Fold into the mixture. Put the batter into a soufflé dish and place in a double boiler, making sure the water covers two-thirds of the dish. Place in a preheated oven and cook at 180°C for 50 to 60 minutes. This loaf can be served as a main dish accompanied by salad.



Source: National Autonomous Institute of Agricultural Research (INIAP)



21. PASTEL DE PAPA CON POLLO Y JAMÓN / POTATO PIE WITH CHICKEN AND HAM

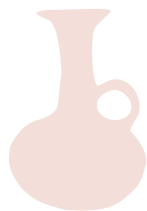
Ingredients	Weight in grams	Household measurement
Uvilla potatoes	450	1 lb.
Butter	45	3 tablespoons
Cream made from cow's milk	220	1 cup
Yellow cheese	100	1/2 cup
Chicken broth	880	4 cups
Chicken breast	225	1/2 lb.
Ham	200	1 cup
Eggs	120	2 units
Parsley	15	1 tablespoon
Salt	5	1/2 teaspoon

PREPARATION

Cook the potatoes in a cooking pot with 4 cups of chicken broth for 7 minutes until soft. Remove them from the water, drain and mash. Add the grated cheese, two tablespoons of cream, butter, beaten eggs and salt. Beat until you obtain a creamy purée. Grease a mold and pour in half of the purée. Evenly distribute a lawyer of cheese cubes and cover with the rest of the cream, mixed with the shredded chicken and diced ham. Add the remaining purée. Bake in a preheated oven until brown.

Source: National Autonomous Institute of Agricultural Research (INIAP)

➤ 22. CHOCHO RELLENO / STUFFED LUPIN AND POTATO CROQUETTES



Ingredients	Weight in grams	Household measurement
Lupin beans	100	1/2 cup
Potatoes	500	5 units
Carrot	100	1 unit
Onion	100	1 unit
Ají, garlic		to taste
Oil	120	1/2 cup

PREPARATION

Boil the unpeeled potatoes and the whole carrot. Wash, peel and grind the lupin beans, making sure they are not bitter. Peel the potatoes, rice them, add the ground lupin beans and knead well. In a skillet, fry up a stuffing mixture using the ají, crushed garlic and finely chopped onion; add the carrot, cut into small cubes, and season. Take a small amount of the lupin-potato dough, fill with the stuffing and form it into the shape of an elongated potato. Fry in hot oil.

Note: This can be served with fluffed wheat berries.

Source: National Autonomous Institute of Agricultural Research (INIAP)



23. CHOCHO FRITO / FRIED LUPIN BEANS

Ingredients	Weight in grams	Household measurement
Lupin beans	400	2 cups
Oil	90	3 tablespoons
Salt to taste		



PREPARATION

Put the lupin beans in the hot oil. Stir constantly until brown and remove from the fire. Add salt to taste and serve hot.

Source: National Autonomous Institute of Agricultural Research (INIAP)





24. LOCRO DE CHOCHOS / LUPIN STEW

Ingredients	Weight in grams	Household measurement
Lupin beans, peeled	200	1 cup
Potatoes, thick and thin slices	800	4 cups
Cream	100	1/2 cup
Milk	200	1 cup
White onions	100	1/2 cup
Butter	30	2 tablespoons
Avocado, sliced	90	1 large unit
Tomato, sliced	90	1 large unit
Onion, pickled	60	1 large unit
Salt and pepper to taste		
Lettuce leaves as desired		

PREPARATION

In a soup pot, heat the butter, add onions and sauté lightly over a low fire until browned. Add the potatoes and fry lightly over a medium-to-high flame from 5 to 10 minutes, stirring constantly until the potatoes are browned. Add the cream and when the mixture comes to a boil add the hot water, salt and black pepper and cook 20 to 30 minutes or until the thin potato slices partially dissolve and thicken the stew. Blend half the lupin beans with a little cream until creamy, and add them to the soup. Add the rest of the lupin beans and, if desired, cilantro to taste. Heat and serve. Garnish with an avocado slice, half a lettuce leaf, a tomato slice, and pickled onion.

Source: National Autonomous Institute of Agricultural Research (INIAP)



Llapingachos are cheese-stuffed potato patties that are typical in Ecuador. Though often served as a side dish, it can also serve as a meal on its own. The Andean twist in this recipe is the inclusion of lupin beans right in the potato dough.

25. LLAPINGACHOS DE CHOCHO / LUPIN POTATO PATTIES

Ingredients	Weight in grams	Household measurement
Potatoes	900	2 lbs.
Lupin beans	300	1 1/2 cup
White onions	25	1 bunch
Cheese	200	1 cup
Oil	500	1/2 litre
Salt to taste		



PREPARATION

Sauté white onions and garlic in oil; add salt. Grind the cooked potatoes with the lupin beans, add the sauté and crumbled cheese, and mix until obtaining a smooth, even dough. Make patties and cook in oil until crispy.

Source: National Autonomous Institute of Agricultural Research (INIAP)

➤ 26. ARROZ DE QUINUA / COOKED QUINOA

LAGUNA SAN MARTÍN (QUIMIAG)

Ingredients	Weight in grams	Household measurement
Quinoa	200	1 cup
Oil	60	4 tablespoons
Onion, whole	40	1/2 unit
Garlic		2 cloves
Salt to taste		
Water as needed		

PREPARATION

Wash quinoa and drain off the water. Add the quinoa, finely chopped onion, garlic and salt to a pot of hot water. Cover the pot and boil for 30 minutes until the quinoa is tender and fluffy. Serve with vegetable salad and any kind of meat.



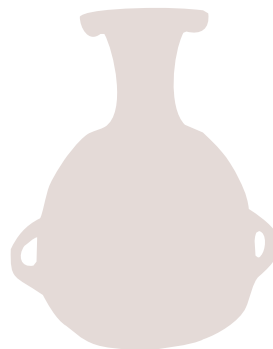
27. LOCRO DE PAPA CON COL / POTATO SOUP WITH CABBAGE

LAGUNA SAN MARTÍN (QUIMIAG)

Ingredients	Weight in grams	Household measurement
Potatoes	1500	15 large units
Cabbage	450	15 small leaves
Cuy	1250	1 unit
Oil or Manteca de color (see p. 216)	30	2 tablespoons
Onion	80	2 bunches
Garlic		2 cloves
Salt to taste		
Water as needed		

PREPARATION

Fry in manteca de color the finely chopped onion, garlic along with the cuy, cut into pieces. Add water and when it comes to a boil, add salt. Add the potatoes, peeled and chopped into medium-sized cubes. Wash the cabbage, chop if needed, and add to the pot. Cook for 25 minutes.





28. PAPA CON CUY / POTATOES WITH CUY

LAGUNA SAN MARTÍN (QUIMIAG)

Ingredients	Weight in grams	Household measurement
Potato	1500	15 large units
Cuy	1250	1 unit
Spring onion	80	2
Carrot	20	1/2 medium unit
Garlic		3 cloves
Salt to taste		
Water as needed		
Achiote to taste		

PREPARATION

Make small incisions in the washed and gutted cuy. Sauté along with the finely chopped onion and garlic. Remove the cuy from the flame and rub in salt and achiote, then cook over on a grill over a low flame until browned. Place in a cooking pot of salted water and when it comes to a boil, add the peeled and chopped potatoes.



29. CARJUCHO / CARJUCHO

COMMUNITY OF GUADALUPE (SAN JUAN)

Ingredients	Weight in grams	Household measurement
Potatoes	450	1 lb.
Fava beans	450	1 lb.
Melloco	450	1 lb.
Oca	450	1 lb.
Mashua	450	1 lb.
Choclo corn kernels	360	3 medium ears
Salt to taste		

Cariucho is a dish traditional to Ecuador and Peru that is generally built around chicken and potatoes. This vegetarian friendly recipe replaces the meat with a combination of regional tubers, legumes and fresh corn.



PREPARATION

Place fava beans in a pot with the melloco, oca, mashua and fresh choclo corn and boil until all of the ingredients are soft. Wash the potatoes well and boil until well done, preferably in a separate cooking pot. You may prefer to add the salt to the water in which the ingredients are boiled or after cooking.

Note: Serve with cheese and aji.

30. SARAMOTE / SARAMOTE COMMUNITY OF GUADALUPE (SAN JUAN)

Ingredients	Weight in grams	Household measurement
Corn mote (hominy)	450	1 lb.
Melloco	450	1 lb.
Salt to taste		

PREPARATION

Boil the hominy in one cooking pot and the melloco in another. Do not mix together while boiling. Place the boiled mote in a skillet and toast until it is golden yellow. Mix the toasted mote with the melloco in a serving dish. Add salt before serving.



31. MAQUIMASHCA / HAND-GROUND TOASTED BARLEY WITH PORK RINDS COMMUNITY OF GUADALUPE (SAN JUAN)

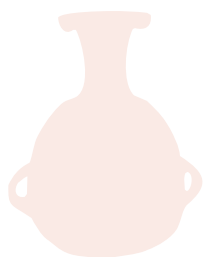
Ingredients	Weight in grams	Household measurement
Máchica	225	1/2 lb.
Lard	120	1 cup
Pork rind	120	1 cup
Garlic to taste		
Salt to taste		

PREPARATION

Hand grind the máchica. Add the lard and mix completely with the barely meal. Fry the pork rind with the garlic and a bit of salt. Add the fried pork rind to the lard and toasted barley flour (máchica) mixture and combine them until you achieve an even consistency.



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CANTUN MIKUYKUNA

❖ 32. SEGUNDO DE SANGRESITA / LAMB'S BLOOD AND POTATOES

SRA. GREGORIA RAYMUNDO QUISPE.
C.C. TINQUERCCASA, CHOPCCA NATION.

Ingredients

Yellow potatoes
Onion
Garlic
Cilantro
Lamb's blood
Oil
Salt

PREPARATION

Boil the blood and drain. Boil the potatoes and mash. Mix the potatoes, lamb's blood and dressing together.

Dressing: Sauté garlic, diced onion, and chopped cilantro. Salt to taste. Accompany with hard-boiled eggs and toasted maize.

33. SOPA DE MORÓN / CREAM OF BARLEY SOUP

SRA. VIRGINIA QUISPE OREJÓN. / C.C. PADRE RUMI.

Ingredients

A variety of different types of fingerling potatoes

Fava beans

Field mustard blossoms

Onion

Garlic

Lamb fat

PREPARATION

Cook hulled barley and when done, add fava beans, pieces of potato, field mustard and other vegetables available in the rainy season. Sprinkle with salt and cover with dressing.

Dressing: in a hot skillet fry the garlic and the green onions in lamb fat.

Serve with cheese and boiled fava beans.



❖ 34. PURÉ DE QUINUA / QUINOA PURÉE

SRA. CRISTINA LAYME RAYMUNDO. C.C TINQUERCASA. CHOPCCA NATION.

Ingredients

Quinoa
MuruWayru potatoes
Hulled barley
Onion
Garlic
Cilantro
Lamb fat



PREPARATION

Pick through and wash the quinoa. Add the quinoa to a boiling pot of water, which should cover the grain by the width of about two fingers. When the quinoa is cooked, add the barley and potatoes (peeled and chopped into small cubes). Pour the dressing over the mixture and sprinkle chopped cilantro on top just before serving.

Dressing: Fry the onion and garlic in the lamb fat.





35. PICANTE DE QUINUA / TANGY QUINOA

SRA. REYNA PARI GUTIÉRREZ. / C.C. TINQUERCCASA, CHOPCCA NATION.

Ingredients

Quinoa
Peruanita potatoes
Fava beans
Carrots
Tomatoes, cubed
Mutton
Ají
Garlic
Onion
Oil
Salt



PREPARATION

Fry the garlic in vegetable oil until it starts to turn brown along with the onion and finely chopped ají. Add small tomato chunks and meat previously chopped into cubes. Fry lightly for 10 minutes. Stir in the quinoa along with the carrots and diced potatoes. Add a cup of water and boil for 30 minutes. Salt to taste.

❖ 36. GUISO DE BERROS CON PAPA / WATERCRESS AND POTATO DISH

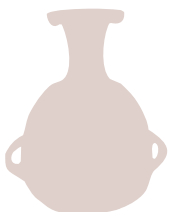
SRA. MANUELA QUISPE VIDALÓN. QATARI WAWA

Ingredients

Watercress
Camotillo potatoes
Garlic
Onion
Lamb fat
Salt

PREPARATION

Boil and peel the potatoes and chop into small squares. Sauté the garlic and small squares of onion in lamb fat to make a dressing. When it is golden brown, add the potatoes and mix well. Add the watercress, washed and cut into pieces. Salt to taste and serve. Accompany with toasted maize.



37. YUYO CON PAPA / FIELD MUSTARD LEAVES WITH POTATOES

Ingredients

Field mustard leaves
Yellow potato
Mountain onion
Garlic
Cumin
Lard or cooking oil
Salt

PREPARATION

Wash and chop the field mustard leaves, then cook in water. Strain and mix with previously parboiled and mashed potato and the dressing.

Dressing: Melt the lard or cooking oil in a hot skillet, and sautee the diced onion and garlic. When golden brown, add salt and cumin.





38. GUISO DE BERROS / COOKED WATERCRESS

SRA. SANTA SULCA PEÑARES. / FORESTATION, PADRE RUMI.

Ingredients

Watercress
Puca Wayro potatoes
Aji
Onion
Garlic
Cumin
Tomatoes
Lamb fat

PREPARATION

Boil, drain and mash the watercress, and add to a pot of boiled potatoes chopped into squares. Cover with the dressing.

Dressing: Sauté the finely chopped onion, aji powder, cumin and diced tomatoes. Serve with rice and hominy style maize (mote).



➤ 39. CHUPE VERDE / GREEN CHUPE



Ingredients

Long potatoes
Eggs
Muña (see p. 217)
Ground huacatay (see p. 214)
Cheese
Salt to taste

PREPARATION

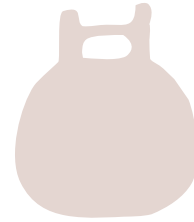
Place several bunches of the aromatic herb muña in a pot of water. Once the water is boiling, add the peeled potatoes cut into medium-sized pieces. When done, add cheese squares and eggs. Salt to taste and sprinkle with the ground huacatay herb before serving.

40. PICANTE DE OLLUCO / HOT AND SPICY OLLUCO

SRA. MARGARITA LAPA ENRÍQUEZ / C.C PARCO CENTRO, TINQUERCASA

Ingredients

Olluco
White potatoes
Onion
Cilantro
Garlic
Ají
Lamb fat



PREPARACIÓN

Cut the olluco and potatoes vertically in long, thin pieces. Boil and bathe in the sautéé (see below). Just before serving, sprinkle with chopped cilantro.

Sautéé: Sauté garlic and ají powder in lamb fat.

Accompany with fried eggs.



41. GUIISO DE FLOR DE NABO / STEWED FIELD MUSTARD BLOSSOMS

Ingredients	Amount
Field mustard blossoms	4 small balls
Oil	3 tablespoonfuls
Onion	1 unit
Potatoes	1 1/2 Kg
Garlic	3 cloves
Salt and cumin	to taste
Oatmeal	¼ Kg

PREPARATION

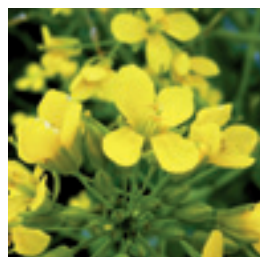
Parboil the thoroughly washed field mustard blossoms for half an hour, then drain and shape into small balls.

Parboil the potatoes, peel and dice.

Make a dressing with oil, onion, cumin and salt; pour over the field mustard blossoms and potatoes, mix well, and boil for 5 minutes.

Serve this dish with toasted oatmeal.

Serves 4.





42. YUYO YANUY / COOKED FIELD MUSTARD GREENS

SRA. RUMALDA BELITO TAPE / C.C. PARCO CENTRO.

Ingredients	Amount
Field mustard leaves	3 bundles (3 balls)
Potatoes	2 kilos
Green peas	3/4 kilo
Eggs	4 units
Maize for cancha	1/4 kilo
Garlic	5 cloves
Oil	3 tablespoons
Onion	1 medium unit
Cumin	1/2 teaspoon
Salt to taste	



PREPARATION

Wash and chop the Cooked field mustard greens, then boil them for around 60 minutes; drain. Boil potatoes and green peas. In a pot, dice onion into small cubes and immediately dress with oil, garlic and cumin. Add 2 cups of water. Gently fold in field mustard leaves, green peas and potatoes. Mix well. Serve with toasted maize, garnished with slices of hard-boiled eggs. Serves four.

43. PICANTE DE FLOR DE YUYO / SPICY FIELD MUSTARD BLOSSOMS

SRA. AQUILINA TAÍPE URBINA
C.C. PARCO CENTRO.

Ingredients	Amount
Hulled wheat berries	
Field mustard blossoms	5 bunches
Potatoes	2 kilos
Garlic	4 cloves
Oil	3 tablespoons
Onion	1 medium unit
Cumin	1/3 tablespoon
Salt to taste	



PREPARATION

Wash the field mustard blossoms. Boil for an hour. Strain and shape the boiled flowers into small balls. Boil the potatoes. Make a sauté in a cooking pot out of the onion, garlic, cumin and oil. Then mix the field mustard blossoms and cooked potatoes with the sauté along with one cup of water. Boil for 20 minutes. In another cooking pot, cook the hulled wheat with salt to taste. Serve both dishes.

Serves four.





DESSERTS AND SWEETS



MISKY MIKUYKUNA

DESSERTS AND SWEETS





➤ 1. SOUFFLÉ DE ZANAHORJA BLANCA / ARRACACHA SOUFFLÉ

Ingredients	Weight in grams	Household measurement
Arracacha	800	4 cups
Onion	60	1 medium unit
Butter	30	2 tablespoons
Milk, at room temperature	400	2 cups
Egg yolk	100	5 units
Parsley	10	1 tablespoons
Cheese	30	1 slice
Garlic	10	1 teaspoon
Salt to taste		

PREPARATION

Grate the arracacha, cut in small pieces and steam. Once they are well done and the pieces puff up and split open, mash. Melt the butter in a saucepan; when it is hot, add the finely chopped onion, crushed garlic and salt, and sauté for 5 minutes. Add the arracacha, two cups of milk, three egg yolks and salt. Stir until you have a smooth consistency. Remove from the flame and pour into a pan greased with butter. Glaze the soufflé with two beaten egg yolks, sprinkle with grated cheese, and bake in hot oven until cheese topping has melted.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)

❏ 2. PASTELES DE ARRACACHA / ARRACACHA CAKES

Ingredients	Weight in grams	Household measurement
Arracacha	350	6 medium units
Butter	30	2 tablespoons
Eggs	120	2 units
Milk	100	1/2 cup
Spring onion	25	1
Salt and black pepper to taste		

PREPARATION

Cook the peeled arracacha in salted water and the bunch of white onions. When the arracacha is cooked, drain and leave covered in the same pot for 10 minutes. Mash the arracacha using a ricer or food mill. While still hot, add the butter, eggs, and pepper. Stir thoroughly and slowly add the milk until it achieves a firm yet creamy consistency. Fry in oil if desired.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)





3. BUDÍN DE ARRACACHA / ARRACACHA PUDDING

Ingredients	Weight in grams	Household measurement
Arracacha	720	4 medium units
Cheese	60	2
Butter or margarine	30	1 tablespoon
Egg	100	2 units
Salt to taste		

PREPARATION

Peel and cook the arracacha until it is tender, adding enough salt to make it into a purée. Add the melted butter, beat and fold in the grated cheese, egg yolks and add salt to taste. Beat the egg whites until stiff and fold into the arracacha mixture. Empty into a previously buttered dish. Cook in a double boiler or bain-marie on the stove top for 30 minutes, or in the oven for 25 minutes. Serve after pouring the sauce over the pudding.

Source: Superior Polytechnic School of Chimborazo (ESPOCH)



4. TORTILLAS DE QUINUA / QUINOA CROQUETTES

Ingredients	Weight in grams	Household measurement
Quinoa flour	150	1 cup
Corn flour	40	1/4 cup
Wheat flour	40	1/4 cup
Lard	60	3 tablespoons
Manteca de color (Manteca de color)	15	1 tablespoon
Onion	80	2 medium units
Garlic	5	2 cloves
Cilantro	5	2 teaspoons
Water as needed		
Salt to taste		

PREPARATION

Mix the flours and gradually add the salt, water and lastly the melted lard. Form a soft dough. Sauté the finely chopped onion and the garlic in the manteca de color, adding salt as needed. Mix the sauté with the dough and the finely chopped cilantro. Make into croquettes and brown in a skillet.

Source: National Autonomous Institute of Agricultural Research (INIAP)



➤ 5. CHAMPUS DE QUINUA / SPICY QUINOA PUNCH

Ingredients	Weight in grams	Household measurement
Quinoa flour	150	1 cup
Panela (see p. 218)	100	1 medium piece
Naranjilla	150	4 fruits
Pineapple	150	1 medium slice
Cooked corn mote	200	1 cup
Cinnamon		2 medium sticks
Black pepper		5 peppercorns
Ishpingo or other cinnamon		1/2 unit
Orange leaves		1 medium bunch
Arrayen myrtle leaves		1 medium bunch
Water		7 cups

PREPARATION

Boil the cinnamon, black pepper, ishpingo and panela in two cups of water for 15 minutes. In another dish, dissolve the quinoa flour in two cups of water. Boil 3 cups of water in a pot and add the dissolved quinoa flour and previously strained water in which the spices were boiled. Continue boiling for 15 minutes. Squeeze the juice from the naranjilla and the pineapple and add it to the boiling pot along with the orange and myrtle leaves and mote at the last minute. Remove from the flame.

Source: National Autonomous Institute of Agricultural Research (INIAP)



Champus are popular drinks and desserts in Peru and Ecuador. In this latter country it is often made using panela (sugarcane juice that has been cooked down to a hardened form), fruit, and corn flour. In this recipe the corn flour has been replaced by quinoa flour.





❧ 6. BOCADITOS DE QUINUA CON OCA / FRIED QUINOA AND OCA BALLS

Ingredients	Weight in grams	Household measurement
Grain quinoa	200	1 cup
Flour	70	1/2 cup
Egg	50	1 unit
Cheese	50	1 slice
Oil	150	10 tablespoons
Baking powder or soda	5	1 teaspoon
Chopped parsley	5	1 teaspoon
Ocas		15 units
Salt to taste		
Water as needed		

PREPARATION

Thoroughly wash the quinoa and cook in water for half an hour until the grain becomes thick. Let the quinoa cool and then in a deep bowl mix thoroughly with the flour, the beaten egg, the grated cheese, salt and the baking powder. Heat the oil or lard in a skillet and fry tablespoon sized portions of the mixture. Serve hot accompanied with ocas and the salsa of your choice.

Source: National Autonomous Institute of Agricultural Research (INIAP)



7. GALLETAS DE QUINUA / QUINOA COOKIES

Ingredients	Weight in grams	Household measurement
Quinoa flour	75	1/2 cup
Wheat flour	200	2 cups
Lard or margarine	90	3 tablespoons
Egg	50	1 medium
Sugar	100	1/2 cup
Milk	110	1/2 cup
Baking powder	20	4 teaspoons
Vanilla extract	10	2 teaspoons
Salt to taste		

PREPARATION

Sift the quinoa and wheat flour onto a pastry board or into a deep dish. Mix with the butter or margarine. Add the baking powder and sugar and form a hollow in the centre of the dough. Fold in the egg and milk a little at a time, kneading the mixture well; add the vanilla. When you have a smooth dough, stretch it until it is approximately 1/2 centimetre thick and cut the cookies in any shape you wish. Lay them on a baking sheet and bake.

Source: National Autonomous Institute of Agricultural Research (INIAP)



❖ 8. QUEQUE DE QUINUA / QUINOA SPONGE CAKE

Ingredients	Weight in grams	Household measurement
Quinoa flour	150	1 cup
Wheat flour	225	1 1/2 cup
Cornstarch	80	1/2 cup
Butter or margarine	230	1 cup
Sugar	300	1 1/2 cup
Eggs	250	5 units
Orange juice and zest		1 unit
Milk	15	1 1/4 cup
Baking powder	15	3 tablespoons
Raisins		Optional



PREPARATION

Beat the butter or margarine with the sugar and egg yolks for 20 minutes until the mixture is creamy. (For the moment, set aside the egg whites in a deep dish.) Mix the flour with the baking powder and grated orange peel in a bowl, and beat briskly as you alternately add the orange juice and milk a little at a time. Beat the egg whites until stiff and gently fold into the batter. Pour the cake batter into a previously greased and floured pan and add flour-coated raisins. Bake at a moderate temperature for 45 minutes.

Note: Other dried fruits may be substituted for the raisins. To make a chocolate quinoa sponge cake, just add one cup of cocoa to the flour before mixing the ingredients together.

Source: National Autonomous Institute of Agricultural Research (INIAP)

9. HOJUELAS DE QUINUA CON LECHE / QUINOA FLAKES WITH MILK



Ingredients	Weight in grams	Household measurement
Quinoa flakes	250	2 1/2 cup
Milk	750	3 cups
Sugar	75	5 tablespoons
Cinnamon		3 sticks
Water	220	1 cup

PREPARATION

Boil the cinnamon in water for 5 minutes. Add the quinoa flakes, sugar and hot milk, beating constantly with a wooden spoon to make sure lumps do not form. Bring to a boil for 5 or 10 minutes more. Serve hot as a breakfast dish or mid morning snack.

Note: You may prefer to add chopped fruit.

Source: National Autonomous Institute of Agricultural Research (INIAP)



10. MAZAMORRA DE QUINUA / QUINOA PUDDING

Ingredients	Weight in grams	Household measurement
Quinoa flour	100	3/4 cup
Sugar	100	1/2 cup
Water	880	4 cups
Milk	320	1 1/2 cup
Cinnamon and cloves to taste		

PREPARATION

Boil the cinnamon and cloves in water for 5 minutes. Moisten the quinoa flour in cold water then add it to the cinnamon-flavoured water along with the sugar. Let it boil for 10 minutes then add the milk. It can be served hot as a breakfast cereal or cold as a dessert.

Note: You may wish to fold in egg whites beaten stiff and sprinkle with cinnamon.

Source: National Autonomous Institute of Agricultural Research (INIAP)





➤ 11. MAZAMORRA DE QUINUA CON NARANJA / QUINOA AND ORANGE PORRIDGE

Ingredients	Weight in grams	Household measurement
Whole grain quinoa	200	1 cup
Rice	50	1 cup
Orange juice	450	2 cups
Sugar	100	1/2 cup
Ground cinnamon		to taste
Whole anise		to taste
Water		3 cups

PREPARATION

Thoroughly cook the quinoa and rice separately, then mix them together and pat the mixture down with a wooden spatula. Boil the anise and sugar in a saucepan for 5 minutes; add quinoa and rice, stirring constantly so that they don't stick. Add the orange juice and bring to a boil for 5 minutes. Serve hot and dust with powdered cinnamon.

Source: National Autonomous Institute of Agricultural Research (INIAP)



12. BOCADITOS DE QUINUA Y ARRACACHA / FRIED QUINOA AND ARRACACHA BALLS

Ingredients	Weight in grams	Household measurement
Cooked quinoa	200	1 cup
Arracacha	400	2 cup
Grated cheese	200	1 cup
Egg	60	1 unit
Breadcrumbs	100	1/2 cup
Parsley flakes, salt to taste		



PREPARATION

Cook the arracacha in salted water, mash and mix with cooked quinoa and the grated cheese. Make walnut sized balls, dip in the beaten egg and roll in the breadcrumbs. Fry in hot oil. Garnish with a sprig of parsley and you may also accompany them with a salad and a tomato based sauce.

Source: National Autonomous Institute of Agricultural Research (INIAP)

➤ 13. PAPILLA DE OCA CON QUINUA / OCA PAP WITH QUINOA

Ingredients	Weight in grams	Household measurement
Oca	400	15 units
Quinoa flour	150	1 cup
Oil	30	2 tablespoons
Salt and aromatic herbs to taste		

PREPARATION

Boil the ocas and mash them. In a small pot dissolve the quinoa flour in cold water and bring to a boil while stirring constantly. Add the mashed oca with the oil. Season and return the quinoa/oca mixture to a boil for a few minutes.

Note: You may wish to add fava beans or some sugar.

Source: National Autonomous Institute of Agricultural Research (INIAP)





❖ 14. POSTRE DE QUINUA CON FRUTA / QUINOA AND FRUIT DESSERT

Ingredients	Weight in grams	Household measurement
Whole grain quinoa	100	1/2 cup
Milk	500	2 cups
Sugar	100	1/2 cup
Lime juice	50	2 units
Chopped fruit to taste		



PREPARATION

Boil the quinoa and then let it cool. Add milk, sugar, lime juice and cloves, and beat until creamy with a wooden spoon. Add grated apple or chopped fruit such as banana, orange, papaya or pineapple and grated apple, and then dust with powdered cinnamon.

Note: You may prefer to add raisins or chopped nuts, and you can substitute yogurt for the milk.

Source: National Autonomous Institute of Agricultural Research (INIAP)

➤ 15. PASTELILLOS DE OCA / OCA MINI CAKES

Ingredients	Weight in grams	Household measurement
Sun sweetened oca, peeled and chopped	450	1 lb.
Egg	60	1 unit
Flour	30	2 tablespoons
White onions	25	1 bunch
Cheese, chopped into cubes	50	1/2 cup

PREPARATION

Cook the oca and make into a purée; avoid adding water, milk or butter, which might make the oca too watery. Add the whole egg and two tablespoons of flour. Knead and pat into little cakes. Stuff with the finely chopped white onions and cheese. Fry in oil. Remove from the oil and sprinkle with table sugar.

Source: National Autonomous Institute of Agricultural Research (INIAP)



16. COLADA DE OCA / OCA COLADA

Ingredients	Weight in grams	Household measurement
Oca, peeled and diced	450	1 lb.
Corn flour	30	2 tablespoons
Milk	1,000	5 cups
Vanilla extract	15	1 tablespoon water
Water	600	3 cups
Sugar, cinnamon and clove to taste		



PREPARATION

Cook the peeled and diced oca in 3 cups of water with the cinnamon and cloves. Add the corn flour previously dissolved in half a cup of milk and cook. Once the mixture is done, liquefy it in a blender, strain, and return to the flame for 10 minutes. Add the vanilla, the rest of the milk, and sugar to taste. Bring to a boil, stirring constantly until it reaches the desired consistency.

Source: National Autonomous Institute of Agricultural Research (INIAP)



➤ 17. DULCE ALEGRÍA / AMARANTH DELIGHT

Ingredients	Weight in grams	Household measurement
Popped amaranth	1,000	5 cups
Panela (see p. 218)	60	1 small chunk
Honey	1,400	7 cups
Chocolate	500	4 1/2 cups
Raisins	400	2 cups
Shelled peanuts	200	1 cup
Coconut	400	2 cups

PREPARATION

Toast the amaranth in a preheated clay pot until the grain pops (puffs up or splits open like popcorn). In another pot, melt the panela until it dissolves into a syrup. In a separate pot mix the popped amaranth with honey and the panela syrup, and add all the other ingredients except the chocolate. When thoroughly combined, spread the amaranth mixture evenly over a baking dish and then sprinkle with the chocolate, decorate with the other ingredients, and use a spatula to divide into individual squares or rectangles.

Source: National Autonomous Institute of Agricultural Research (INIAP)



❖ 18. BATIDO DE AMARANTO / AMARANTH BANANA SMOOTHIE

Ingredients	Weight in grams	Household measurement
Milk	200	1 cup
Banana	60	1/2 unit
Amaranth flour	20	1 1/4 tablespoon
Honey	10	1 portion

PREPARATION

Blend the milk with the other ingredients and serve cold.

Source: National Autonomous Institute of Agricultural Research (INIAP)





➤ 19. TORTILLAS DE MAÍZ Y AMARANTO / AMARANTH & CORN PANCAKES



Ingredients	Weight in grams	Household measurement
Amaranth flour	200	1 cup
Corn flour	200	1 cup
Milk or water	200	1 cup
Egg	60	1 unit
Baking powder (optional)	15	1 tablespoon
Vanilla (optional)	15	1 tablespoon

PREPARATION

Thoroughly mix the amaranth flour, corn flour, milk and egg, until a soft batter forms. Lightly grease a skillet and once it is good and hot, drop a tablespoon of the batter into the hot oil. When bubbles appear on one side of the pancake, flip it over and cook it on the other side. Serve with honey, powdered sugar, or no additional sweetener, according to your preference.

Source: National Autonomous Institute of Agricultural Research (INIAP)



❖ 20. HORCHATA DE AMARANTO / COLD AMARANTH MILK

Ingredients	Weight in grams	Household measurement
Amaranth flour	250	2 1/4 cups
Milk	1,000	1 litre
Water	2,000	2 litres
Honey to taste		



PREPARATION

Sweeten a litre of the water with honey, and dissolve the amaranth flour to perfection in the rest of the water, allowing it to settle for 10 minutes. Add the sweetened water, ice, and more milk if you wish.

Source: National Autonomous Institute of Agricultural Research (INIAP)

➤ 21. AMARANTO CON LECHE Y MIEL / AMARANTH IN MILK AND HONEY

Ingredients	Weight in grams	Household measurement
Amaranth	200	1 cup
Milk	800	4 cups
Vanilla	15	1 tablespoon
Butter	30	2 tablespoons
Panela syrup (see p. 218), sugar, cloves, sugar to taste		
Salt		1 pinch

PREPARATION

Toast the amaranth, place it in a pot of cold water, and cook. When tender, add the milk and sugar to taste. Let it boil until it thickens and remove from the flame. Add the vanilla and butter. Put it in a bowl and beat until creamy. Serve in parfait dishes drizzled with honey or panela syrup.

Source: National Autonomous Institute of Agricultural Research (INIAP)



❖ 22. CREMA DE AMARANTO CON CHOCOLATE / CREAM OF AMARANTH WITH CHOCOLATE

Ingredients	Weight in grams	Household measurement
Amaranth	200	1 cup
Milk	400	2 cups
Sweet chocolate, shaved	100	1/2 cup
Sugar	100	1/2 cup
Vanilla	15	1 tablespoon

PREPARATION

Cook the amaranth until it is tender, then add milk and sugar. Melt the chocolate in a double boiler or bain-marie and add the amaranth; boil until the mixture thickens. Remove from the flame and cool. Pour the ingredients in a bowl and beat until creamy. Add vanilla and serve in parfait dishes.

Source: National Autonomous Institute of Agricultural Research (INIAP)





23. MANJAR BLANCO DE AMARANTO CON COCO / AMARANTH COCONUT PUDDING

Ingredients	Weight in grams	Household measurement
Amaranth	100	1/2 cup
Refined sugar	400	2 cups
Milk	400	2 cups
Vanilla	15	1 tablespoon
Coconut, grated	100	1/2 cup
Water		1 litre
Cloves, cinnamon, nutmeg to taste		

PREPARATION

Boil the amaranth in a litre of water with cinnamon, cloves and nutmeg for an hour. Put the cooked amaranth through a sieve, then put it in a clean pot along with the sugar, vanilla and milk. Let the mixture boil until thoroughly cooked. When cool, sprinkle with grated cocoanut and serve.

Source: National Autonomous Institute of Agricultural Research (INIAP)



24. PONCHE DE AMARANTO / AMARANTH NOG

Ingredients	Weight in grams	Household measurement
Amaranth, toasted and ground	200	1 cup
Milk	400	2 cups
Eggs	240	4 units
Vanilla	15	1 tablespoon
Sugar	300	1 1/2 cup



PREPARATION

Boil the milk with the amaranth. Beat the egg whites until stiff and add the egg yolks, vanilla and sugar while continuing to beat. Pour mixture into the amaranth, stirring constantly. Dust with powdered cinnamon and serve.

Source: National Autonomous Institute of Agricultural Research (INIAP)



25. CREPES DE PAPA AL AZÚCAR NEGRA / POTATO CREPES IN "BLACK SUGAR"



Ingredients	Weight in grams	Household measurement
Coneja blanca potatoes	450	1 lb.
Milk	110	1/2 cup
White flour	45	3 tablespoons
Eggs	240	4 units
Cream	110	1/2 cup
Butter	15	1 tablespoon
Black sugar (dark pure cane sugar)		to taste
Powdered cinnamon (optional)		to taste
Ice cream (optional)	450	1 litre
Salt to taste		

PREPARATION

Wash and peel the potatoes, then cook in water. When soft, mash them until they are finely puréed. (You can use a beater if you wish.) Pour the potatoes into a bowl and add milk. Mix well and cool. Gradually stir in the flour with a pinch of salt, then the eggs, one by one, and finally the cream. You should achieve a soft, smooth batter with a consistency similar to that of pastry cream. If it is too thick, you can add a little cold milk. Melt a teaspoon of butter in a skillet and drop in spoonfuls of batter, tilting the skillet to form a smooth layer. You can make individual crepes in a small skillet, or if you prefer, two at a time in a larger one. Dust with black sugar and serve the crepes hot with ice cream on the side. If you prefer, you can top the crepes with compote made from fruits that are in season, instead of with sugar.

Source: National Autonomous Institute of Agricultural Research (INIAP)

❖ 26. SUSPIROS DE PAPA / POTATO KISSES

Ingredients	Weight in grams	Household measurement
Uvilla potatoes	450	1 lb.
Milk	110	1/2 cup
Sugar	75	5 tablespoons
Egg	30	1/2 unit
Baking powder	20	2 teaspoons

PREPARATION

Peel the potatoes. Boil them in a pot of hot water for approximately 30 minutes and mash to make a purée. Add the milk, sugar and baking powder, and mix well. Put the mixture into a pastry bag and squeeze to create rosettes. Space them evenly on a cookie sheet and lightly brush with egg wash to ensure that they brown more rapidly and evenly. Bake.

Source: National Autonomous Institute of Agricultural Research (INIAP)





27. TORREJAS DE CHOCHO / CRISPY LUPIN FRITTERS



Ingredients	Weight in grams	Household measurement
Lupin flour	12	3/4 cup
Wheat flour	40	4 tablespoons
Butter or margarine	30	1 tablespoon
Egg	50	1 unit
Milk	180	3/4 cup
Baking powder	5	1 tablespoon
Panela sugar	60	1 small piece
Salt to taste		
Sugar to taste		
Cinnamon		1 medium stick
Water as needed		
Oil	105	1/2 cup

PREPARATION

Mix the lupin and wheat flours, along with the baking powder, salt and sugar. Add the melted butter and egg. Mix all the ingredients together and add milk little by little until you have a thick batter. Drop medium-sized spoons full of the batter into the hot oil in a skillet and fry until the fritters are a crispy golden brown. Make a syrup by dissolving panela in boiling water with cinnamon. Pour the syrup over the crispy fritters and serve.

Source: National Autonomous Institute of Agricultural Research (INIAP)



28. TORTA DE CHOCHOS CON QUESO / LUPIN TIMBALES

Ingredients	Weight in grams	Household measurement
Lupin beans	100	1/2 cup
Eggs	180	3 units
Grated cheese	100	1/2 cup
Butter	50	1/4 cup
Flour	15	1 tablespoon
Milk	200	1 cup
Salt and black pepper to taste		



PREPARATION

Prepare a white sauce by browning the flour in butter and then gradually adding the milk until the sauce thickens. Grind the lupin beans and mix with the egg yolks, the white sauce and the grated cheese. Add salt and black pepper to taste. Vigorously mix the lupin mixture. Beat the egg whites until they are almost stiff and slowly fold in the rest of the mixture. Pour into buttered ramekins and bake at a moderate temperature until golden.

Source: National Autonomous Institute of Agricultural Research (INIAP)

➤ 29. SOUFFLÉ DE CHOCHOS / LUPIN BEAN SOUFFLÉ

Ingredients	Weight in grams	Household measurement
Lupin beans	400	2 cups
Consommé or water	400	2 cups
Butter	45	3 tablespoons
Eggs	360	6 units
Grated cheese	250	1 1/2 cup
Sugar	15	1 tablespoon
Salt and black pepper to taste		

PREPARATION

Blend the lupin beans with the water or stock and place on a burner. Add the butter and sugar. Bring to a boil while stirring constantly until the mixture becomes very thick. Let cool thoroughly, and then add grated cheese and the egg yolks, mixing vigorously until they are well incorporated. Season with salt and black pepper as needed. Carefully fold in the stiffened egg whites and then carefully place in individual, greased ramekins. Bake until golden brown.

Source: National Autonomous Institute of Agricultural Research (INIAP)





30. DULCE DE CHOCHO / LUPIN CANDY

Ingredients	Weight in grams	Household measurement
Lupin beans	200	1 cup
Pineapple	500	2 1/2 cup
Cheese	400	2 cups
Water	100	1/2 cup
Sugar	1,000	5 cups

PREPARATION

In a blender, blend the pineapple in a small amount of water and strain. Blend the lupin beans in half a cup of water, and add the pineapple juice and sugar; boil over a slow fire from one and a half to two hours, or until you can see the bottom of the pot when you give the mixture a quick stir. Immediately empty the mixture into a greased pan and cool at room temperature. Cut the candy in the form that you prefer (cubes, rectangles, etc.) and serve with slices of cheese.

Source: National Autonomous Institute of Agricultural Research (INIAP)

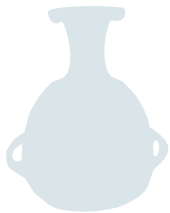
31. YEMAS DE CHOCHO / LUPIN YEMAS

Ingredients	Weight in grams	Household measurement
Egg yolks	200	1 cup
Ground lupin	200	8 yolks
Powdered sugar	150	10 tablespoons
Liqueur	50	1 liqueur glass full

PREPARATION

Put the yolks in a cooking pot, beat lightly, add the powdered sugar and liqueur, and cook in a double boiler, stirring constantly with a wooden spoon until the ingredients turn to liquid as they boil. Remove from the flame, add the ground lupin beans, setting aside six or seven tablespoons full. Mix thoroughly, and pour the mixture onto a platter to cool. Once cool, pat the mixture into small balls, coat them with the ground lupin that was previously set aside, and serve.

Source: National Autonomous Institute of Agricultural Research (INIAP)



32. TORTILLA DE CHOCHOS EN TIESTO / LUPIN PATTY IN TIESTO

Ingredients	Weight in grams	Household measurement
Flour	400	2 cups
Lupin beans	200	1 cup
Butter	45	3 tablespoons
Baking powder	20	2 teaspoons
Milk	100	1 cup
Salt to taste		

PREPARATION

Grind the lupin beans, and mix with the flour, baking powder and butter. Dissolve the salt in the milk and add to the other ingredients, forming a smooth, pliable dough. Use your hands to shape the dough into one or more patties and bake in a “tiesto” or any over-ready clay or ceramic dish until golden brown. Serve with panela syrup.

Source: National Autonomous Institute of Agricultural Research (INIAP)





➤ 33. COLADA DE CHOCHOS PARA EL DESTETE / LUPIN WEANING BEVERAGE

Ingredients	Weight in grams	Household measurement
Lupin beans	200	1 cup
Milk	1,000	1 litre
Panela sugar	100	1/2 cup
Cinnamon	10	2 rajas
Cornstarch	30	2 tablespoons



PREPARATION

In a blender, blend the lupin beans with the milk, stir in the cornstarch dissolved in a little cold water, and simmer over a low fire for 5 minutes. Add the cinnamon and the panela, boil 10 minutes more, and serve hot.

Source: National Autonomous Institute of Agricultural Research (INIAP)

❖ 34. MANJAR DE CHOCHOS / LUPIN DELIGHT

Ingredients	Weight in grams	Household measurement
Lupin beans	600	3 cups
Milk	1,000	1 litre
Sugar	900	2 lbs.
Cinnamon	10	2 sticks

PREPARATION

In a blender, blend the lupin beans with the milk, pour into a cooking pot, add the sugar and cinnamon, and bring to a boil, stirring constantly until done. You will know it is done if a drop of the mixture does not disintegrate when placed in a glass of cold water.

Source: National Autonomous Institute of Agricultural Research (INIAP)





35. POSTRE DE CHOCHOS CON ZAPALLO / LUPIN BEAN AND WINTER SQUASH DESSERT

Ingredients	Weight in grams	Household measurement
Winter squash	400	2 cups
Lupin beans	400	2 cups
Milk	1,000	1 litre
Panela sugar to taste		
Raisins	200	1 cup

PREPARATION

Cook the winter squash until it is soft and blend in a blender with the lupin beans and the milk. Add the panela and raisins, and boil until thick and creamy.

Source: National Autonomous Institute of Agricultural Research (INIAP)



❖ 36. HELADO DE CHOCHO / LUPIN ICE CREAM

Ingredients	Weight in grams	Household measurement
Blackberries	450	1 lb.
Cream	200	1 cup
Milk	200	1 cup
Sugar	400	2 cups
Eggs	120	2 units
Lupin beans	400	2 cups
Cornstarch	30	2 tablespoons
Strawberries	200	1 cup
Raisins to taste		

PREPARATION

Beat the egg yolks with the cornstarch, milk and sugar. Cook over a low fire, stirring constantly, until the ingredients acquire the texture of a soft cream. Remove from the flame and cool. Put the lupin beans and previously cooked ingredients in a blender along with a cup of dairy cream and the blackberry juice, and blend until you have a smooth, even mixture. Pour into ice cream dishes. Garnish with raisins and strawberries. Place in the freezer for 4-5 hours until the ice cream is frozen.

Source: National Autonomous Institute of Agricultural Research (INIAP)

37. COLADA DE CHOCHOS CON MARACUYÁ / LUPIN PUDDING WITH PASSION FRUIT

COMMUNITY OF LAGUNA
SAN MARTÍN (QUIMIAG)

Ingredients	Weight in grams	Household measurement
Corn starch	50	3 1/2 cucharas
Ground lupin	200	1 cup
Passion fruit	60	1 unit
Sugar	100	1/2 cup
Water	1,000	1 litre
Cinnamon, cloves to taste		

PREPARATION

Mix the corn starch with the water and shake until there are no lumps to be seen. Boil for 10 minutes and add the ground lupin beans, passion fruit juice, cinnamon, cloves and sugar. Continue to boil for 10 more minutes before serving.

Source: National Autonomous Institute of Agricultural Research (INIAP)





38. COLADA DE MASHUA / MASHUA COLADA

COMMUNITY OF SAN JOSÉ DE MAYORAZGO (LA MATRIZ)

Ingredients	Weight in grams	Household measurement
Mashua peeled and diced	450	1 lb.
Corn flour	30	2 tablespoons
Milk	1,000	5 cups
Vanilla extract	15	1 tablespoon
Water	600	3 cups
Sugar, cinnamon and cloves to taste		

PREPARATION

Cook the peeled and diced mashua in 3 cups of water with the cinnamon and cloves. Add the corn flour, previously dissolved in half a cup of milk, and continue to simmer. Once the mixture is done, liquefy it in a blender, strain and return to the flame for 10 minutes. Add the vanilla, the rest of the milk, and sugar to taste. Bring to a boil, stirring constantly until it reaches the desired consistency.

Note: To sweeten the mashua, set it out in the sun several days before cooking.



Colada Morada is a thick beverage/ dessert you eat with a spoon and which is traditionally served for Day of the Dead festivities to “share” with one’s departed loved ones.

39. COLADA MORADA / ALL SAINT'S DAY DRINK

COMMUNITY OF LAGUNA SAN MARTÍN (QUIMIAG)

Ingredients	Amount
Black corn flour	1/2 lb.
Pineapple	1/2 unit
Babaco (champagne fruit)	1/2 unit
Strawberry	1/2 unit
Orange leaves	2 leaves
Lemon verbena	2 leaves
Arrayán (myrtle) leaves	2 leaves
Sugar to taste	

PREPARATION

Bring the water to a brisk boil, add the herbs and let steep 5 minutes. With each fruit, make a syrup in a separate pot, using the chopped fruit and sugar to taste, but no water. In a large pot in which all the above preparations will fit, bring the water with the flour to a boil, stirring constantly. Pour the water over the herbs and mix with the three fruit syrups. Serve hot.



❖ 40. HORCHATA DE MACHICA / MILKY MÁCHICA

COMMUNITY OF SAN JOSÉ DE MAYORAZGO (LA MATRIZ)

Ingredients	Weight in grams	Household measurement
Máchica	25	1 tablespoon
Water		½ lt.
Sugar or panela		to taste
Cedrón (lemon verbena)		1 sprig

PREPARATION

Place water and toasted barley flour (máchica) in a pot.
Bring to a boil and add sprig of verbena.
Sweeten with sugar or panela to taste.



➤ 41. COLADA DE MÁCHICA / SWEET AND SPICY MÁCHICA

COMMUNITY OF GUADALUPE (SAN JUAN)

Ingredients	Weight in grams	Household measurement
Máchica (ground, toasted barley)	30	2 tablespoons
Milk	1,000	5 cups
Sugar, cinnamon and clove to taste		

PREPARATION



Dissolve the máchica in the milk and bring to a boil, stirring constantly until you achieve your preferred thickness. Add the cloves and cinnamon, and once it returns to a boil let it cook for 5 minutes.



PERU

❖ 42. MAZAMORRA DE CHUÑO / CHUÑO PUDDING

SRA. JOSEFINA RAYMUNDO ESCOBAR.

Ingredients

Ground chuño (see p. 213)

Sugar

Anise

PREPARATION

The freeze-dried potatoes (chuño) are ground in a mill with a little water. Dilute the ground chuño in water and add to a pot of boiling water along with the anise. After boiling for 10 minutes, add sugar and serve.





43. MAZAMORRA DE FLOR DE NABO / FIELD MUSTARD PUDDING SRA. FELÍCITA HUARANCCA ARECHE. C.C. PARIACLLA

Ingredients

Quantity

Field mustard blossoms	2 balls
Milk	1/2 mug
Cedrón (lemon verbena)	1 leaf
Cinnamon	1 stick
Sugar	6 tablespoons

PREPARATION

Boil the field mustard blossoms and shape into round balls. In a blender, blend the blossoms with milk. Boil the mixture with cedrón and cinnamon. Add sugar to taste before serving. Serves four.

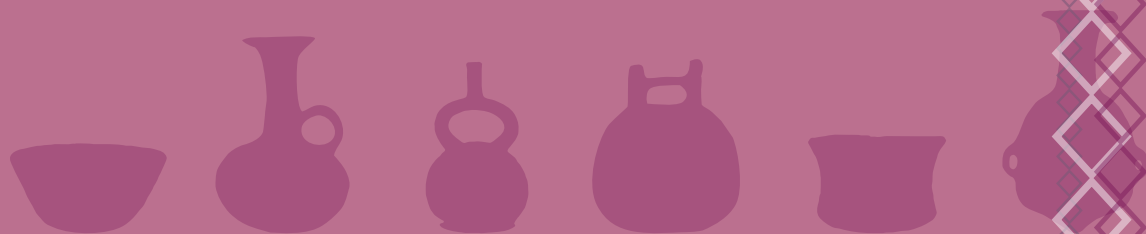




BEVERAGES



UPYANAKUNA /
UPIANA MIKUNAKUNA







ECUADOR

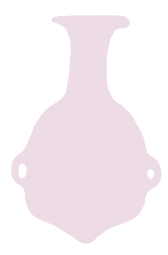
➤ 1. CHICHA DE CHOCHO / REFRESHING FAVA DRINK

Ingredients	Weight in grams	Household measurement
Black corn flour	225	1/2 lb.
Panela (see p. 218)	800	4 cups
Passion fruit	80	2 medium units
Vanilla extract	10	1 teaspoon
Liquefied fava beans	400	2 cups
Water as needed		
Cinnamon to taste		
Peel of one pineapple		

PREPARATION

The evening before you plan to serve the beverage, boil the pineapple peel, panela and cinnamon for 20 minutes. Add the liquefied fava beans, passion fruit juice and vanilla. Mix all the ingredients and add as much water as necessary to achieve the consistency of a thickened fruit punch. Serve.

Source: National Autonomous Institute of Agricultural Research (INIAP)





2. CHICHA DE CHOCHOS / FAVA CHICHA

Ingredients	Weight in grams	Household measurement
Water	1,000	1 litre
Fava beans	200	1 cup
Oatmeal	30	2 tablespoons
Passion fruit	50	1 large unit
Panela (see p. 218)	900	2 lbs
Verbena		
Sweet pepper		

PREPARATION

Boil the fava beans, verbena and sweet pepper. Grind the fava beans and mix with two litres of water in a large pot. Cook for 15 minutes and strain. Add the oatmeal, unrefined brown sugar and spices to the liquid. Cook for 10 minutes, add the passion fruit juice, let cool and serve.

Note: You can use the solid fava left in the strainer to make candy; just add a cup of milk and a cup of panela. Boil until the mixture forms a soft ball.

Source: National Autonomous Institute of Agricultural Research (INIAP)

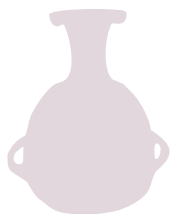
➤ 3. JUGO DE ZANAHORIA / CARROT JUICE

COMMUNITY OF GUADALUPE (SAN JUAN)

Ingredients	Weight in grams	Household measurement
Water		1 litre
Carrots	300	1 1/2 cup
Sugar to taste		

PREPARATION

Cook the carrots for 10 minutes. Place in the blender, add sugar and blend.
Let cool and serve.



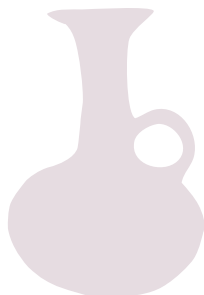
❖ 4. CHICHA DE JORA / CORN CIDER COMMUNITY OF GUADALUPE (SAN JUAN)

Ingredients	Amount
.....	
Jora corn (see p. 216)	1 kilo
Barley	1 kilo
Water	10 litres
Cloves	to taste
Sugar	to taste
.....	

PREPARATION

Toast the jora corn and barley in a clean skillet for around 15 to 20 minutes, then boil in a big pot with water and cloves, stirring constantly to avoid burning until the ingredients have cooked down to half the initial volume. Add the rest of the water and boil for an hour and a half. Remove from the flame and let cool, adding sugar to taste. Pour through a sieve or a strainer and allow the mixture to ferment for around three days in tightly closed glass bottles or clay vessels.

Note: It is a good idea to stir the mixture once a day.



GLOSSARY



ACHIRA (*Cana edulis*) is a traditional flowering plant of the Andes that is closely related to the ornamental cannas that can now be found throughout most of the world. Also known as Queensland arrowroot and edible canna, it is a major crop in the Andes, where it is cooked and eaten and its leaves often used as food wrappers such as in the recipe for potato tamales in this cookbook. It is mainly grown for its roots, whose huge, edible rhizomes are used to produce a highly digestible starch that is clear and, when cooked, is glossy and transparent, in contrast to potato or corn starch. That quality is one reason for its popularity in Southeast Asia, especially Vietnam and southern China, where it is used to make a wide variety of cellophane noodles. In some dishes, common arrowroot can be used as a starch substitute.

AGUAYMANTO or Uvilla (*Physalis peruviana*) has many names in English including Peruvian cherry, cape gooseberry, Peruvian ground berry and Incan goldenberry. This member of the nightshade family's fruit ranges from bright yellow to orange in color, but unlike most of its cousins from Mesoamerica (tomatillos or *Physalis philadelphica*), it becomes especially sweet when ripe, with a mildly tart flavour that makes it ideal for use in vegetable salads, fruit salads and for making snacks, pie fillings, jams and preserves. It can also be consumed in dried form. Aguaymanto is native to the Andes, but is commonly grown in many subtropical areas throughout Asia, Europe, Pacific islands, Oceania and South Africa, where its longstanding cultivation has led many to associate it with its Cape gooseberry name. It is more commonly assumed that the "cape" designation refers to the papery husk surrounding the fruit. Some of the sweetest tomatillo cultivars can be used as a substitute when they are especially ripe and turn a bright yellow.

AJI is the term used in the region for a native variety of capsicum peppers (*Capsicum pubescens*) that range from the relatively mild and sweet yellow aji to the more assertive reds.

Aji can also be used to refer to any sauce made with such chillies. Despite the extensive variety of native ajis, many of which have yet to be cultivated, and their varied textures, colours, flavours and intensity, readers will note that some recipes fail to stipulate any specific type, leaving the choice up to the cook. One of the spiciest and most popular in the Andean region are rocoto ajis; see rocoto.

AMARANTH, also known in the region as Kiwicha, is one of the many ‘pseudo grains’ from the Americas that is popular in the High Andes. Today, many varieties of amaranth are grown around the world for both their nutritious leaves and seeds. The small seeds need to be toasted and popped, and can be added to a wide range of dishes and used as a cereal. The prepared seeds and processed foods containing amaranth are increasingly available commercially and seed catalogues also increasingly offer appropriate for the countries to which they sell.

ARRACACHA is a plant largely grown for its starchy taproot, which resembles a fat, squat carrot. It has off-white skin and flesh that ranges in colour from white and yellow to purple. The boiled root has about the same uses as potatoes and can be employed in a wide range of side dishes including purées, dumplings, and pastries. In the Andes region, it is also made into chips, biscuits, and coarse flour. Because it is highly digestible thanks to the small size of its starch granules, purées and soups made from it are regarded as ideal for babies and young children. The young stems vary from dark green to purple and can be eaten cooked or in salads. It is also known as zanahoria blanca in Ecuador, virraca in some parts of Peru, apio or apio criollo in Venezuela, and mandioquinha (“little cassava”) or batata-baroa in Brazil. It is most commonly referred to as Arracacha in English. It is sometimes called white carrot in English, a literal translation of its common name in Ecuador, but that name more properly belongs to white varieties of the common carrot. Unfortunately the root has a short shelf life though canned presentations are being developed.

ARROZ DE CEBADA, literally barely rice, refers to a popular way to prepare hulled barely, a grain that is not native to the Americas but which Andean indigenous peoples found in the post-Conquest era to be highly adaptable to local conditions hence its ubiquitous presence in the regional diet and in this cookbook. Arroz de cebada is traditionally made through a labour intensive process that involves hulling and lightly toasting the grain. Commercially produced versions are increasingly available.

ARROZ DE QUINOA or ‘quinoa rice’, is a term used to describe quinoa that has been thoroughly washed to rid it of its bitter saponins and is then cooked much like rice, as its Spanish name implies. See Quinoa.

AYRAMPU or **AYRAMPO** (*Berberis lutea*) is a variety of deciduous, evergreen, thorny shrub that grows in some parts of the High Andes between 2,500 and 4,500 msl. It has many uses dating far back into pre-Colombian times including food and medicinal applications. It is an especially hardy plant that thrives even in poor soil, harsh temperatures and arid conditions. It is harvested in April, May and June, when its fruit, which is eaten or prepared fresh, softens and turns deep red or purple. It is also used in the highest regions of the Andes as a flavouring and colouring agent in highly popular beverages such as Chicha morada and desserts like mazamorra morada, both of which are much more commonly made in other regions using the purple corn that is unique to lower elevations. It is an important source of minerals and vitamins. It is also effective as an antipyretic, laxative and a skin toner. An infusion made from the leaves helps with problems of nervousness. An infusion of the flowers helps against exhaustion and anemia. An infusion made from the roots helps in the treatment of amoebic dysentery, while one made of dried, chopped roots helps with problems of urine retention. This should not be confused with the cactus fruit that also goes by the same name of ayrampo in other Andean regions of Bolivia, southern Peru and Chile.

BABACO is a natural hybrid between mountain pawpaw species that originated in Ecuador and is thus related to the papaya. Its torpedo shaped fruit's effervescent flesh helps to explain its English language name of champagne fruit. It has been cultivated far beyond the Andean region as far south as New Zealand as well as in southern Italy and in California.

BLACK-CORN FLOUR or **HARINA DE MAÍZ NEGRO** is made from a special corn and can be acquired through shops or on line.

CANCHA- One of the most common names for the basic toasted corn popular throughout the Andes and other parts of South America. Other names in the region include tostado de maíz or simply tosatado. Some readers may be familiar with the corn-nut style snack foods commercially available in other parts of the world, which take a page from cancha. In the Andes it is widely used as a snack food but also as an ingredient in, or accompaniment to many dishes. It is generally made using a special variety of corn whose kernels are somewhat sweet, a bright yellow colour, and which when heated in oil “pop”(they jump

in the skillet and turn crunchy but do not open and puff up like popcorn). The most common such variety is maíz chulpe or chulpi. Other useful varieties are maíz serrano or pachó. Chulpe corn and prepared cancha are available in Latin groceries and on line. If you wish to make your own cancha from chulpe, the process is essentially the same as making popcorn. Use about one tablespoon of oil per cup of kernels, heat in a skillet with a lid (preferably a vented one), and shake regularly until the kernels start to pop, at which point it is necessary to shake constantly until they stop popping and have turned golden brown. You can add salt and ají, as preferred.

CEBADA TOSTADA – Toasted or roasted barely, also known in the region as máchica.

CEBOLLA PAITEÑA a variety of small, sweet red onion, that bears a resemblance to a large shallot.

CEDRON is lemon verbena (*Aloysia citrodora*) also known in the region as hierba Luisa, hierva Luisa and in English as Cedron, and Lemon Beebrush. It is an aromatic herb from a deciduous perennial shrub native to South America that can now be found in North America, Europe, New Zealand and Australia. It is used in many dishes but also as a tea. It should not be confused with the leaves of the Cedrón tree of Central America and the northern portions of South America.

CHARQUI is a name for dried produce and meats, especially those made using the techniques employed in the Andean highlands. Historically it involved a dehydration method, but more recently some people have added a salting process. The English word “jerky” is derived from the Spanish charqui, which in turn comes from the Quechua word ch’arki.

CHICHA is a word used in many parts of Latin America for several varieties of both fermented and non-fermented beverages made using various types of grains, fruits and berries. One of its best known forms in these Andean regions is chicha morada, which is generally made using a purple corn that is unique to lower altitudes of the Andes, especially in Peru. But maíz morado does not grow at the extremely high elevations of the communities that produced the recipes in this book. Instead, the ayrampo fruit assumes the role of coloring agent at these high elevations.

CHICHA DE JORA – Another popular chicha in the region made using a specialty corn (see maíz jora).

CHINCHO – An aromatic herb native to Peru that was cultivated by the Incas. It belongs to the same family as Huacatay, but its flavors are less pungent. Chincho is often used in Pachamanca and is associated with dishes from the Huanucu region.

CHOCHO – see Tarwi

CHOCLO – The generic term in the region for fresh corn much as elote is used in Mesoamerica. Among the most prized varieties, for both its taste and texture, is a very large kernel, small-cob white from the Cuzco region of Peru (*Zea Mays* L var. *Cuscoensis* K.), sometimes referred to in English as giant white maize corn, or imperial corn. Choclo is used in many ways including as a key ingredient in some of the region's most popular dishes for which the soft, yellow, sweet corn that is widely available internationally and regarded as 'table corn' in much of the world is unsuitable; choclo has a much chewier texture and nuttier flavor. If you should attempt to make a pastel de choclo, for example, using such sweet corn, the texture would prove to be disastrously runny. Choclo corn is increasingly available frozen from on-line merchants and specialized grocers. Substitutes include other types of field corn including the large kernel cacahuacintle traditionally used in Mexican cooking to make hominy and fresh masa (corn dough). Corn meal can also be used as a substitute in some dishes.

CHUÑO, from the Quechua *ch'uñu*, means frozen, or to be more precise, freeze dried potato. Chuños are made using a pre-Incan process in which the potatoes are left in the freezing night, sunned throughout the day and then foot pressed to extract all water content. The entire process generally lasts about five days. The resulting chuños can then be stored almost indefinitely to later be rehydrated and cooked whole or ground into starch or flour. There are two basic types of chuños, black and white, with the latter having been 'bleached' by exposing them to running water, traditionally in Andean streams. Chuños have a wide range of uses in High Andean cooking as evidenced by many recipes in this book. They are increasingly available outside of the Andes either from on-line distributors or specialized groceries. They are sold in their original dry form or canned. Chuño also refers to the starch or flour made from the freeze dried potatoes; chuño flour is mainly used as a thickening agent in beverages, soups and other dishes.

CHUPE – A name commonly used in many parts of South America for a type of thick soup or stew. Many people regard chupe as the national dish of Ecuador. In Peru, Ecuador and other Andean regions the dish is generally comprised of potatoes, barely, meat or fish, and various vegetables. In this book mellocos and fava beans take center stage.

CORVINA – As is common with many fish species, names and translations vary from country to country, region to region, due to a combination of historical factors (e.g. explorers, colonists and immigrant populations in general naming fish they find in their adopted homes based on similarities they observe to fish with which they were familiar in the countries of origin), as well as the modern marketing strategies of the fishing industry. Various types of fish are sold as corvina in and you will find a vast array of translations for Corvina in English including fresh and saltwater varieties. When preparing the ceviche recipe in this cookbook it is generally recommended to use especially firm varieties.

CULANTRO – One local name for cilantro (leafy coriander). Cilantro is originally not from Latin America, but today is one of the most commonly used herbs in the region. The fresh leaves are used in numerous typical Andean dishes including local stews, soups and ajis.

CUY – cuye, cavy or guinea pig.

FLOR DE NABO – The yellow blossoms of the ñabo, nabo or field mustard that is widely used in High Andean cooking. See ñabo.

HABA VERDE – Fresh fava beans.

HIERVA LUISA – see cedron

HUACATAY (*tagetes minuta*) is a culinary herb also known in English as black Peruvian mint. It imparts a vivid green colour to dishes as well as a taste described as a mixture of basil, mint, tarragon, and citrus. It is used as a condiment in stews, soups and Peruvian ajis and as an ingredient in herb marinades for meats. Huacatay is also added to the famous Pachamanca. Its paste is used to make the popular Peruvian potato dish called ocopa. Huacatay leaves are traditionally used to make a flavourful tea made that are also believed to help with colds, respiratory inflammations and stomach problems. Huacatay paste made with vinegar can be purchased from specialty retailers and online but is not a good substitute for the fresh

leaves, but the leaves are sometimes available in Latin or Peruvian groceries outside of Latin America either canned, or preferably frozen. A few such shops also offer the fresh herb and some enthusiasts living outside the region order the seeds and grow their own.

HUMITAS are a type of tamale most commonly made from a mixture of freshly ground corn. They are commonly filled with a combination of ingredients eggs, cheese, and cream as well as including garlic or onion, and can be wrapped and cooked in corn husks or as is often the case in the Andean region, in achira leaves.

ISHPINGO is the Quechua name for a type of cinnamon tree (*Ocotea quixos* Lauraceae), found in a small region of Amazonian Ecuador and Colombia. It is in the same family (Lauraceae) as the common cinnamon and has a similar aroma. It has been used locally as a spice and flavoring agent since pre-European times. The recipes in this book that speak of ishpingo are generally referring to the traditional cinnamon bark but the ishpingo blossoms are also used in cooking.

JARA is a name for maize or corn.

JÍCAMA – see Yacon. Do not confuse with Jicama as used in Southeast Asia, Mesoamerica and the U.S.

KANIWA, also known in the region as canihua, kaniwa qañiua or cañihua and commonly known as kaniwa or canihua in English, is another Andean highland ‘pseudo-grain’ with a special place in the region’s traditional agriculture and diet. It shares the high levels of essential amino acids found in its close relative quinoa, but is much heartier than that plant and thus more resistant to the challenging environments of the High Andes. More importantly for cooks, it lacks the anti-nutrients and high levels of bitter saponins found on the outer coating of quinoa, and which hence has no need for the labour intensive process of washing process that its cousin requires. Furthermore, it consists almost entirely of an intact bran which poses none of the risks of going rancid that grains such as corn and wheat share. Not long ago kaniwa was essentially unavailable outside of the Andean region, but whole kaniwa and kaniwa flour are increasingly available internationally both in specialty shops and online. It is a good alternative for those who are gluten intolerant.

KIWICHA – See amaranth.

MÁCHICA most commonly refers to ground, roasted barely, though in some regions it can be made using corn. It is generally assumed that máchica was a local adaptation pinole, which Spanish colonists apparently introduced to the region from what is now Mexico. Like pinole, which is almost always made from corn, máchica is sometimes sweetened using panela or spices. It is sometimes used by itself as a snack in the fields or on the road. It is especially popular as an ingredient for enriching and thickening beverages. The traditional production of máchica is a labour intensive process but industrialized versions are available commercially.

MAÍZ JORA is a specialty corn grown in the Andes, and when germinated and coarsely ground serves as the main ingredient in the popular indigenous beverage chicha de jora. Whole or ground corn kernels are heated and fermented with water for at least 24 hours before consuming. Making chicha is very similar to making beer, and chicha de jora does have a slight alcohol content after fermentation. Chicha de jora is immensely popular in the region. This sacred beverage is shared in communities during festivals and special events. Recipes vary from region to region and are often not exact.

MANTECA DE COLOR, literally coloured lard, is widely used as a flavouring and colouring agent to all variety of dishes in the region. To make manteca de color, add achiote (ground annatto seeds) to melted lard on a low heat until it turns a bright orange, usually in three to five minutes. Vegetable shortening and cooking oil are emerging as substitutes for the more traditional pork lard in this recipe and in cooking in general, though lard obviously imparts a distinctive flavour.

MAZAMORRA is a term used for a wide variety of largely corn-based dishes throughout much of Latin America, some of which are savoury through the vast majority are deserts with a almost gelatinous texture. Its name means derives from “Moors’ dough’, a dish from Spain, where it is made using wheat bread. One of the more distinctive forms of this dish is mazamorra morada, a traditional dessert that is most commonly made using a variety of purple corn that grows in Andean mountain valleys. However, such corn cannot thrive in High Andean regions, where the local ayrampo fruitstands in for purple corn as the colouring and flavouring agent in mazamorra morada, and coladas as well as in other recipes.

MELLOCO – see Olluco

MIEL DE PANELA – A syrup obtained by boiling panela, a hardened form of sugarcane juice. See panela.

MORAYA – Another name for white freeze-dried potatoes. See chuño.

MOTE – A term used in Latin America for a variety of grains cooked in water including wheat berries and barely, but more commonly and relevant for our purposes, a type of hominy style corn that has undergone a “nixtamal” process of soaking and cooking in an alkaline solution that often employs ash, cal, or lye. This process makes it possible to assimilate key nutrients from the corn and avoids the oxidation of the outer coating of the corn kernels.

MUÑA (*Minthostachys mollis*), also known as Andean mint, is an aromatic herb that grows exclusively in the Andes that grows exclusively in the South American Andes. It has both a wide range of medicinal and culinary usages. Outside the region it is available in dried tea form.

ÑABOS, NABO SILVESTRE, YUYO (*Brassica rapa* L. or *Brassica campestris* L.) or field mustard grows wild in the region in both humid and dry conditions alongside major crops such as potato and/or maize. It can grow at altitudes as high as 3,600 msl and is known as a hardy and fast growing plant. Both the yellow blossoms and peppery leaves are used in salads and main dishes and it is rich in vitamins and minerals, particularly iron, which is important for helping local residents avoid anaemia. Though one common name in English is field turnip, it does not produce the white bulbous taproot and broad leaves that are often associated with that root vegetable. However, ñabos share the distinctive yellow blossom of other members of the brassica rapa family including rapinin (broccoli rape) and Chinese broccoli (gai-lan), which can be used as substitutes in these dishes. The one potential problem with such substitutions is that they are often not available with a significant amount of the blossoms. Though one common name in English is field turnip, this plant does not produce the white bulbous taproot and broad leaves that are often associated with turnips.

NARAJILLA (*Solanum quitoense*), also known lulo, is the fruit of a subtropical perennial plant that is native to the Andes Mountains, especially Ecuador and Colombia. Its smooth, light-orange hued outer skin encloses a pulp that has a unique, somewhat citric flavor, which explains why Spanish colonists christened it naranjilla, literally little orange. In fact, naranjilla is not a citrus fruit but instead is from the nightshade family, making it a cousin of the tomato. In addition to providing a uniquely delicious juice, it is especially rich in vitamins and minerals. Its

production has expanded to other parts of South and Central America (Panama, Guatemala and especially Costa Rica). The fruit or pulp are increasingly available through Latin groceries in canned or frozen presentations.

OCA or oka is also known as apilla or apiña in Bolivia and Peru and Hibia in Colombia. Outside of the region it has become popular in New Zealand, where it is simply referred to as yams or New Zealand Yam, and in Mexico where it is known as papita roja, papa amarga or papa ratonera.

OLLUCO (*Ullucus tuberosus*) a plant grown primarily as a root vegetable, secondarily as a leaf vegetable, it is one of the most widely grown and economically important root crops in the Andean region, second only to the potato. It is commonly known in the region as papa lisa, melloco in Ecuador, olluco in Peru, chugua in Colombia and ruba in Venezuela. The leaf and the tuber are edible, similar to spinach and the potato, respectively. They are known to contain high levels of protein, calcium, and carotene. Papalisa was used by the Incas prior to arrival of Europeans in South America. Ulluco tubers are marketed in New Zealand as “Earth Gems”.

PAICO (*Dysphania ambrosioides*), also known as epazote and wormseed, is an aromatic and medicinal herb used in pre-Columbian times by indigenous communities. Paico leaves are an essential ingredient in numerous dishes including Pachamanca. The leaves are also consumed in soups, and with vegetables. The seeds are used as seasoning in bean dishes. Paico is believed to have several medicinal properties, helping with digestive problems, gastritis, colds and asthma, and as a defense against intestinal parasites. It is known in Mexico as epazote and is widely available in North America and other regions under that name.

PANELA – also known as piloncillo, is made by boiling and then drying sugarcane juice into a hard, dark mass of glucose and fructose. It has traditionally been marketed in cone, loaf or pellet shapes. More recently some producers have begun to offer granulated versions. It can have a high molasses content, depending on the type of sugarcane employed in its production. Because it is unrefined it also contains many essential mineral “impurities” such as calcium, potassium, magnesium, copper, and iron, as well as small amounts of fluorine and selenium. It tends to be less sweet than refined sugar but has a flavour that table sugar entirely lacks. It can be obtained from Latin grocers, major supermarkets and on-line.

PAPA LISA – See Olluco.

POTATO – The Andes are the cradle of the world’s potatoes. Roughly 8,000 years of cultivation and farmer selection in response to the demands of a vast array of microenvironments throughout the High Andes region have produced thousands of varieties. Despite such an enormous diversity, readers will note that the authors of many of the recipes contained in this book do not always call for a specific variety. As a rule of thumb we would recommend using fleshier versions. In some regions cooks will have access to varieties such as Yukon Gold that have a fleshy texture midway between a classic baking potato such as a Russet, and a waxy red boiling potato, or you may prefer to experiment with the varieties available from local farmers in your region including those that share some of the deep flesh colors to be found in the Andes including purple, red and deep orange.

QAÑIWA. See kaniwa.

QUESILLO is a typical white string or braided cheese similar to Mexico’s Oaxaca cheese. If Latin American variations are not available, mozzarella can serve as a rough substitute.

QUINOA, or more commonly in the region, quinoa or quinoa, which is kaniwa’s better known cousin, has become increasingly popular internationally in recent years because of its nutritional qualities, flavour and usefulness as an alternative to traditional grains containing gluten. The seeds’ outer coating contains anti-nutrients and high levels of bitter saponins, so they are traditionally subjected to a labour intensive process of washing process. The quinoa seeds are increasingly available at major retailers and on line, as are many quinoa based processed foods including cereals and pastas. Quinoa leaves are also eaten as a leaf vegetable, much like those of amaranth; outside the Andes the commercial availability of quinoa greens remains limited.

ROCOTO is one of the spiciest and most popular ajis in the Andean region. Most are round, almost apple shaped, though some varieties are elongated, and many are intensely red or bright orange though the rocoto colour pallet extends from yellow to brown. If you don’t have access to fresh rocotos, they can be ordered in powdered or paste form for use in sauces and as a condiment, and are increasingly available frozen, which can be used when recipes call for stuffed or fresh presentations. A good substitute are Mexican manzano chilies, which like rocotos are

from the *Capsicum pubescens* species native to the Andes as opposed to the *Capsicum annuum* family to which the vast majority of Mexican peppers belong.

TAMARILLO is the name adopted in the mid 1970s in New Zealand for *tomate de árbol*. It is increasingly become the most common term for that fruit in the rest of the English-speaking world. See tree tomato.

TARWI or **CHOCHO** is an Andean species of lupin that is somewhat similar to the lupini beans popular in Mediterranean countries. Vernacular names include tarwi, tarhui, chocho, altramuz, Andean lupin, South American lupin, Peruvian field lupin, or pearl lupin. Chochos are canned and sold commercially in a brine solution. Protein content averages 46% and fat content is 20%. The protein digestibility and nutritional value are reportedly similar to those in soybean. Chochos are traditionally eaten as a snack, or small meal, with toasted corn, tomato, onion, salt, and lime. European and North African style lupine beans can be used as a substitute once their translucent membranes have been removed.

TOMATE DE ÁRBOL. See tamarillo

TREE TOMATO, known as **TOMATE DE ÁRBOL** in Spanish, is a small egg-shaped fruit of a flowering shrub indigenous to the Andes. Today it is grown in many other countries including New Zealand where it is known as tamarillo, and Indonesia. The fruit has a uniquely tart and refreshing flavour and most commonly has a red skin similar to that of the tomato (hence the name), orange flesh and green seeds, however there are many varieties with skins ranging from deep purple to yellow. The red skinned varieties tend to be more tart and their seeds tend to turn purplish when prepared in dishes. The yellow skinned fruits are much sweeter and are especially popular in New Zealand and some other exporting countries. The tamarillo name was reportedly coined in New Zealand using the Spanish name for yellow (amarillo).

TRIGO MOTE – Boiled Wheat Berries

TUNTA – Another name for white freeze-dried potatoes. See chuño.

ULLUCO – See olluco

UVILLA – See aguymanto.

YACÓN, also known as Peruvian ground apple is known for its crisp, sweet-tasting tuberous roots. This distant relative of the sunflower and the Jerusalem artichoke is widely available from specialty food



sources in dried forms such as teas, flour and powder. The texture and flavour of the roots are very similar to jicama. In fact, in some parts of the Andes it is also known as jicama though sweeter and more resinous. Its flavor has been described as a cross between an apple and a watermelon and others describe its floral undertones. Like jicama, the roots are generally eaten raw, but also retain their crunchy texture during cooking. Yacón is increasingly recognized for its health benefits and is used to make a syrup that is used as a sweetening agent popular with diabetics, leading to increased demand from countries as diverse as Japan, the United States and within the European Union.

YUYO – See ñabo.

ZAPALLO (*Cucurbita maxima*) is a form of winter squash that is very popular in the wider Andean region and whose outer skin is often light yellow or green.

This cookbook is a collection of recipes shared by residents of High Andean regions of Peru and Ecuador that embody the varied diet and rich culinary traditions of their indigenous communities. Readers will discover local approaches to preparing some of the unique plants that the peoples of the region have cultivated over millennia, many of which have found international notoriety in recent decades including grains such as quinoa and amaranth, tubers like oca (New Zealand yam), olluco (earth gems), and yacon (Peruvian ground apple), and fruits such as aguaymanto (cape gooseberry). The book is the product of a broader effort to assist people of the region in reclaiming their agricultural and dietary traditions, and achieving both food security and viable household incomes. Those endeavors include the recovery of a wide variety of unique plant varieties and traditional farming techniques developed during many centuries in response to the unique environmental conditions of the high Andean plateau.

Strengthening Indigenous Organizations and Support for the Recovery of Traditional Products in High-Andean zones of Peru and Ecuador

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