



Peruvian Cookbook: A Beginner's Guide

Rachel Pambrun

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PERUVIAN COOKBOOK A Beginner's Guide This book has been written in support of millions of Peruvians living in poverty. Proceeds from the sale of this book will help bring about change for suffering Peruvian communities. World Renowned - Peruvian cooking is recognized around the world as some of the best food in South America, and arguably as refined as the delectable Cuisine of Paris. The capital of Peru, Lima, is known as the gastronomic capital of the Americas. Peru's rich cuisine is embedded in the variety of diverse ingredients yielded by their geography such as tropical fruit from the Amazon, plentiful seafood from the Pacific Ocean and an extraordinary assortment of potatoes and grains from the Andes. Peru has a vibrant culture, as home to one of the six oldest civilizations in the world. Many foods cooked by ancient civilizations are still savored today, while other Peruvian dishes also benefit from Asian, African and European influences. In this book, you will learn a little about Peru's landscape, people and culture, as well as receive an introduction to Peru's wonderful cuisine including delicacies such as; Chupe, Arroz con Pollo Verde, Carne de Cerdo Picante, Anticuchos, Lomo Saltado, Aji de Gallina, Carapulcra and famous Peruvian Ceviche. Each recipe is introductory and intended for beginners. They are easy to follow and beautifully photographed. Peruvian Cookbook is part of a social enterprise series called "Planet Cookbooks". The goal of Planet Cookbooks is to produce simple and helpful Introductory Cookbooks for 100 of the World's poorest countries, in support of community development efforts in each of these areas of the World. Planet Cookbooks are perfect for those who wish to learn more about these countries and their cuisine, while impacting the communities and lives of their people. For information on additional culinary ventures aiding Extreme Poverty around the world, please visit us online at www.PlanetCookbooks.com.

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