

PERUVIAN DISHES

Diana Galarreta and Jay Nottingham

Saltado de Coliflor (Cauliflower Stir-fry)

Recipe by Gaston Acurio (with slight modifications to adjust to a home kitchen)

Serves 4

Preparation time: 30 minutes

Cooking time: 30 minutes

Ingredients:

1 large cauliflower, cut into 1-2" pieces

salt & pepper

14oz potatoes – cut into french fry shape

2-3 cups vegetable oil for deep-frying

3 tablespoons vegetable oil for stir fry

1 red onion, sliced

5 tablespoons white wine vinegar

4 tablespoons soy sauce

1 tablespoons oyster sauce

1 teaspoon aji amarillo paste

2 green onions, cut into 1" pieces

1 yellow pepper, seeded, membrane removed, and sliced into .5" x 1" pieces

2 cloves garlic, chopped

4 small tomatoes, skinned (if possible), seeded, and sliced into half-moon crescents

1 tablespoon chopped parsley (or cilantro)

2 cups white rice

Directions:

1. Cook rice.
2. Add cauliflower pieces to pot of boiling, salted water and cook for 2 minutes, until barely tender. Put cauliflower pieces into bowl of ice water to stop the cooking. Drain and set aside.
3. Half-fill a large pan or deep-fryer with vegetable oil and heat to 350 degrees Fahrenheit. Drop potatoes in and cook until crispy and golden. Drain well on paper towels.
4. Mix the vinegar, soy sauce, oyster sauce, and aji amarillo paste in a small bowl.
5. Heat non-stick pan or wok on very high heat for 2 minutes. Add 2 tablespoons of oil to pan. Add cauliflower and stir-fry until golden brown. Adjust heat if it is burning. Set cauliflower aside.
6. Add 1 tablespoon of oil to pan. Add red onion, yellow pepper and stir-fry for 3-4 minutes.
7. Add tomatoes, garlic, green onion and cook for 3-4 minutes.
8. Add cauliflower back to pan and add the sauce a bit at a time, to taste.
9. Add parsley and take off heat. Serve with fries and cooked white rice.



Roast Chicken with Garlic and Lime

Recipe by Bryan Roof – from *Cook's Illustrated March/April 2011*

Serves 4

Preparation/Cooking time – passive: 6-24, active: 2 hours

Tools needed:

Vertical chicken roaster or can of beer with half of beer remaining in can

Gallon sized Ziploc bag

Rimmed baking sheet

Ingredients:

3 tablespoons olive oil

¼ cup lightly packed mint leaves

2 tablespoons kosher salt

6 medium garlic cloves, peeled and roughly chopped

1 tablespoon ground black pepper

1 tablespoon ground cumin

1 tablespoon sugar

2 teaspoons smoked paprika

2 teaspoons dried oregano

2 teaspoons finely grated zest and ¼ cup juice from 2 limes

1 teaspoon minced habanero chili

1 3.5 or 4-pound whole chicken

Directions:

1. Process all ingredients except chicken in blender or food processor – 10-20 seconds. Cut away loose, extra fat from chicken. Loosen skin on chicken and rub paste under skin and all over the surface. Place in gallon sized Ziploc bag. Refrigerate for 6-24 hours.
2. Adjust oven rack to lowest position and heat to 325 degrees Fahrenheit. Place vertical roaster on rimmed baking sheet. Slide chicken onto roaster so chicken stands upright. Roast until skin just begins to turn brown and thermometer inserted into breast reads 140 degrees – about 45 – 50 minutes. Remove chicken and pan from oven. Increase oven temperature to 500 degrees.
3. When oven is at 500 degrees, place 1 cup of water in bottom of pan and return the pan to the oven. Roast until entire skin is brown and crispy and thermometer reads 160 in the breast and 175 in the thigh. This should take about 20 minutes – rotate the chicken after 10 minutes. Add water to pan, if needed, to keep pan from smoking.
4. Remove chicken and pan from oven and let rest for 20 minutes. Using kitchen towel, remove chicken from roaster and place on cutting board and carve – enjoy!