



# Secrets of Peruvian Cuisine (Secretos de La Cocina)

*Emilio Peschiera*

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In the midst of America's newest food fad, The Wine Appreciation Guild serves up something direct from the source - "Secrets of Peruvian Cuisine", from Peruvian cookbook publisher, Origo. Author, Chef Emilio Peschiera says of his book, "First we'll take a brief tour through the history and evolution of Peruvian Cuisine, from its beginnings with the Incas through the latest international influences. We will then review some basic techniques for preparing recipes with the secrets of true Peruvian flavour." This English/Spanish bilingual book has recipes for: Cocktails (Panthers Milk, Pisco Sour...); Appetizers (Chalaca-Style Mussels, Pork Chicharron...); Entrees (Cebiche, Huancayo-style Potatoes...); Fish and shellfish (Shellfish Cau-Cau Stew, Chorrillos Sea Bass...); Stews (Huaral-Style Duck, Chaufa fried rice...); and Tamales and desserts (Eggfruit Meringue Cake, Torta Aldeana...)

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