

Show #65. Food of the Incas

Sebiche/Ceviche

Sebiche is traditionally served with cold slices of sweet potatoes or corn on the cob.

1 pound fresh white fish*, cut into small pieces
½ Cup fresh lime juice (key limes are the traditionally ingredient)\1 fresh jalapeno chili, minced
1-3 cloves garlic, minced
sea salt & freshly ground pepper
1 small red onion, peeled & cut into strips
1 ripe tomato, diced
1 T fresh cilantro, chopped
2-3 T extra virgin olive oil

extras include: chopped avocado, red or yellow peppers.

Hollow out a pepper and serve the ceviche in it for a festive presentation.

Marinate the fish in the lime juice for 4-6 hours in the fridge. This "cooks" the fish and makes it safe to eat. After about 2 hours of marinating, add the garlic, jalapeno, salt and pepper and stir well. Serve on a bed of lettuce w/ onion, tomato, cilantro and olive oil arranged on top.

*Choices for fish include: shrimp, crab, mahi mahi or red snapper. (this is the typical choice of most restaurants).

If you use the shrimp, often it is already cooked and de-veined, so no need to marinate for hours, just 30 minutes will do.

Roasted Fennel and Baby Carrots

6 bunches of baby carrots, peeled and trimmed, leavin ½ inch of stems intact
2 medium fennel bulbs, stalks discarded and bulbs cut into ½ inch-thick wedges
3 tbsp olive oil
3 tbsp water
1 tsp fennel seeds
¾ tsp salt
¼ tsp black pepper

Put oven racks in upper and lower thirds of oven and preheat oven to 450 degrees F. (If you are making just this dish, you can put oven rack in middle position and roast vegetables on that rack throughout.)

Toss carrots and fennel with olive oil, water, fennel seeds, salt, and pepper and arrange in 1 layer in a 17-by 11- inch shallow baking pan. Cover pan with foil and roast vegetables in lower third of oven and roast until vegetables are tender and browned, about 10 minutes more.

Makes 6 servings.

Toasted Coconut Rice

¼ tsp ground cardamom
1 c flaked sweetened coconut
1 tbsp extra virgin olive oil
1 garlic clove, minced
2 c long-grain rice
3 ½ c water
1 ½ tsp salt
1 tsp butter
2 tbsp chopped fresh cilantro

1. Heat a saucepan over medium-high heat. Add cardamom; cook, stirring constantly, until fragrant (about 15 seconds). Transfer to a small bowl.
2. Add coconut to pan; cook, stirring constantly, until fragrant and just beginning to brown (about 2 minutes). Add to cardamom.
3. Add oil and garlic to pan. Saute, stirring often, just until garlic is fragrant but not browned (about 20 seconds). Stir in rice; sauté 3 minutes. Stir in reserved coconut mixture, water, and salt; bring to a simmer. Cover, reduce heat to medium-low, and cook 20 minutes or

until liquid is absorbed. Fluff with a fork. Add butter, stirring gently until melted. Stir in cilantro. Yield: 10 servings (serving size about ¾ cup).

Papas a la Huancaína/ Potatoes in Huancaína sauce

5 aji Amarillo fresco/ fresh yellow aji (chilis)
2 garlic cloves
14 oz – 1 ¾ c ricotta, cottage or feta cheese
½ c vegetable oil
2 hardboiled eggs
4 spanish olives pitted and cut in halves
2.2 lbs yellow flesh potatoes, boiled (if not available, use white potatoes)
lettuce
salt
pepper

Preparation:

Remove seeds and veins from the ajis or chili peppers and wash well with water, rubbing one against the other. Cut into pieces.

In a medium skillet, with oil, stir-fry the aji, whole garlic cloves until tender.

Put this mixture in a blender or processor and add the cheese and oil. Blend until creamy. Season to taste with salt and pepper.

To serve: Arrange sliced potatoes on a bed of lettuce, pour sauce to cover. Garnish with sliced hardboiled eggs and olives.

6 servings.

Garlic Chicken

4 lbs chopped cooked chicken
3 chopped onions
6 cloves minced garlic
½ c vegetable oil
½ teaspoon cinnamon
4 jalapeno peppers
1 tsp basil
2 c chopped peanuts (optional)
½ cup grated parmesan cheese
¾ c plain yogurt
salt and pepper

Heat the oil in a saucepan and sauté the onions and garlic. Add the chiles, cinnamon, basil, peanuts, parmesan cheese and the chicken to the saucepan and mix together. Heat well.

A few minutes before serving mix in the yogurt and add salt and pepper to taste.

Banana Dessert a la Rum

4 tbsp unsalted butter
2 bananas, peeled, cut in half lengthwise and then crosswise in 2 inch (5cm) pieces
4 tbsp brown sugar
3 tbsp dark rum
3-4 tbsp water
pinch of nutmeg
pinch of cinnamon
pinch of salt
3 tbsp nuts, toasted and chopped
Vanilla ice cream

Preparation:

Melt butter in a skillet over high temperature until foam disappears. Add banana pieces with cut side down and sauté for 1-2 minutes. Remove skillet from heat. Sprinkle sugar and rum around banana and return skillet to heat. Cook until sugar

starts to melt, shaking skillet so banana doesn't stick to skillet. Add water, nutmeg, salt, cinnamon and continue cooking until sauce thickens.

Serve hot and sprinkle with nuts. Serve with vanilla ice cream.

Makes 2 servings