

Guides and Stories

Culinary Diary

For in-depth descriptions of all dishes, check out our post here:
<https://guidesandstories.com/best-food-in-peru/>

My Taste of Peru

Initiated By:		From	
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A token for travelers

This digital diary is a symbol of sustainable travel, built for **reusing and sharing**, just like so many other things should be.

It's meant to be passed on: add your name to the list of owners, and if you meet other food-curious travelers, pass it along. They can get inspiration from your notes, and with a little effort, reuse it to start their own delicious journey. Let's see how many happy travelers this shared experience can create.

iPhone users: You can fill this journal using the built-in PDF editor. Download the file and remember to tap "Done" after each edit.

Android users: Please download the free Adobe Acrobat Reader app to fill in this dairy — most default android viewers don't support form editing

Main Dishes

Aji de Gallina – Shredded chicken in a creamy, yellow chili sauce

Rating (1–10):

Enjoyed At:

Opinion:

Arroz con Pato – Duck with rice cooked in dark beer and cilantro

Rating (1–10):

Enjoyed At:

Opinion:

Carapulcra – A hearty pork and dehydrated potato stew

Rating (1–10):

Enjoyed At:

Opinion:

Chiriuchu – A cold festival platter with a variety of meats and ingredients

Rating (1–10):

Enjoyed At:

Opinion:

Cuy Chactado – Whole guinea pig that is flattened and deep-fried

Rating (1–10):

Enjoyed At:

Opinion:

Main Dishes

Lomo Saltado – Chinese-Peruvian stir-fried beef with onions and fries

Rating (1–10):

Enjoyed At:

Opinion:

Pachamanca – Meats and vegetables cooked in an underground "earth oven"

Rating (1–10):

Enjoyed At:

Opinion:

Rocoto Relleno – A spicy pepper stuffed with meat and baked with cheese

Rating (1–10):

Enjoyed At:

Opinion:

Tacacho con Cecina – Mashed plantain balls with salted, smoked pork

Rating (1–10):

Enjoyed At:

Opinion:

Cau Cau – A stew made with diced beef tripe and potatoes

Rating (1–10):

Enjoyed At:

Opinion:

Soups & Stews

Adobo Arequipeño – A hearty pork stew from the Arequipa region

Rating (1–10):

Enjoyed At:

Opinion:

Caldo de Carachama – Amazon catfish soup with local herbs

Rating (1–10):

Enjoyed At:

Opinion:

Chairo – A nourishing Andean soup with lamb or beef, potatoes, and grains

Rating (1–10):

Enjoyed At:

Opinion:

Chupe de Camarones – Creamy shrimp chowder with potatoes and a poached egg

Rating (1–10):

Enjoyed At:

Opinion:

Inchicapi – A thick, creamy chicken soup made with peanuts

Rating (1–10):

Enjoyed At:

Opinion:

Soups & Stews

Parihuela – A robust and spicy seafood soup

Rating (1–10):

Enjoyed At:

Opinion:

Shambar – A thick, filling soup with beans, wheat, and smoked pork

Rating (1–10):

Enjoyed At:

Opinion:

Small Plates & Cold Dishes

Anticuchos de Corazón – Skewers of marinated and grilled beef heart

Rating (1–10):

Enjoyed At:

Opinion:

Causa Rellena – Layered, chilled potato salad with a savory filling

Rating (1–10):

Enjoyed At:

Opinion:

Ceviche – Raw fish cured in lime juice and spices

Rating (1–10):

Enjoyed At:

Opinion:

Choritos a la Chalaca – Steamed mussels topped with a zesty salsa

Rating (1–10):

Enjoyed At:

Opinion:

Ensalada de Chonta – A light salad made from thin strips of palm heart

Rating (1–10):

Enjoyed At:

Opinion:

Small Plates & Cold Dishes

Ocopa Arequipeña – Potatoes covered in a creamy peanut and herb sauce

Rating (1–10):

Enjoyed At:

Opinion:

Papa a la Huancaína – Boiled potatoes with a yellow, cheesy sauce

Rating (1–10):

Enjoyed At:

Opinion:

Solterito de Queso – A fresh salad of cheese, fava beans, and corn

Rating (1–10):

Enjoyed At:

Opinion:

Tiradito – Thinly sliced raw fish in a spicy, cold sauce

Rating (1–10):

Enjoyed At:

Opinion:

Desserts & Sweets

Guarguero – Cream-filled, fried, tube-shaped pastries

Rating (1–10):

Enjoyed At:

Opinion:

King Kong – A large, multi-layered cookie sandwich cake

Rating (1–10):

Enjoyed At:

Opinion:

Mazamorra Morada – A pudding-like dessert made from purple corn

Rating (1–10):

Enjoyed At:

Opinion:

Picarones – Sweet potato and squash doughnuts drenched in a sweet syrup

Rating (1–10):

Enjoyed At:

Opinion:

Suspiro a la Limeña – A two-layered caramel and meringue dessert

Rating (1–10):

Enjoyed At:

Opinion:

Desserts & Sweets

Turrón de Doña Pepa – Anise-flavored cookie sticks held together by syrup

Rating (1–10):

Enjoyed At:

Opinion:

Drinks

Leche de Tigre – The spicy, citrus marinade from ceviche

Rating (1–10): Enjoyed At:

Opinion:

Chicha de Jora – An ancient fermented beer made from maize

Rating (1–10): Enjoyed At:

Opinion:

Chicha Morada – A non-alcoholic beverage from purple corn and fruit

Rating (1–10): Enjoyed At:

Opinion:

Emoliente – A warm herbal tea sold by street vendors

Rating (1–10): Enjoyed At:

Opinion:

Mate de Coca – Herbal tea from coca leaves to help with altitude sickness

Rating (1–10): Enjoyed At:

Opinion:

Drinks

Pisco – A national grape brandy, the country's national spirit

Rating (1–10): Enjoyed At:

Opinion:

Pisco Sour – The country's most famous cocktail, made with pisco

Rating (1–10): Enjoyed At:

Opinion: