

Guides and Stories

Culinary Dairy

For your trip to Peru

For full dish descriptions check out our **Guide** (<https://guidesandstories.com/best-food-in-peru/>)

Designer Disclaimer:

The guy who usually designs our PDFs went on a liveaboard trip to French Polynesia and, well... got beautifully lost. We couldn't bring ourselves to replace him (we love him too much), so we had to put this together ourselves. Sorry for the layout — we promise the food is better than the formatting.

iPhone users: You can fill this journal using the built-in PDF editor. Save it and make sure to tap Done after editing. Android users: Please download the free Adobe Acrobat Reader app to fill in this file — most default viewers don't support form editing.

Once your trip is over, we'd love to hear what you discovered! If you feel like sharing your filled-out journal, you can send it to food@guidesandstories.com We may use your culinary notes to improve future guides — but don't worry, we never store your name, email, or any personal details.

Main Dishes

Aji de Gallina – Creamy Chicken

Rating (1–10):

Where Tried:

Opinion:

Arroz con Pato – Duck Rice

Rating (1–10):

Where Tried:

Opinion:

Carapulcra – Pork And Potato Stew

Rating (1–10):

Where Tried:

Opinion:

Main Dishes

Chiriuchu – Cold Festival Platter

Rating (1–10):

Where Tried:

Opinion:

Cuy Chactado – Fried Guinea Pig

Rating (1–10):

Where Tried:

Opinion:

Lomo Saltado – Stir Fried Beef

Rating (1–10):

Where Tried:

Opinion:

Main Dishes

Pachamanca – Earth Oven Meats

Rating (1–10):

Where Tried:

Opinion:

Rocoto Relleno – Stuffed Hot Pepper

Rating (1–10):

Where Tried:

Opinion:

Tacacho con Cecina – Plantain Mash With Pork

Rating (1–10):

Where Tried:

Opinion:

Main Dishes

Cau Cau – Tripe Potato Stew

Rating (1–10):

Where Tried:

Opinion:



Soups & Stews

Adobo Arequipeño – Marinated Pork Stew

Rating (1–10):

Where Tried:

Opinion:

Caldo de Carachama – Amazon Catfish Soup

Rating (1–10):

Where Tried:

Opinion:

Chairo – Andean Beef Soup

Rating (1–10):

Where Tried:

Opinion:

Soups & Stews

Chupe de Camarones – Shrimp Chowder

Rating (1–10):

Where Tried:

Opinion:

Inchicapi – Peanut Chicken Soup

Rating (1–10):

Where Tried:

Opinion:

Parihuela – Peruvian Seafood Soup

Rating (1–10):

Where Tried:

Opinion:

Soups & Stews

Shambar – Wheat And Bean Soup

Rating (1–10):

Where Tried:

Opinion:

Small Plates & Cold Dishes

Anticuchos de Corazón – Beef Heart Skewers

Rating (1–10):

Where Tried:

Opinion:

Causa Rellena – Layered Potato Salad

Rating (1–10):

Where Tried:

Opinion:

Ceviche – Citrus Cured Fish

Rating (1–10):

Where Tried:

Opinion:

Small Plates & Cold Dishes

Choritos a la Chalaca – Mussels With Salsa

Rating (1–10):

Where Tried:

Opinion:

Ensalada de Chonta – Palm Heart Salad

Rating (1–10):

Where Tried:

Opinion:

Ocopa Arequipeña – Potatoes With Peanut Sauce

Rating (1–10):

Where Tried:

Opinion:

Small Plates & Cold Dishes

Papa a la Huancaína – Potatoes In Cheese Sauce

Rating (1–10):

Where Tried:

Opinion:

Solterito de Queso – Fava Corn Cheese Salad

Rating (1–10):

Where Tried:

Opinion:

Tiradito – Sliced Raw Fish

Rating (1–10):

Where Tried:

Opinion:

Desserts & Sweets

Guarguero – Cream Filled Pastry

Rating (1–10):

Where Tried:

Opinion:

King Kong – Layered Cookie Cake

Rating (1–10):

Where Tried:

Opinion:

Mazamorra Morada – Purple Corn Pudding

Rating (1–10):

Where Tried:

Opinion:

Desserts & Sweets

Picarones – Sweet Potato Doughnuts

Rating (1–10):

Where Tried:

Opinion:

Suspiro a la Limeña – Caramel Meringue Dessert

Rating (1–10):

Where Tried:

Opinion:

Turrón de Doña Pepa – Anise Syrup Pastry

Rating (1–10):

Where Tried:

Opinion:

Drinks

Leche de Tigre – Ceviche Marinade Shot

Rating (1–10):

Where Tried:

Opinion:

Chicha de Jora – Fermented Corn Beer

Rating (1–10):

Where Tried:

Opinion:

Chicha Morada – Purple Corn Drink

Rating (1–10):

Where Tried:

Opinion:

Drinks

Emoliente – Herbal Barley Tea

Rating (1–10):

Where Tried:

Opinion:

Mate de Coca – Coca Leaf Tea

Rating (1–10):

Where Tried:

Opinion:

Pisco – Grape Brandy

Rating (1–10):

Where Tried:

Opinion:

Drinks

Pisco Sour – Pisco Lime Cocktail

Rating (1–10):

Where Tried:

Opinion:
