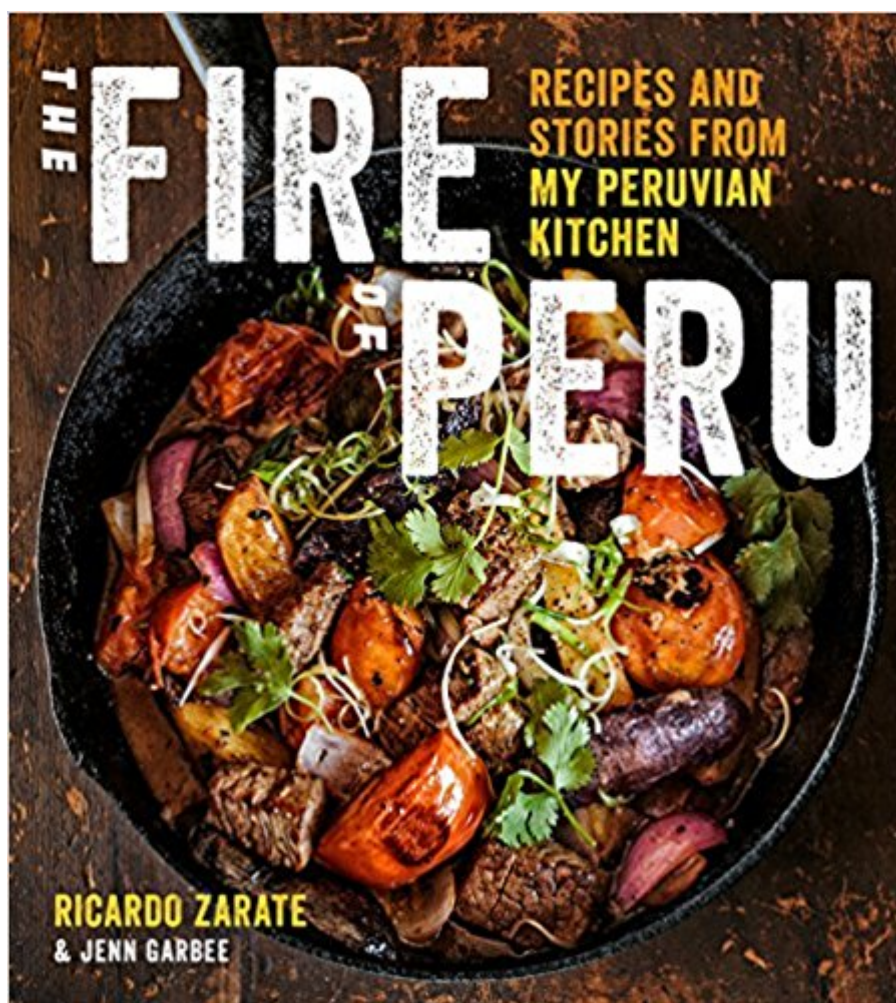


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The Fire Of Peru: Recipes And Stories From My Peruvian Kitchen



Synopsis

Popular L.A. chef Ricardo Zarate captures the flavors and excitement of Peruvian food, from rustic stews to specialty dishes to fabulous cocktails. Lima-born Los Angeles chef and restaurateur Ricardo Zarate delivers a standout cookbook on the new "it" cuisine—the food of Peru. Zarate has been called "the godfather of Peruvian cuisine" for good reason: He perfectly captures the spirit of modern Peruvian cooking, which reflects indigenous South American foods as well as Japanese, Chinese, and European influences, but also balances that variety with an American sensibility; his most popular dishes range from classic recipes (such as ceviche and Pisco sour) to artfully crafted Peruvian-style sushi to a Peruvian burger. With 100 recipes (from appetizers to cocktails), lush color photography, and Zarate's moving and entertaining accounts of Peru's food traditions and his own compelling story, *The Fire of Peru* beautifully encapsulates the excitement Zarate brings to the American dining scene.

Book Information

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Customer Reviews

[View larger](#) Lomo Saltado: Peruvian Beef Stir-Fry from *The Fire of Peru* Serves 2 Lomo saltado is probably on every mom-and-pop Peruvian restaurant menu. The classic beef stir-fry is easy to make from inexpensive ingredients. When I'm having a rough day, lomo saltado is still the comfort food dish that does it for me. The best taste like a big, warm and cozy salad. You get a little crunchiness, but also something satisfying in your belly. The key is to fry everything at very high heat so you get a good sear on the ingredients, but you don't cook out all of their freshness. You should never spend more than two minutes from the time your beef hits the pan to

when the scallion and cilantro garnishes are ready to scatter on top of the finished dish. The meat should be medium-rare, the tomatoes juicy, and the onions barely softening on the edges but still crunchy in the center.

Directions

1. Prepare the potatoes or rice, or rewarm the leftovers. You can roast baby fingerlings, go all-out and confit them in olive oil, make homemade french fries, or even fry up good-quality store-bought fries. The same goes for rice: Use leftovers, or make your favorite style of white or brown rice to serve with the saltado.
2. Next, prep all of your other ingredients, so they're ready; this dish cooks quickly. (Keep each in a separate pile.) Sprinkle the beef lightly with the salt and pepper and rub the pureed garlic all over the meat with your hands. Put the red onion half, cut side down, lengthwise on a work surface. Slice off both ends, then slice the onion into lengthwise strips about 1/2 inch thick, moving the knife at a slight angle as you work around the onion globe. Your knife should be almost parallel to the cutting board along the sides of the onion and upright at the top. Cut the tomatoes in half lengthwise and cut each half into several large, chunky wedges. Finely chop the scallions, including about halfway up the green stalk, or chop them roughly for more texture, if you'd like. Finely chop the cilantro leaves and top half of the stems. Have your saltado and soy sauces measured and ready.
3. Heat a wok or large sauté pan over high heat until hot—a good 2 minutes. Pour in the oil to lightly coat the bottom of the pan and heat the oil for 2 to 3 minutes, until very hot. The oil shouldn't be smoking, but close to it. Swirl the oil around the pan, then toss in the beef and quickly sear both sides for a few seconds each until it begins to brown, about 30 seconds total. Add the onion and shake the pan or use tongs to flip them a few times, then add the tomatoes right away. Fry the saltado until the edges of the onions color in a few spots and the tomatoes barely begin to soften, about 30 seconds. The total cooking time shouldn't be more than 90 seconds at this point.
4. Immediately drizzle the saltado and soy sauces along the edges of the wok or pan, not on top of the stir-fry ingredients. You should smell the sauces caramelizing. Scatter the scallions and cilantro on top of the stir-fry and toss everything together one more time. Taste and add another drizzle of soy sauce, if you'd like. The saltado should be really juicy, with big flavors that the potatoes or rice can sop up.
5. Spoon the lomo saltado straight out of the pan into serving bowls. Pile the potatoes on top or serve the rice alongside.

Note: To Make Pureed Garlic or Ginger Combine about 1 1/2 cups peeled garlic cloves (4 to 5 heads) or 1 cup roughly chopped peeled fresh ginger in a blender with 3 tablespoons water. Puree the garlic or ginger until finely chopped. With the blender running, slowly drizzle in 3 tablespoons olive oil until you have a smooth, fluffy puree. Store the puree in the refrigerator for up to 1 week, or freeze the puree in a flat, thin layer in a medium plastic food storage bag so you can break off small pieces as needed. Makes about 1 cup.

Ingredients About 1 cup baby fingerlings or roughly chopped potatoes, 2 handfuls of homemade or good-quality frozen french fries, or about 1½ cups rice 8 to 10 ounces filet mignon or tenderloin, thinly sliced into 2-inch-long strips Kosher salt and freshly ground black pepper ½ teaspoon pureed garlic (see note below) ½ medium red onion, halved from stem to root end 1 ripe medium heirloom, beefsteak, or other juicy tomato, or 2 plum tomatoes 2 scallions 3 or 4 sprigs fresh cilantro 1½ tablespoons Saltado Sauce (see recipe below) 1½ tablespoons soy sauce, preferably a good-quality Japanese brand, or more to taste 2 to 3 tablespoons canola or other vegetable oil

Saltado Sauce Makes about ½ cup A saltado *is* a sauce • doesn't really exist in traditional Peruvian cooking. It's what I call the base seasoning that we use at my restaurants to make saltados. Instead of prepping and adding seasonings like ají-amarillo, ginger, and red wine vinegar as you fry the other ingredients, my saltado sauce does the work for you in one or two spoonfuls. Make the sauce ahead, keep it in the fridge, and you're ready to go. **Directions** Shake up all of the ingredients in a small jar, or stir them together in another storage container. Cover and refrigerate the sauce for up to 1 week. **Ingredients** 2 tablespoons pureed garlic (see note above) 2 tablespoons pureed ginger (see note above) or finely zested ginger 1 tablespoon ají-amarillo paste, store-bought or homemade 2 teaspoons freshly ground black pepper 2 tablespoons soy sauce, preferably a good-quality Japanese brand, or 1½ tablespoons tamari 5 tablespoons red wine vinegar

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