



• COOKING SHOW •

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TÍO DARÍO RESTAURANT



“Tío Darío” restaurant is located in the very centre of Arequipa’s traditional suburb of Yanahuara, at just a few metres from the magnificent square. Here, one can enjoy a tasty lunch in the peaceful surroundings of our gardens where it’s always springtime, while admiring a beautiful panorama of the White City’s three volcanoes.

Our cuisine is characterized by considerable culinary experience and expertise in the preparation of specialities from Arequipa and other regions of Peru. Fish and shellfish form the basis of our gastronomical concept; in preparing dishes, we give priority to the careful selection of ingredients from local suppliers as well as exclusive items from the country’s Coast, Highlands and Jungle.

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· PISCO SOUR ·

A brief history

When the Spanish arrived in the 16th Century, the clergy introduced the first grape vines because wine was an indispensable product for the celebration of Mass. The Ica valley was where they found the best conditions for planting their first vineyards. After several years of harvests, the grape plants underwent some changes and new varieties and strains appeared. It was not long before some of the wines they produced were distilled and the result was a kind of brandy known today as pisco.

The name pisco is unquestionably of Peruvian origin as it is derived from the Quechua word pishku which means bird. The same word is also used to identify the entire area of the valley around Paracas owing to the great diversity and quantity of marine birds found there. It was in this valley where the grape spirit was first distilled. Furthermore, owing to the increasing commercial activity in the region, the Spanish established a port, which bears the name Pisco. It has also been shown that before the arrival of the Spanish, there existed in the area an indigenous community called Pisko, renowned for making clay pots in which their alcoholic drinks were stored; these were also identified with the same name.



· PISCO SOUR ·

Pisco is a Peruvian designation of origin in accordance with name and provenance

Unlike other spirits obtained from grapes (such as grappa in Italy, marc in France, or orujo in Spain) pisco is the product obtained by distilling the must from special grapes known as pisqueras, which has been fermented for a short period (approximately seven days). There is just one distillation and the spirit is then left to stand for three months in order to stabilize its flavour; no additives or wood casks are employed.

Pisco has an alcohol concentration between 40° and 43°. There are four types of pisco: aromatic, made from Muscat, Italia, Albilla or Torontel grapes in which floral and fruity aromas predominate; non-aromatic, made with Quebranta (a mutation which developed in Peru), Negra Criolla, Mollar and Uvina grapes, and ideally drunk neat on account of its intense flavour; the so-called acholado, which is a blend derived from several types of grape and where each winery has its own particular recipe; and the variety known as mosto verde, a pisco which is distilled before the must has fermented completely and is characteristically full bodied with an exquisite aroma and high price.

Pisco Sour

The pisco sour is Peru's most well-known and representative cocktail used proudly as an apéritif at all kinds of celebrations, both private and public.

It is said that this delightful cocktail was invented in the early years of the 20th Century in the bar at the Hotel Maury in Lima, Peru. Today, different versions of this cocktail are prepared with fruit extracts and herbs with the aim of pleasing different palates and diversifying the incomparable pisco-sour experience.

· PISCO SOUR ·

For 2 people

Ingredients

180 ml	Blended pisco
60 ml	Sugar syrup
60 ml	Fresh lemon juice
1/2	White of one egg (two teaspoonfuls)
	Ice cubes to taste (6 cubes)

Decoration

2 drops	Angostura bitters
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Preparation

When squeezing the lemons, care should be taken to do this gently as excessive pressure may release bitter-tasting substances in the peel.

Pour all the ingredients into a cocktail shaker and shake vigorously until the ice cubes have melted completely.

Serve the pisco sour in cooled glasses, pouring gradually to ensure the foam forms a stable layer in the upper part of the glass.

Presentation

2 drops of Angostura bitters are applied in the middle of the cocktail.





· CEVICHE CLÁSICO ·

A brief history

According to Peruvian historical sources, the predecessor of cebiche dates from several thousand years ago, originating among the coastal peoples who seasoned their seafood with piquant products such as hot peppers. The Moche culture, one of the most important pre-Inca societies of Peru's northern coast, used the acidic juice from a local indigenous plant, the banana passion-fruit, to marinate fish and impart flavour. During the Inca Empire, this preparation developed into the custom of marinating fish in chicha, an alcoholic drink made by fermenting Andean grains. When the Spanish arrived, they introduced onions and lemons, basic ingredients for the preparation of modern-day cebiche. The early cebiches were prepared well in advance and left for several hours in the lemon juice in order to 'cook' them thoroughly. Nowadays, the marinating process is quite brief, a tendency resulting from the influence of Japanese gastronomical techniques. Ceviche may therefore be considered as a dish originating from a fusion of different cultures established in Peru, developing and changing over the centuries in accordance with different eating habits finally to become the dish which is served today.

· CEVICHE ·

The name



According to the Peruvian Javier Pulgar Vidal, the name cebiche comes from the Quechua word siwichi, meaning young or fresh fish. There are other proposals, and one of these is that the word is derived from the Arabic expression sikbâg, which refers to a method of preserving food in acidic media. Some suggest that the words siwichi and sikbâg were confused by the Spanish owing to the Moorish influence that prevailed in Spain at the time of the conquest of the Inca Empire. A further popular hypothesis is that the word cebiche originated as a derogatory diminutive of cebo (bait). This speculation is based on the fact that Arab sailors and, later, those of European origin, were prepared to eat the bait used for fishing, and used lemons to 'cook' it without heating while on board their boats.

A dish for a nation

Cebiche established itself as an emblem of Peruvian cuisine owing to the rich variety of fresh sea products obtained by means of small-scale sea-fishing in Peru. Nowadays it could be said that cebiche is not only the most important dish in Peruvian cuisine but also that it is a way of life for Peruvians; it is a feeling, a passion. Every 28 June, Peru celebrates Cebiche Day.



• CEVICHE •

For 4 people

Made with freshly caught fish perfectly marinated in fresh lemon juice, cebiche is the king of Peruvian gastronomy and perhaps embodies the healthiest and most natural way to eat fish in our country. Its origin is still a matter for debate and, although it may be found in several American countries, it is considered to be Peru's most well-known and representative dish; spicy or with just a hint of hot pepper, with or without coriander leaf, nobody can resist trying this delicious classic Peruvian dish.

Ingredientes

800 g	Fresh fish fillet
240 g	Boiled and shelled sweet corn
240 g	Red onions
600 g	Lemons (about 16)
80 ml	Fish stock
32 g	Hot peppers (4)
64 g	Boiled sweet potato (8 slices)
8 g	Garlic (2 medium-sized cloves)
	Green lettuce
	Salt and pepper

Decoration

Hot pepper





· CEVICHE ·

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Preparation

The fish selected should always be fresh and with firm flesh.

Cut the fish into cubes of 2 to 3 centimetres, and the onion into long, thin (julienne) strips. Chop the hot peppers into very small squares, and liquefy the garlic with a little water in the blender.

Place the fish lumps in a bowl, add the liquefied garlic, salt and pepper to taste, mix everything carefully and put to one side for a few minutes. Squeeze the lemons gently, avoiding as far as possible the emergence of the extract from the peel. Add the lemon juice and fish stock to the mixture, stir, and leave for a further 2 or 3 minutes and serve.

Presentation

To serve, place the ceviche in the centre of the plate and surround with a lettuce leaf, some sweet corn, two slices of sweet potato, and garnish with a slice of hot pepper.





· SOLTERO DE QUESO ·

A brief history

The story goes that in the summer months, the bells of the church at Sachaca, a village on the outskirts of Arequipa, used to be rung to announce the expected arrival of the muleteers who would bring their products from the highlands to exchange them for the abundant agricultural produce of the valleys of Arequipa. There was a festive atmosphere at this event where everyone would gather happily in the square; while the men were trading, the single women would approach to offer them food free of charge. The dish offered would be made from simple ingredients characteristic of the farming produce of the region, such as cheese, maize, onions, and broad beans. The visitors would be delighted not only by the delicious food but also by the charm of the young ladies and their Yaravíes - a kind of music characteristic of the region.

· SOLTERO DE QUESO ·

The legacy of the soltero and its leading character



The cuisine of Arequipa has come to be renowned as one of the tastiest and most varied of Peru on account of its combining Andean condiments and cooking techniques with those introduced from Europe. Soltero de queso is a characteristic appetizer from Arequipa: a light, cold dish that forms part of the region's gastronomic legacy.

Its ingredients come from the countryside and, as the dish was created in Arequipa, are typical of the countryside surrounding that city. As its name suggests, the leading character among the ingredients is cheese. Since colonial times, Arequipa has always been well known for its abundant production of milk; cheese has therefore enjoyed prolific production in the valleys around Arequipa, and most of the cheeses are craft products.

Chuquibamba cheese, from the Majes valley in Colca, is outstanding; and the characteristic cheese from the southern Andean region of Peru and the Altiplano is called Paria, which is a semi-hard variety made from cow's milk. It is a fresh cheese with a mild flavour and slightly yellow hue and has a rough appearance owing to its traditional pressing in straw moulds.

Every year on the second Sunday in February, Arequipa celebrates its 'Soltero de Queso Day' because, so it is said, the dish was first made in February. Owing to its light nature, its success continues to this day. As it contains no meat, it remains a favourite with single women who care for their figures in order to present a more attractive appearance to potential marriage partners.

We add quinoa of three different colours - white, red and black - so as to confirm the Andean identity of this dish and to provide it with the additional nutritional value of quinoa.



• SOLTERO DE QUESO •

Para 4 personas

Ingredients

400 g	Paria cheese or white cheese
200 g	Shelled, boiled sweet corn
160 g	Tomato
360 g	Boiled three-coloured quinoa
320 g	Boiled, peeled broad beans
80 g	Stoned black olives
120 g	White onion
280 g	Boiled and peeled andean potato
1	Chopped sprig of parsley (without stalks)
	Salt, pepper, vegetable oil and red wine vinegar to taste

Decoration

4	Sprigs of curly parsley
2	Cherry tomatoes

Preparation

Cut the olives lengthways into four, quarter the potatoes, and put to one side. Dice the cheese, onion and tomato, rinse the onion in water and drain in a sieve. Place the cheese, onion, tomato, sweet corn grains and broad beans in a dish, season with salt, pepper, vinegar and oil, and mix gently with the olives and the quinoa; leave for a few minutes.

Presentation

Serve with the andean potatoes and garnish with the curly parsley and cherry tomatoes cut into halves.



· QUESO HELADO FROM AREQUIPA ·

A brief history

The city of Arequipa was founded in 1540. The Spanish founders brought many of their customs with them, together with new flavours. They also brought new food products such as milk, sugar, eggs and condiments, and thus opened up a new profile for the local cuisine.

In 1579, Saint Catherine's Convent was founded, becoming subsequently not only a place of repose and prayer for many nuns, but also the most renowned place in the city for cooking and confectionery. Most of the recipes for traditional sweet dishes in Arequipa originated in Saint Catherine's Convent. This is also the place of origin of Arequipa's most representative pudding: queso helado.

Back in those times, any kind of ice-cream was a dessert consumed only by people of the upper social echelons. As obtaining the ingredients for its preparation was a complicated business, the sisters of the convent approached the friendly and obliging local people who were well acquainted with the region's geographical characteristics and who were willing to fetch the precious ingredients in exchange for being shown how to prepare the exquisite sweetmeat.



• QUESO HELADO FROM AREQUIPA •

The valleys close to the city of Arequipa produced an abundant supply of milk from cows introduced by the Spanish. Then the ingenuity of Arequipa's people began to bloom, adopting a technique they had learned and adapting materials existing in the region. They used a wooden barrel, and in it they placed ice brought by mule train from the Misti volcano and to which was added some saltpetre as a means of maintaining it at a low temperature. On to this, another bucket-like vessel made of tin or tin-plated iron was placed and it would become very cold in contact with the mixture of ice and saltpetre. Fresh cow's milk, cloves and cinnamon would be boiled in a separate vessel and on cooling, vanilla and sugar were added. This mixture was poured into the bucket which, at the same time, would be rotated until the liquid started to freeze and adhere to the wall and base of the vessel. The dish was served on a plate and a palette knife was used to cut the frozen product. On seeing how this dish was served, rather after the manner of slicing cheese, the people of Arequipa began to call it queso helado (frozen cheese). This is how the unusual name of this delicious dessert dish originated and to this day it appears quite strange to friends who visit us. With the passage of time, queso helado became so popular that nowadays it can be found in any part of the city. We present a delicious special version made with a family recipe handed down through several generations.

• QUESO HELADO •

For 4 people

Ingredients

1 l	Fresh milk
395 ml	Condensed milk
410 ml	Evaporated milk
50 g	Sugar
5	Cloves
3	Sticks cinnamon
100 g	Grated desiccated coconut
3	Egg yolks
	Vanilla essence

Decoration

Ground cinnamon

Preparation

Boil together in a saucepan the fresh milk, cloves, cinnamon, sugar and coconut. Stir frequently over medium heat until the milk has reduced by at least 15%. Strain to remove the coconut, cloves and cinnamon. Return to the heat and add the evaporated and condensed milk while warming without allowing it to boil. Remove from the heat and gradually add the lightly beaten egg yolks and vanilla to taste. Mix well and freeze.

Presentation

On serving, sprinkle over ground cinnamon to taste.



· BUÑUELOS ·

A brief history

Buñuelos, or doughnuts, made their appearance in Peru after the conquest by Spain. They represent a Spanish tradition which in turn had been introduced by the Moors, particularly to the southern part of the Iberian Peninsula. The local people, those of modest means occupied in poorly-paid jobs, would also work as street vendors offering buñuelos. In Seville and Granada, buñuelos fried in oil and covered with honey were a typical sweetmeat. Soon after the Spanish conquest, the first buñuelos were made with maize or bean flour, but these ingredients were soon replaced by wheat flour.

In Arequipa, buñuelos are made according to the original recipe with wheat flour, yeast and anise. The original name is also retained; in other parts of Peru, especially Lima, they are known as picarones and they received a particularly indigenous contribution, with the incorporation of sweet potato and yellow pumpkin in combination with the original ingredients such as wheat flour and sugar.

Buñuelos were prepared by Afro-Peruvian cooks who popularized the recipe, not only as a food for those of humble means as well as a favourite sweet dish for the smartest families, but also as a saleable product.

• BUÑUELOS •



The tradition of distributing buñuelos by means of street vendors was established principally in the streets of Lima. These salespeople, the street criers, not only sold their products but did so by means of songs, verses and phrases; they were the poets of the street! As each crier offered his or her products at a particular time of day, they also functioned as the city's clock by indicating the time. The milkmaid did her rounds at 7 am. Then the infusion vendor would arrive at 8 am - and so on, until the girl selling picarones would appear with her wares at 2 pm. Out in the streets, one would hear the cry of 'Hot picarones! Round, golden picarones well coated in honey ...'

Since the eighteenth century, picarones have been offered for sale during religious processions, especially that of the Lord of the Miracles in Lima. The mestizo, mulatto and Negro criers prepared them and offered them, together with other delicacies such as mazamoras (made from cornflour), either purple or flavoured with molasses - also known as jaggery - nougat, champús (a beverage), revolución caliente (a kind of muffin), brochettes and choncholías (a type of offal).

The consumption of buñuelos in the city of Arequipa is quite a tradition. They are considered to be one of the most popular puddings after a traditional weekend lunch during a family outing to a location outside the city.



· BUÑUELOS ·

For 4 people

Ingredients

500 g	Plain flour
15 g	Yeast
5 g	Salt
5 g	Sugar
8 g	Aniseed grains
400 ml	Tepid water

Preparation

Boil the aniseed for 2 minutes in 400 ml water and put on one side. For the dough, mix the flour, yeast, salt, sugar and aniseed water in a bowl. Knead the dough thoroughly; it is very important to obtain an elastic, consistent texture. Once the dough is ready, cover with a cloth and leave in a warm place for an hour. Heat a generous amount of oil in a saucepan. Wet the fingers with water and take a small portion of the dough; this must then be worked with the fingers into the form of a ring and then submerged in the heated oil. The fritter should be cooked for 10 to 15 seconds each side, then removed with a slotted spoon; this operation is repeated to produce each buñuelo.





· BUÑUELOS ·

Special sugar syrup

Ingredients

¼ Kg	Orange
½ Kg	Chancaca (very dark brown sugar or molasses)
1 Lt	Water
1 g	Cloves
1 g	Cinnamon

Preparation

Boil the aniseed for 2 minutes in 400 ml water and put on one side. For the dough, mix the flour, yeast, salt, sugar and aniseed water in a bowl. Knead the dough thoroughly; it is very important to obtain an elastic, consistent texture. Once the dough is ready, cover with a cloth and leave in a warm place for an hour. Heat a generous amount of oil in a saucepan. Wet the fingers with water and take a small portion of the dough; this must then be worked with the fingers into the form of a ring and then submerged in the heated oil. The fritter should be cooked for 10 to 15 seconds each side, then removed with a slotted spoon; this operation is repeated to produce each buñuelo.

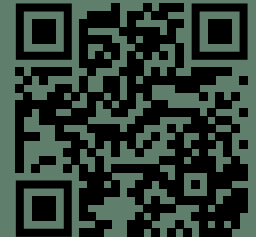
Presentation

To serve, 3 or 4 buñuelos should be placed on each plate and some of the special syrup poured over them.



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