

THE CULINARY INSTITUTE OF AMERICA
IN ASSOCIATION WITH UNILEVER FOODSOLUTIONS
PRESENTS



SAVORING THE BEST OF
WORLD FLAVORS

UNILEVER RECIPES FROM PERU AND BRAZIL



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Traditional Peruvian Ceviche

BUTIFARRA

Yield: 40 large sandwiches

Ingredients	Amounts
Pork leg, 5-6 lb., boned	1 ea.
Garlic, minced	3 Tbsp.
Ají Panca Paste (recipe follows)	3 Tbsp.
Cumin	1 tsp.
Turmeric	1 tsp.
Red onion, medium, grated	1 ea.
Chicken stock, salted	8 cups
Bay leaves	4 ea.
Salt and pepper	to taste
Hellmann's Mayonnaise or Garlic Aioli	8 oz.
Rolls	40 ea.
Lettuce	
Salsa Criolla (recipe follows)	

Method

1. Combine the garlic, ají panca paste, turmeric, cumin, onion, salt, and pepper in a bowl. Mix well. Rub the pork leg with the mixture. Roll the pork leg tightly and tie securely with kitchen twine.
2. Place the pork leg in a large rondeau or a wide pot. Mix the stock and any remains of the seasoning mixture and pour it into the rondeau with enough water to cover a third of the pork. Add the bay leaves.
3. Simmer the leg of pork, covered, for about 1½ to 2 hours, checking the liquid level at times. Pierce the pork with a metal prong and see if the juices run clear. If they do, the meat is finished cooking. Let cool.
4. Slice the pork into thin slices and place in a roll with Hellmann's Mayonnaise or Garlic Aioli and lettuce. Sprinkle with salt and add the salsa criolla.

AJI PANCA PASTE

PASTA DE AJI PANCA

Yield: 1 cup

Ingredients	Amounts
Vegetable oil	2 Tbsp.
Ají panca	1 lb.
Water	

Method

1. Stem, seed, and devein the ajíes.
2. Toast the ajíes in a dry skillet over high heat for a few minutes and then blanch them. Blanch once or twice, depending on the amount of spiciness you want your paste to have.
3. In a blender, process the ajíes with just enough vegetable oil and water to make a thick paste. Push the mixture through a fine sieve and discard any remaining skin and veins.

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SALSA CRIOLLA

Yield: 1½ cups

Ingredients	Amounts
Red onions, sliced as fine as possible	2 ea.
Vegetable oil	1 Tbsp.
Ají amarillo, seeded and finely sliced	1 ea.
Vinegar	1 Tbsp.
Cilantro or parsley sprigs, finely chopped	3 ea.
Key limes, juice of	2 ea.
Salt	to taste

Method

1. Season the sliced onion with salt. Rinse with cold water and drain thoroughly.
2. Place the sliced onions in a bowl season with salt, key lime juice, and vinegar. Add the ají amarillo, vegetable oil, and cilantro or parsley. Mix well.

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CHICHARRON NOVOANDINO

Yield: 4 portions

Ingredients	Amounts
<i>Salsa</i>	
Tomatoes, peeled, seeded, and finely diced	4 ea.
Rocoto pepper, stemmed, seeded, deveined, and finely diced	½ ea.
Fresh mint leaves	as needed
Salt and pepper	to taste
Vegetable oil	as needed
Key lime juice	few drops
Quinoa	3 cups
Chicken breast fillets	1½ lb.
Oregano	1 Tbsp.
Curry powder	1 Tbsp.
Ají Amarillo Paste (recipe follows)	2 Tbsp.
Flour, sifted	1 cup
Eggs, beaten	3 ea.
Salt and pepper	to taste
<i>Garnish</i>	
Hellman's Garlic Aioli	
Plantains, fried	

Method

1. *For the salsa:* Combine the diced tomatoes and rocoto in a bowl. Add the mint, salt, pepper, oil, and a few drops of key lime juice. Set aside.
2. Wash the quinoa thoroughly with several changes of water. Boil the quinoa for 10 minutes. Drain the quinoa and spread out on a baking sheet to dry.
3. Cut the chicken breast fillets into 1½- by ½-inch strips. Season with oregano, curry powder, and ají amarillo paste. Set aside and marinate for 30 minutes.
4. To cook, sprinkle the chicken pieces with salt and pepper and coat with the sifted flour and then the beaten eggs.
5. Dredge the chicken pieces in the quinoa. Deep fry in 350 to 375 degree oil until the quinoa coating is golden brown and crisp, about 5 minutes. Drain on a paper towels and serve accompanied by the salsa, Hellmann's Garlic Aioli, and fried plantains.

Source: *The Art of Peruvian Cuisine*, by Tony Custer (Quebecor Perú, 2003)

AJÍ AMARILLO PASTE

PASTA DE AJÍ AMARILLO

Yield: 1 cup

Ingredients	Amounts
Ají amarillo	1 lb.
Sugar	½ cup
Vinegar	¼ cup
Vegetable oil	2 Tbsp.

Method

1. Wash, stem, seed, and devein the ajíes. Place in a large pot of cold water and bring to a boil. Reduce the heat and simmer for 30 to 40 minutes until the ajíes are soft.
2. Strain the ajíes and place in a blender. Add the sugar and vinegar and blend to form a creamy paste. Press through a fine mesh sieve to remove any pieces of skin.
3. In a blender, process the ajíes with just enough vegetable oil and water to make a thick paste. Push the mixture through a fine sieve and discard any remaining skin and veins.

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CILANTRO CAUSA WITH SHRIMP

Yield: 8 portions

Ingredients	Amounts
<i>Causa</i>	
Yellow potatoes, boiled	4 lb.
Limes	8 ea.
Canola oil	4 Tbsp.
Ají Amarillo Paste (see index)	8 Tbsp.
Cilantro paste	8 Tbsp.
Sea salt	to taste
 <i>Shrimp filling</i>	
Shrimp, cooked, peeled, and deveined	2 lb.
Hass avocado	2 ea.
Tomatoes, peeled and diced	4 ea.
Hellmann's Mayonnaise	6 Tbsp.
Limes, juice of	2 ea.
Salt	to taste

Method

1. *For the causa:* Boil the potatoes and purée while hot. Let cool and add the lime juice. Mix the potatoes with the ají amarillo paste, cilantro paste, and oil. Mix until combined and then season with salt to taste.
2. *For the shrimp filling:* Mix the shrimp, Hellmann's Mayonnaise, lime juice, and parsley together. Season with salt to taste.
3. Place one scoop of the causa in the bottom of a ring mold, add a layer of the avocado slices, Hellmann's Mayonnaise, and tomatoes. Cover with a second scoop of the causa mixture and top with the shrimp filling; serve chilled.

CORVINA A LA CHORRILLANA

Ingredients	Amounts
Vegetable oil	2 Tbsp.
Butter	1 Tbsp.
Garlic, minced	1 tsp.
Red onions, medium, sliced	2 ea.
Bay leaves	2 ea.
Paprika	1½ Tbsp.
All-purpose flour	2 Tbsp.
Ají amarillo, seeded and finely sliced	2 ea.
Red bell pepper, peeled and diced	1 ea.
White wine vinegar	½ cup
Knorr Fish Base, prepared	1 cup
Peas, cooked	¼ cup
Cilantro, freshly chopped	1 Tbsp.
Tomatoes, peeled, seeded, and quartered	3 ea.
Oregano, dried	½ tsp.
Sea bass fillets, ½ lb.	4 ea.

Method

1. Heat the oil and butter over medium-high heat and then sauté the garlic and onion until golden, about 5 minutes. Watch carefully so as not to burn the garlic.
2. Add the paprika and flour and mix well. Add the bay leaves, red bell pepper, wine, vinegar, Knorr Fish Base, and the fresh ají amarillo. Continue cooking, stirring occasionally until the liquid has reduced and the sauce coats the back of a spoon, about 5 minutes.
3. Add the peas, cilantro, tomatoes, and oregano. Cook for a few more minutes, until the tomatoes are warmed through. Remove the bay leaves.
4. Cook the fish on a grill for about 3 minutes on each side, brushing with oil to prevent them from sticking. Serve the fish immediately topped with the sauce.

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ANDEAN BEEF COOKED IN HERBS

HUÁTIA

Yield: 8 portions

Ingredients	Amounts
Vegetable oil	¼ cup
Brisket	3 lb.
Garlic paste	1 Tbsp.
Ají Amarillo Paste (see index)	2 Tbsp.
Black pepper	2 Tbsp.
Red onions, quartered	1 lb.
Red wine vinegar	¼ cup
Fresh oregano	¼ cup
Fresh rosemary	¼ cup
Fresh culantro leaves	1 cup
Fresh thyme sprigs	2 ea.
Fresh spearmint (<i>hierbabuena</i>)	2 cups
Ají panca, seeds and veins removed, julienne	2 ea.
Knorr Beef Base, prepared	2 cups
 <i>Garnish</i>	
Rice, soaked in hot water, rinsed	2 cups
Vegetable oil	2 Tbsp.
Garlic paste	1 tsp.
Knorr Chicken Base, prepared	4 cups
Salt	to taste
Peruvian corn (<i>choclo</i>), cooked	1 cup
Unsalted butter	2 Tbsp.
Fresh herbs (oregano, rosemary, culantro, thyme, and spearmint)	as needed

Method

1. Heat a cast iron skillet over medium-high heat and brown the meat on all sides.
2. Heat the oil in a large skillet over medium heat, cover and sweat the garlic and ají amarillo paste for 3 minutes. Add the Knorr Beef Base. Add the remaining ingredients, including the beef, to the skillet.
3. Cover with a lid and cook over low heat for about 2 hours. Add the Knorr Beef Base to the pan if the liquid evaporates completely, as this will dry out the meat.
4. *For the garnish:* Heat the oil in a large saucepan over medium heat. Sweat the garlic until fragrant. Add the rice and Knorr Chicken Base and season with salt to taste. Cover and cook for 20 minutes. Let the rice stand covered for an additional 10 minutes. Fluff the rice with a fork. Sauté the Peruvian corn in butter, season with salt to taste, and mix it into rice.
5. Slice the meat crosswise into serving pieces and serve with a generous amount of herbs and broth, with the warm rice on the side.

PERUVIAN LAMB SKEWERS MARINATED IN AJÍ PANCA

ANTICUCHOS DE CORDERO

Yield: 8 portions

Ingredients	Amounts
<i>Lamb anticuchos</i>	
Dark malt beer	13½ oz.
Lamb loin, cut to thin 4" strips	2 lb.
Garlic paste	5 Tbsp.
Ají Panca Paste (see index)	4 Tbsp.
Salt	to taste
Black pepper, freshly ground	to taste
Cumin	to taste
Oregano, dried	to taste
Fresh oregano	to taste
Red wine vinegar	5 Tbsp.
Canola oil	6 oz.
Bamboo skewers, soaked in water	30 ea.
Hellmann's Mayonnaise or Garlic Aioli	2 oz.
 <i>Salsa</i>	
Ají amarillo, whole	12 oz.
White onion, quartered	7 oz.
Garlic clove	1 ea.
Fresh huacatay leaves	1 oz.
Fresh cilantro, leaves and stems	1 oz.
Canola oil	4 oz.
Salt	to taste
Water	as needed
 <i>Garnish</i>	
Yukon gold potatoes, boiled, peeled, removed	2 lb.
Peruvian corn (<i>choclo</i>), whole ears, cut into serving pieces, boiled	4 ea.

Method

1. Bring the beer to a boil in a saucepan and reduce by one quarter. Add the remaining anticucho ingredients except the oil and Hellmann's Mayonnaise or Garlic Aioli, and marinate the lamb for at least 8 hours.
2. *For the salsa:* Transfer all of the salsa ingredients to a blender and purée until smooth. Refrigerate until ready to serve.

3. Thread the meat on the bamboo skewers that have been soaked in hot water to prevent them from burning. Add the oil to the reserved lamb marinade and adjust the seasoning with more herbs, spices, salt and pepper. The reserved marinade should double in volume.
4. Heat a grill over high heat and rub the grate with a rag soaked in oil. Grill the lamb skewers on each side, basting with the marinade. Grill the lamb to medium-rare doneness. For the last basting, use Hellmann's Mayonnaise or Garlic Aioli. Serve with the potatoes, the Peruvian corn, and the salsa.

RED ROCOTO CAUSA TOPPED WITH OCTOPUS IN A PERUVIAN OLIVE SAUCE *CAUSA DE ROCOTO CON PULPO AL OLIVO*

Yield: 8 portions

Ingredients	Amounts
<i>Causa</i>	
Yellow potatoes, boiled	4 lb.
Limes	8 ea.
Canola oil	4 Tbsp.
Peruvian rocoto paste	8 Tbsp.
Sea salt	to taste
Octopus, boiled, skin removed, thinly sliced	5 lb.
Hass avocado	2 ea.
Tomatoes, peeled and diced	2 ea.
Hellmann's Mayonnaise	8 Tbsp.
 <i>Olive sauce</i>	
Hellmann's Mayonnaise	as needed
Ají Amarillo Paste (see index)	2 Tbsp.
Peruvian botija olives	4 lb.
Mexican limes, juice of	2 ea.
 <i>Garnish</i>	
Capers	as needed
Piquillo peppers	as needed

Method

1. *For the causa:* Boil the potatoes in salted water and press through a ricer while hot. Cool the potatoes slightly.
2. Add the lime juice, rocoto paste, and vegetable oil. Season with salt to taste and combine until smooth.
3. *For the olive sauce:* Transfer the Hellmann's Mayonnaise, ají amarillo paste, Peruvian olives, and the lime juice to a blender and process until smooth.
4. Place one scoop of the causa in the bottom of a ring mold and tamp down evenly with a spoon. Top with a layer of avocado slices and lightly spread with additional Hellmann's Mayonnaise. Add another layer of tomatoes and repeat the entire process a second time to make two layers. Top with ¼ cup of the boiled octopus and a generous amount of the olive sauce. Garnish with capers and sliced piquillo peppers.

SECO DE CORDERO

Yield: 10 portions

Ingredients	Amounts
Chicha de jora	6¼ cups
Knorr Beef Base	1 Tbsp.
Red wine	4¼ cups
Bay leave	2 ea.
Cloves, whole	2 ea.
Extra virgin olive oil	6 Tbsp.
Butter, unsalted	4 Tbsp.
Lamb chops	10 ea.
Ají amarillo, seeds and veins removed, puréed	21 oz.
Celery, medium dice	12 oz.
Leeks, medium dice	8 oz.
Carrot, peeled, medium dice	10 oz.
Garlic heads	2 ea.
Red onions, quartered	2 lb.
Fresh cilantro, blanched and blended	10 oz.
Salt and pepper	to taste

Method

1. Combine the chicha de jora, Knorr Beef Base, red wine, bay leaves, and cloves. Marinate the meat in this mixture overnight.
2. In a heavy skillet heat the olive oil over medium-high heat. Season the lamb with salt and pepper and brown the lamb chops on all sides. Remove the lamb and set aside. Add the garlic cloves and carrots and cook over low heat. Once the carrots are caramelized, add the onion and cook until caramelized
3. Add the ají amarillo purée and cook for 5 minutes. Add the celery and the cilantro. Deglaze the pan with the marinade liquid and return the meat to the pan. Add enough of the marinade to cover the meat. Bring the mixture to a rolling boil. Skim any foam from the cooking liquid and then reduce the heat. Cover and cook slowly over low heat until the meat is cooked through, about 30 to 40 minutes.
4. Drain the liquid from the pan and pass through a fine mesh sieve. Keep the meat covered so it doesn't dry out. Transfer the liquid to a saucepan and reduce the mixture by half.
5. Return the liquid to the pan with the meat and cook until the liquid has reduced to the desired consistency. Finish the sauce with butter and serve immediately.

TRADITIONAL PERUVIAN CEVICHE

CEVICHE TRADICIONAL

Yield: 10 portions

Ingredients	Amounts
Flounder or Dover sole	3¼ lb.
Salt	to taste
Mexican limes, freshly squeezed	1 lb.
Ají limo, cross section, thinly sliced	4 ea.
Leche de Tigre (recipe follows)	1 cup
Red onion, halved and thinly sliced	½ lb.
Cilantro sprigs	5 ea.
Sweet potatoes, peeled and boiled	2 lb.
Peruvian corn (<i>choclo</i>), whole ears	5 ea.
Cancha, toasted and salted	1 lb.
Ice cubes	as needed
Fresh cilantro	for garnish

Method

1. Submerge the red onion in a bowl filled with cold water. Drain and set aside.
2. Cut the fish into medium dice, cutting with the grain of the fillet. Place the fish in a bowl and season generously with salt. Toss the fish with the salt for several minutes so that the fish exudes its natural juices.
3. Add the onion and continue tossing. Add the lime juice, ice cubes, and aji limo.
4. Immediately prior to serving add the leche de tigre and adjust the seasonings to taste. Serve with slices of sweet potato, Peruvian corn, and cancha. Garnish with sprigs of cilantro.

Recipe credit: Marilú Madueño, as presented at the 2008 Latin Flavors, American Kitchens conference

PERUVIAN CEVICHE JUICE

LECHE DE TIGRE

Yield: 6 portions

Ingredients	Amounts
Ají limo, seeds and veins removed, finely diced	1 tsp.
Ají amarillo, seeds and veins removed, finely diced	2 tsp.
Red onion, julienne	1 1/3 cups
Cilantro, whole stems	4 ea.
White medium-flesh fish fillet, skin and dark spinal meat removed	3½ oz.
Celery, peeled and finely minced	1 Tbsp.
Garlic cloves, peeled	2 ea.
Ginger, peeled and grated	1 tsp.
Mexican limes	16 ea.
Hondashi seasoning	a pinch
Salt	to taste
Ice cubes	as needed

Method

1. Mix all of the ingredients in a non-reactive bowl, seasoning to taste with salt and hondashi seasoning.
2. Transfer the mixture to a blender and briefly pulse the mixture three times. Do not overblend. Pass the mixture through a fine mesh sieve. Use the mixture for seasoning ceviche.

Recipe credit: Pedro Miguel Schiaffino, as presented at the 2008 Latin Flavors, American Kitchens conference

BRAZIL

Brazilian Salad

Brazilian Rice

Feijoada with Farofa

Fish Stewed in Coconut Milk

Brazilian Shrimp Pastries

BRAZILIAN SALAD

Ingredients	Amounts
<i>Seasoning</i>	
Olive oil	½ cup
Vegetable oil	½ cup
Lemon juice	½ cup
Vinegar	½ cup
White mustard	to taste
Allspice	to taste
Salt	to taste
Pepper	to taste
Avocados	3 ea.
Hearts of palm	6 ea.
Eggs, hard-boiled	2 ea.
Fresh parsley or cilantro	to taste

Method

1. *For the seasoning:* Combine all ingredients and mix well.
2. Halve the avocados lengthwise. Remove the flesh and keep the skins. Dice the flesh. Slice the hearts of palm. Finely chop the hard-boiled eggs. Mix together well.
3. Fill the empty avocado skins with the avocado mixture and pour the seasoning over them. Sprinkle with a pinch of chopped parsley or cilantro.

BRAZILIAN RICE

Yield: 6 portions

Ingredients	Amounts
White rice, long-grain	2 cups
Butter	2 oz.
Onions, minced	4 oz.
Garlic cloves, minced	2 ea.
Cloves, whole	2 ea.
Knorr Chicken Base, prepared	3 cups
Salt	to taste
Black pepper, ground	to taste

Method

1. Place the rice in a china cap and rinse under cold water until it runs clear. Drain the rice well and set aside.
2. In a medium saucepan, heat the butter over medium heat. Add the onions and garlic and sauté until the onions are translucent, about 5 minutes.
3. Add the rice, stirring constantly, until the rice has absorbed the butter and the grains are translucent. Add the whole cloves, salt, pepper, and Knorr Chicken Base; bring to a simmer.
4. Cover the pan and bake in a 350°F oven until the rice is tender, about 15 minutes.
5. Remove from oven. Cover and let stand for 5 minutes, until all the moisture is absorbed.

FEIJOADA

Ingredients	Amounts
Pork shoulder, lightly salted	1 lb.
Pork spareribs, lightly salted	1 lb.
Pig tail, lightly salted	1 lb.
Trotters (pig or sheep foot), lightly salted	2 lb.
Pork shoulder, smoked	1 lb.
Pork breast, smoked	1 lb.
Sausage, smoked	1 lb.
Knorr Pork Base	1 oz.
Carne seca (Brazilian dried beef)	2 lb.
Brazilian black beans, small	2 lb.
Onions, finely chopped	2 ea.
Garlic head, crushed	1 ea.
Celery stalk, finely chopped	1 ea.
Bouquet garni	1 ea.
Bay leaves	3 ea.
Black pepper, freshly ground	1 tsp.
Water	as needed

Garnish

Green cabbage, cut in thin strips
Pepper sauce (*molho*)
Ground Cassava Meal (recipe follows)
Orange slices

Method

1. The evening before serving, rinse the salted meats and leave to soak under a thin trickle of water.
2. Put the meat, beans, onions, garlic, celery, bay leaves, Knorr Pork Base, bouquet garni, and the pepper into a large, heavy pot. Fill with water. Slowly bring to a boil and simmer for 2 hours. Remove each piece of meat from the pot as soon as it is cooked. Cook the beans for another hour. The liquid should become thick and creamy. Pour the beans into a cast iron pot. Cut the meat into cubes and add to the beans. Bring to a boil and simmer for 10 minutes.
3. In the center of each plate, place about 2 ladles of meat and beans. Around the edge put 3 spoonfuls of green cabbage and lastly sprinkle a few drops of pepper sauce (*molho*) over the meat. Dust ground cassava meal (*farofa*) over everything and place a slice of peeled orange on the rice. After having mixed everything together in your plate, the feijoada is ready to be eaten.

GROUND CASSAVA MEAL

FAROFA

Yield: 10 portions

Ingredients	Amounts
Dendê oil	2 Tbsp.
Cassava flour, coarse	1 cup

Method

1. Heat the dendê oil and add the cassava flour.
2. Gently toast the cassava flour for 5 minutes over a low heat. Reserve for service.

FISH STEWED IN COCONUT MILK

MOQUECA DE PEIXE

Ingredients	Amounts
Peanut or vegetable oil	2 Tbsp.
Onion, finely chopped	1 ea.
Tomatoes, peeled, seeded, and chopped	2 ea.
Garlic clove, crushed	1 ea.
Green pepper, chopped	1 ea.
Fresh coriander, chopped	1 Tbsp.
Cayenne pepper, crushed	1 ea.
Knorr Fish Base, prepared	1 cup
Pollack or cod fillets	2 lb.
Coconut milk	2 cups
Dendê oil	2 oz.

Garnish

Fresh cilantro, chopped

Method

1. In a saucepan, soften the onion in the oil. Add the tomatoes, garlic, green pepper, coriander, salt, and cayenne pepper together with the Knorr Fish Base.
2. Cook on a low heat for 15 minutes. Add the fish fillets and cook for 10 minutes. Add the coconut milk and the dendê oil. Cook for another 5 minutes. Serve with white rice in coconut milk. Garnish with cilantro.

Note: Shrimp, crab, or duck can be used instead of fish.

BRAZILIAN SHRIMP PASTRIES

EMPADAS DE CAMARO

Ingredients	Amounts
<i>Short pastry</i>	
Flour	1 lb.
Water	2 Tbsp.
Egg yolk	1 ea.
Butter, softened	8 oz.
Salt	1 tsp.
 <i>Marinade</i>	
Olive oil	2 Tbsp.
Malagueta pepper, finely chopped	2 ea.
Lime juice	½ tsp.
Shrimp, small, peeled and chopped	10 oz.
 <i>Filling</i>	
Lemon	1 ea.
Olive oil	2 Tbsp.
Tomatoes, finely chopped	2 ea.
Onion, finely chopped	1 ea.
Garlic clove, finely chopped	1 ea.
Green pepper, finely chopped	½ ea.
Fresh parsley, finely chopped	as needed
Salt and pepper	to taste
Black olives, pitted	1 oz.
Hellmann's Mayonnaise	2 oz.
Tomato concentrate	1 tsp.
Hot pepper sauce	few drops

Method

1. *For the short pastry:* Mix the flour, water, egg yolk, softened butter, and salt. Knead the dough. Put aside for 1 hour.
2. *For the marinade:* Combine the ingredients and marinate the shrimp for 15 minutes.
3. *For the filling:* Heat the olive oil in a pan and add the tomatoes, onion, garlic, green pepper, and parsley; season with salt and pepper. Add the shrimp and olives and simmer for 10 minutes. Moisten with Hellmann's Mayonnaise, tomato concentrate, and the hot pepper sauce; mix well. Remove from the heat and leave to cool.
4. Roll out the pastry, cut into rounds, and put in a baking tin. Fill with the shrimp mixture and close with another pastry round. Pinch the sides together and brush with beaten egg yolks. Bake in the oven for 20 minutes and serve hot with Hellmann's Mayonnaise.

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This course guide was developed using the resources of The Culinary Institute of America. Much of the content was compiled for the Continuing Education Department by

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