

PERU MENU



Live a day in the food of a woman from a Quechua family in the Andes, following what she might have for breakfast, lunch and dinner.

A Day in Her Food fact: A woman living in hunger in the Andes will not experience much variety in her food options. For example, lunch is nearly always potato-based, and taken in the fields while herding sheep.

INGREDIENTS FOR THE DAY (for one person):

- 6 potatoes
- 170g cracked wheat, or bulgur wheat if it's easier to find
- 1½ carrots
- 1 corn on the cob
- 1/2 tablespoon of chopped onion
- 1/2 tablespoon chopped tomato
- A few mint leaves
- Salt
- Vegetable oil

DRINKS

To drink on the challenge: Water throughout the day (no tea, coffee or other drinks)

BREAKFAST - Potato stew with boiled wheat

A simple dish to start her day

Ingredients:

- 2 potatoes, chopped into cubes
- 1/2 tablespoon of chopped onion
- 1/2 Half a tablespoon of chopped tomato 90g of cracked wheat or bulgur wheat 1 tablespoon vegetable oil

Method:

- Lightly fry the onion and tomato in vegetable oil.
- When soft, add the chopped potato and mix.
- Add around a cup to a cup and a half of water – enough for the potato to boil.
- Add salt to taste.
- In a separate saucepan boil 90g of cracked wheat/bulgur wheat as per packet instructions.
- Add salt to taste.
- Once the potatoes and wheat are cooked, serve together.

LUNCH - Fried potatoes with grated carrot

Lunch is usually potato-based and would be taken in the fields, while herding sheep.

Ingredients:

- 2 potatoes, chopped into cubes
- 1 carrot, grated
- Vegetable oil

Method:

- In a pan fry the potatoes in enough oil that they are half submerged.
- Keep stirring, flipping potatoes over so they cook evenly and don't stick to the pan.
- Once potatoes are fried, drain the oil from the pan.
- Add the grated carrot to the potatoes, and on low heat combine thoroughly.
- When carrot is heated through, remove from heat, and serve

DINNER - Wheat and potato soup with mint and corn on the cob

Potato again...

Ingredients:

- 80g cracked wheat or bulgur wheat
- 1/2 a carrot, chopped
- 2 potatoes, chopped into cubes
- A few mint leaves, chopped
- 1 corn on the cob

Method:

- In a saucepan, mix the cracked wheat/bulgur wheat with the chopped potatoes and 2 cups of water.
- Boil per wheat packet instructions.
- Before the potatoes are completely cooked, add the chopped carrot and salt to taste.
- In another pan, boil the corn on the cob.
- When wheat, carrots and potato are cooked, take soup/stew off the heat and serve with chopped fresh mint on top, and the corn on the cob at the side.