

## Gather with a Purpose – Peru

HOST YOUR OWN DINNER!

IT'S EASY AS 1-2-3

INVITE FRIENDS  
COOK GREAT FOOD

LEARN ABOUT OTHER COUNTRIES & CULTURES

### Step 1: Invite your friends

Example: Hey guys, want to come over next week for dinner? Let's mix it up, and make Peruvian food, learn about and pray for the country of Peru.

### Step 2: Recipes

Here are the recipes we are making, but don't be afraid to explore – there are so many good ones out there!

#### Shrimp Causas

##### *Ingredients:*

2 lbs starchy potatoes (in Peru we use 3/4 of 'papa amarilla -yellow potato' and 1/4 'papa blanca – white potato')

7 tbs. vegetable oil

3 key limes

3 tbs. ají amarillo paste

1-2 Avocado, cut in half, peeled and cut into thin slices (2-3 mm)

salt and pepper

For the sauce:

White vinegar, ají amarillo paste, lime juice, vegetable oil, salt and pepper

#### Shrimp Filling

½ lb shrimp (cleaned)

1/2 small sweat onion (minced)

1-2 cloves of garlic (minced)

½ cup white wine

1 tsp. butter

1 tbs. mayonnaise (optional)

vegetable oil, salt, pepper

For the sauce:

2 tbs. ají amarillo paste

1 lime

salt, pepper and leftover reduction of the shrimps

**Preparation:**

1. Steam the potatoes with the skin on in little water until they are cooked (about 20 minutes).
2. Cut the shrimps into 3-4 pieces per shrimp, leave one whole shrimp per person for garnish.
3. Heat up a saucepan with some vegetable oil, add the sweat the onions and garlic until they are translucent.
4. Increase the heat and add the shrimp, fry for about 2 minutes and stir occasionally. Add white wine and after a few seconds add the butter. Add salt and pepper to taste and bring to boil. Remove the shrimps and put them into a bowl.
5. Add the ají amarillo paste to the remaining liquid in the saucepan and reduce for about 2 minutes. Put into a separate bowl. The shrimps will lose more liquid, that can be poured to this reduction.
6. Remove the whole shrimp from the bowl. Add mayonnaise to the chopped shrimp. Use the chopped shrimp and avocado as the stuffing in your causa.
7. Peel the warm potatoes and mass them using a potato ricer.
8. Squeeze the limes, add the juice to the mashed potatoes.
9. Add the vegetable oil and the aji paste to the mashed potatoes. Add salt and pepper to taste. Stir.
10. Assemble the causa - Use a 2-3 in metal ring or ramekin dish, set it on the plate. Put a 1/2 inch layer of the potato in the ring and add an avocado layer. Add another potato layer. Add the shrimp and press it down well. On top of the shrimp add a second avocado layer, and finally fill the form with another potato layer to the top.

**Garnish and sauce:**

1. Remove the metal ring, or flip ramekin dish onto place and decorate as you like: mayonnaise, shrimp, an avocado slice, parsley, or fresh chili,  
\*If you do not want to stack every single serving separately, you can use a rectangle form (as for a lasagna) and build up the layers there. For cutting and serving use a spatula.

**Ceviche****Ingredients:**

- 1.5 Fresh fish filet (very fresh, preferably lean white fish)
- 10 Small limes for about 2-3 tbs. of juice per person
- 3 tsp. salt
- 1 tbs. minced red chili, type 'ají limo' or 'rocoto' or both
- 1 onion (150 gr)
- 1/2 garlic clove
- 15 cilantro leaves
- 2 tbs. evaporated milk
- 8 tbs. fish stock
- pepper as desired

**Preparation:**

1. Squeeze the limes into strainer above a bowl.
2. Mince the red chili, the garlic, and the cilantro.
3. Cut the onion in two halves and slice it into thin half circles (julienne).
4. Remove all skin and spines from the fish filet.
5. Cut the fish into strips and then into cubes of about 1½ cm in size (½ inch).
6. Put fish into a bowl, add salt, pepper and the lime juice, stir and wait a minute.
7. Add 6 tbs. of the fish stock, chili, garlic, cilantro and stir.
8. Finally add the evaporated milk, stir rapidly, so it doesn't curdle.
9. Add more chili if you want.
10. Add onion, stir once more and put fish on the center of a plate, making a heap, adding also all the marinade.
11. Garnish with some sweet potato or potato slices, corn (kernels removed from the cob, or cut entire corn cob into 4 pieces).

**Arroz Blanco**

\*This recipe is very flexible – adjust for the quantity of rice you want!

White long-grain rice (Peruvian, Basmati or Jasmine)

Garlic (minced)

Vegetable oil

Salt

**Preparation:**

1. Rinse the rice with cold water 3 times to wash off the starch.
2. In a pot at medium heat, add enough oil to cover the surface of the pan and a couple of garlic cloves (around 1 clove per cup). Fry the garlic until the nice aroma of the garlic is out.
3. Add the rice and mix for a minute, making sure that the garlic at the bottom is not burning.
4. Add water until there is approximately one knuckle of water above the rice, salt to taste and let it cook at medium heat until the rice has soaked up the water on top of it.
5. When this has happened, cover the rice, lower the heat and let it cook for about 10 more minutes. Don't stir!

**Pisco Sours**

6 ice cubes

3 oz Peruvian Pisco

1 oz simple syrup

30 oz lime juice (1 oz)

1/2 an egg-white

2 drops Angostura bitter

### Preparation in a blender:

1. In a blender you can put up to 4 times the amount, always being keeping the proportion Pisco: Syrup: Lime as 3 : 1 : 1 .
2. Add Pisco, syrup and lime into the blender and as much ice as you can submerge.
3. Blend until the ice is completely dissolved.
4. Finally add the egg-white and blend well. Before adding the egg-white the blender should not be more than half full, otherwise it might overflow.
5. When serving many glasses, first fill the glasses only half (most of it will be foam), and make them full in a second pass (with less foam)

### Step 3: Study up

Decide on what information you want to share with your friends! We made a quick and easy printable fact and prayer guide below! There are a million different routes you could go with this – and depending on who your crowd is you may want to tailor it to fit them. Check out our pinterest board for ideas!

## PERU FAST FACTS

- Capital is **Lima**
- Population is **32 million** with 10 million Peruvians living in Lima
- Land mass is about **496,224** sq. miles or roughly *twice the size of Texas*
- Languages spoken include Castellano (Spanish) and Quechua
- Approximately 22% percent of population lives in poverty (2017)
- 3,000+ variety of potatoes
- Guinea Pigs are a popular food item with over 65 million consumed annually
- 3/4 of the worlds Alpacas call it home
- In the 1530's, the Spanish conquistador Pizarro led a force of 168 men against the Incan Empire of more than 10 million people with a goal of conquest and subjugation. This dark chapter in Peru's history lasted until independence from Spain in 1821.
- Peru has been making strong strides in reducing poverty, which has been hovering nearly 55% for decades as recent as the early 2000s.

## PRAYERS

\_\_\_\_ Please pray for the 41 women who work with Threads of Hope from the rural villages of Cochabamba y Llunchi : their children and for access to health care and education

\_\_\_\_ Please pray the 21 women with Threads of Hope in Lima: pray for their group cohesiveness as they work through changes, pray for new designs and products, and sales.

\_\_\_\_ Please pray the partnership with FINCA and the access to capital, education, support, and community that this will bring all the women

## PRAISES

\_\_\_\_ For school supplies for all the children with Hilos Y Colors

\_\_\_\_ For success with the Cuy (Guinea Pig) raising program

\_\_\_\_ For Zenina - a new Peruvian Employee that will help administration on the ground

\_\_\_\_ Threads of Hope celebrated a record year of sales and financial success in 2018!

God is good!

Thanks for joining us! We are praying you have a fabulous night!

Xoxo,

The BB Team

## **Shopping list:**

### **Ceviche**

- 1.5 lbs Fresh fish filet (very fresh, preferably lean white fish)
- 10 small limes for about 2-3 tbs. lime juice per person
- 3 tsp. salt
- 1 tbs. minced red chili, type 'ají limo' or 'rocoto' or both
- 1 onion (150 gr)
- 1/2 garlic clove
- 15 cilantro leaves
- 2 tbs. evaporated milk
- 8 tbs. fish stock

### **Causas**

- 2 lbs starchy potatoes (we use 1.5 lbs -yellow potato' and .5 lbs white potato')
- 7 tbs. vegetable oil
- 3 key limes
- 3 tbs. ají amarillo paste
- 1-2 Avocado, cut in half, peeled and cut into thin slices (2-3 mm)
- salt and pepper

For the sauce:

White vinegar, ají amarillo paste, lime juice, vegetable oil, salt and pepper

### **Shrimp Filling**

- ½ lb shrimp (cleaned)
- 1/2 small sweat onion (minced)
- 1-2 cloves of garlic (minced)
- ½ cup white wine
- 1 tsp. butter
- 1 tbs. mayonnaise (optional)
- vegetable oil, salt, pepper

For the sauce:

- 2 tbs. ají amarillo paste

### **Arroz/Rice**

White long-grain rice (Peruvian, Basmati or Jasmine)

Garlic (minced)

Vegetable oil

Salt

### **Piscos**

Ice

Peruvian Pisco

Simple syrup

lime juice (1 oz)

1 egg-white

Angostura bitter (you need 2 drops)