



Peruvian Soul.





*Uku Pacha*  
is where life begins...



The story tells that in Inca mythology, the underworld was called Uku Pacha. A place that began just below the earth's surface and extended to the depths of the sea. The name of a magical and underground world associated with the harvest, and symbolised, among other things, fertility and rebirth.

And the fertility of that Inca land gives us its infinite fruits, which together with its ancestral culinary traditions make Peruvian cuisine one of the most exquisite in the world.

*Uku Pacha*



*Hanan Pacha*



*Kai Pacha*



Chili peppers are in the **DNA of the Peruvian cuisine**. The chili is, without a doubt, the main ingredient of Peruvian gastronomy. It has been, since ancient times (**1,800 BC**). The country has more than 300 different types.

Chili in Peru is used as a condiment, to flavor food, so almost all meals are made or seasoned with chili. **Peruvian food is not spicy, it is tasty.**

It is a tribute to the ancient culture and Peruvian aji, the essential ingredient that makes Peruvian cuisine one of the best in the world.

*Some call it coincidence.  
Some call it destiny....*

Whatever it was, something changed in both Jonathan and Carolina when their shared love for classical Peruvian cuisine and the best Peruvian ingredients brought the two together.

Having tasted their way through the entire gastronomic tradition, Jonathan and Carolina came to conclude that something was missing for it to be possible for anyone to cook Peruvian anywhere at any time: Ready-made chili pastes that were flavourful, but not burning hot. They had to be so great that they'd represent the motherland from its best side. The UKU-seed was planted, and with pride UKU is now presented to the world.

Carolina Nava CEO of Taste of Peru ApS, with base in Denmark lives out her passion for Peruvian and Latin American flavors through importing the best ingredients from these kitchens to Europe since 2015; trusted by food enthusiasts and restaurant chefs alike.



*\* Peruvian Soul. \**





## Jonathan Guardia

### Peruvian chef

Jonathan is heir to a monumental family culinary tradition. He grew up amongst the best food you'd possibly find in Peru, cooked by his grandma and his dad. With their delicious dishes they each managed to create themselves a name in the top gastronomy of Lima, and so has since Jonathan.

Building on the gastronomic skill-set he acquired early on, Jonathan was eager to learn more. He studied gastronomy in Lima and Helsinki, he has worked in various restaurants in Europe, and since the age of 23 he has also owned his very own restaurant in Lima.

On top of this, he travels the world as a consultant making menus for restaurants, and, more recently, Jonathan has co-founded Uku together with Carolina.





## *Outstanding taste from a Magical Land*

We have developed three unique chili pastes based on the following chili types: aji amarillo, aji panca and rocoto, which are the essence of Peruvian cuisine. Our concentrates consist of pure chili and do not, like other chili pastes, contain any potato or manioc starch as a filling.

*Our chillies are different and unique.*

UKU is the pure commodity. We have also focused the entire store on delicate and subtle taste that enhances the food rather than overpowering it. For us it's all about turning up the flavours and bringing down the heat.

And our Mother Sauce is a sauce that functions as a base for the preparation of all the red dishes of Peruvian cuisine, such as: adobos, stews, rice with seafood, soups and chupes. It will help you start an infinity of dishes from the Peruvian gastronomy in an easy and fast way.

Our chili pastes and salsas are made from the best peruvian ingredients in accordance with traditional recipes that were carefully adapted to the chefs needs.

All the ingredients we use are grown under high quality standards and above all supporting farmers in the coastal area of Peru.





# Mother Sauce

We have also developed the Peruvian mother sauce, which is a base made of vegetables and seasoning. It will help you start an infinity of dishes from the Peruvian gastronomy in an easy and fast way.

**Use:** As a base for the preparation of sauces and all the red dishes of Peruvian cuisine, such as: adobos, stews, rice with seafood, soups and chupes.

**Tip:** Can also use it to sauté the vegetables of your choice in a wok pan with 2-3 spoons of mother sauce, it is delicious.



**Tip:** Can be eaten directly from the glass or stirred into a delicious chilimayo as a snack



# Rocoto [rokoto]

On the outside, rocoto might look like a bell pepper, but this is a moderately strong chilli. It is juicy like a beef tomato and gives every dish a fruity spice without even burning.

**Use:** For marinating meat, fish and seafood. Rocoto is good in casseroles and sauces and is also ideal in the ceviche and Nikkei kitchen. In southern Peru, you will eat rocoto relleno, filled with rocoto pepper, and the chilli is also ground to molido along with onions, olive oil and garlic.



# Ají Amarillo [a-hí amarijol]

The yellow chili (*Capsicum baccatum*) is the most widely used chili, and the most important ingredient in the peruvian cuisine. The 10-15 cm long chilli changes colour from green to yellow before it reaches a deep orange colour as fully mature. Ají amarillo has a citrusy aroma with a touch of raisin, passion fruit and mango that gives every dish a very special taste.



**Use:** For classic Peruvian dishes such as ceviche and tiradito, ají de gallina and lomo saltado. Ají amarillo is also used in soups like sopa criolla and casserole dishes such as chupes as well as in creamy sauces such as crema de huacatay and salsa huancaína.

**Tip:** Ají amarillo can also be stirred into a dressing that goes well with French fries and burgers.



# Ají panca [a-hí pankal]

Panca chili (*Capsicum Chinese*) is also known as ají especial, special chilli, and is, along with the yellow ají amarillo, among the most widespread chillies in Peru. There is a reason for this. It has a fruity and aromatic smoked taste as well as a mild lingering heat, which gives any ingredient a deep flavour fullness and a nice red colour. The 8-13 cm long chilli is especially used in its dried variety, where it gets a almost reddish, chocolate-like colour.

**Use:** For marinating meat, fish and seafood. Ají panca is also good in casseroles and soups and a perfect match in the barbecue kitchen, where it dresses grilled chicken, pork and more. In Peru, it is also used in traditional dishes such as picantes, chupes, anticuchos, adobo and seafood parihuela.

**Tip:** Let the ingredients marinate for 2 hours (the best is to leave it overnight). Add a dash of chicha de jora or dark Peruvian Cuzqueña beer to the marinade

*"Let us  
inspire you..."*



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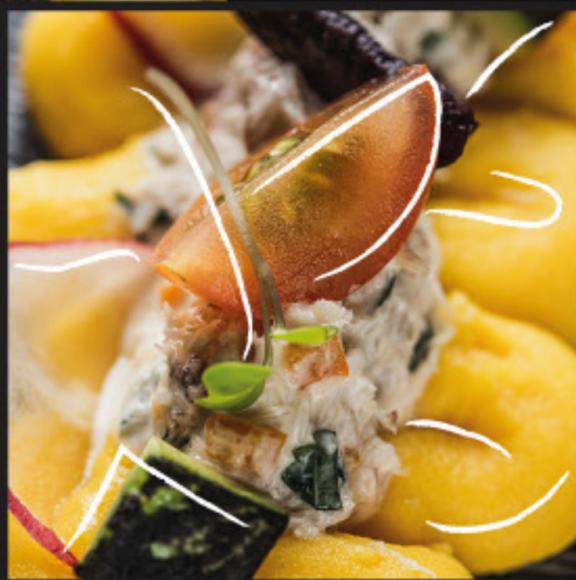
Our philosophy is that it should be easy to cook the food that has made Peru South America's gastronomic darling. Whether you are a professional or an amateur chef, UKU is your shortcut to authentic Peruvian flavour in your next ceviche or lomo saltado.

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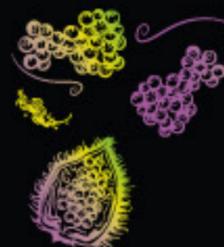
*"To whet your  
apetite..."*





## Causa de Pollo

### ★ Cold Mashed Potatoes with Chicken



#### Ingredients:

-  250g potatoes
-  4 tbsp. Uku yellow chili paste
-  200g chicken breast
-  ½ avocado in cubes
-  100g mayonnaise
-  15ml lime juice
-  4 cherry tomatoes cut in halves
-  ½ finely chopped onion (brunoise cut)
-  1 spring onion
-  1 branch of parsley, chopped
-  2 botija- or kalamata olives
-  Salt and pepper to taste
-  1 hard boiled egg

#### Preparation:

- 1★ Wash the potatoes and boil them until they are cooked, peel and press them, while they are still hot. Leave them to cool in a bowl.
- 2★ Pour a splash of vegetable oil over the cooled potatoes and add Uku yellow chili paste, lime, salt and pepper, and mix it all together with your hands. Season.

#### Sauce tartare with chicken:

- 1★ Boil the chicken breast, and cut or rip it into pieces. Place it in a bowl and add onion, spring onion, parsley and mayonnaise. Mix it well.
- 2★ Use a piping bag for plating the mashed potato (causa). Place the sauce tartare with chicken on top of the potato mass and decorate with cherry tomatoes,





## *Dimiento Relleno*

### *Stuffed Bell Peppers*



#### Ingredients:

-  2 red bell peppers
-  3 tbsp. Uku panca chili paste
-  1 tbsp. Uku yellow chili paste
-  200g minced meat (beef)
-  1½ finely chopped red onions
-  1 tbsp. garlic paste
-  40g chopped golden raisins
-  2 chopped pecan nuts
-  A pinch or dried oregano
-  1 branch of rosemary, chopped
-  1 branch of parsley, chopped
-  Salt and pepper to taste
-  1 splash of white wine
-  2 egg whites
-  30ml whole milk
-  2 slices of cheese (gouda or similar)



#### Preparation:

1★ Cut the lid of the bell peppers and remove the seeds and white ribs with a spoon. Rinse and set aside.

#### Stuffing:

1★ Heat plenty of vegetable oil in a wok. Add onion, garlic, Uku panca & yellow chili pasta, and fry the mixture well. Add the minced meat, oregano, parsley, rosemary & salt and pepper. Stir, add white wine, and finish off with raisins and pecan nuts.

2★ Fill the bell peppers with stuffing, place a slice of cheese on each, and put the lids back on them.

3★ Whisk the egg whites and add the milk. Whisk well, and pour the mass into a small baking dish. Place the two bell peppers in the baking dish and bake them at 170°C for 30 minutes.





## Papa a la Huancaína

### ★ Potatoes a la Huancaína

#### Ingredients:

-  6 medium sized potatoes
-  1 medium sized onion
-  1 boiled egg cut in halves, wedges or slices
-  6 tbsp. Uku yellow chili paste
-  200g fresh cheese
-  200ml vegetable oil
-  125ml evaporated milk
-  ½ dl lime juice
-  2 botija olives
-  Salt and pepper to taste
-  Parsley and lettuce leaves for decoration

#### ★ Preparation:

- 1★ Boil the potatoes until cooked, peel them and cut them into slices of approximately 1 cm.
- 2★ Cut the onion into big chunks. Heat a bit of oil in a pan and fry the onions for two minutes in the hot oil. Let them cool.
- 3★ Put the cooled onion in a blender together with the 200 ml oil, Uku yellow chili paste, cheese, and milk, and blend until creamy. Season with salt and pepper and finish up by adding lime juice for a touch of freshness.
- 4★ Place two lettuce leaves on a flat plate and spread the potato slices over them. Pour the huancaína sauce over the potatoes and garnish with egg, olive and parsley.



# *Pimientos al Horno con Atún y Pecanas*

## *Stuffed Bell Peppers with Tuna and Pecan Nuts*

### Preparation:

- 1\* Chop the tuna into very fine pieces and set it aside.
- 2\* Cut the lid of the bell peppers, and remove the seeds and white ribs with a spoon. Rinse and set aside.
- 3\* Cut the beetroot using a spiralizer, place it in ice cold water and set aside.
- 4\* Heat a splash of oil in a pot and fry the finely chopped onion and garlic in the warm oil for 2-3 minutes. Then add Uku panca, rocoto and yellow chili paste, the finely chopped tuna and white wine and let it all boil for a couple of minutes. Season and turn off the heat. Finish off by adding pecan nuts and parsley.
- 5\* Fill the bell peppers with stuffing, place some mozzarella on each, and put the lids back on them.
- 6\* Bake the stuffed bell peppers in the oven for 15 minutes at 180°C.
- 7\* Serve decorated with the spiralized beetroot.

### Ingredients:

-  200g tuna filet
-  1 finely chopped onion
-  2 finely chopped cloves of garlic
-  1 tbsp. Uku panca chili paste
-  1 tbsp. Uku yellow chili paste
-  1 tbsp. Uku rocoto chili paste
-  1 tbsp. finely chopped thyme or herbs de provence
-  1 tbsp. finely chopped parsley
-  100g chopped pecan nuts
-  50g mozzarella
-  3 bell peppers in your preferred colors
-  A beetroot
-  1 splash of white wine
-  Salt and pepper to taste



# Tabule de Quinua en Leche de León

Quinoa Tabbouleh with Lion's Milk

## Ingredients:

-  120 g white or mixed color quinoa
-  ½ mango
-  ½ avocado
-  2 tomatoes
-  ½ red onion
-  A bunch of parsley
-  A bunch of mint
-  ½ beetroot
-  120 ml. olive oil

## Ingredients for leche de león (lion's milk):

-  3 tbsp. Uku yellow chili paste
-  3 limes
-  ½ teaspoon garlic paste
-  Ground salt and pepper to taste
-  Herbal oil (parsley, cilantro and mint) - optional.

## Preparation:

- 1\* Rinse the quinoa well in cold water in a fine strainer in order to remove the bitterness. Thereafter, pour the quinoa into a pot with double water and a pinch of salt.
- 2\* Bring the quinoa to a boil at high heat. Then lower the heat and let it boil under a lid for approximately 10 minutes. Turn off the heat and leave the pot standing for another 10 minutes. Strain the water from the quinoa, and let it cool completely.
- 3\* Chop onion, parsley and mint leaves as finely as possible. Cut tomatoes, mango and avocado into small cubes.
- 4\* Mix all the ingredients in a salad bowl and season with salt, pepper, oil, and a pinch of lime juice.
- 5\* Decorate with grilled avocado (you can flambé it using a flame gun), mango and beetroot strips (made by use of a spiralizer).

## Preparation of leche de león (lion's milk)

- 1\* Pour all ingredients into a small bowl and mix very well.
- 2\* Then pour the sauce into a deep plate and place the quinoa tabbouleh on top.



# Tiradito de Atún con Leche de Tigre Nikkei

Tuna 'Tiradito' with Tiger's  
Milk in Nikkei Sauce

## Preparation of leche de tigre (tiger's milk):

1\* Blend the grilled red bell pepper, fish filet, lime juice, oyster sauce, soy sauce, Uku yellow chili paste, garlic, ginger, celery, two branches of cilantro, sesame oil, onion and fish broth very well in a blender. Set aside.

## Serving:

1\* Cut the tuna in thin slices, and place them directly on the number of plates you want to serve.

2\* Pour the tiger's milk around the fish and decorate with toasted corn kernels, onion in thin rings, cilantro leaves and sesame seeds.

## Ingredients:

	600g fresh tuna		1 tsp. chopped fresh garlic
	½ red bell pepper, grilled		1 tsp. chopped fresh ginger
	80g filet of white fish		10g celery
	180ml lime juice		250ml fish broth
	50g roasted chulpe corn		A small bunch of cilantro
	1 tbsp. oyster sauce		½ habanero chili (without seeds)
	1 tbsp. soya sauce		A splash of sesame oil
	2 tbsp. Uku yellow chili paste		Salt to taste
	½ fine chopped onion		



*"From the  
depths of  
the sea..."*



# Arroz con Mariscos

## Rice with Seafood

### Preparation:

- Heat a splash of oil in a wok and add seafood, razor clams, Uku mother sauce, Uku yellow chili paste and bell pepper. Flambé with pisco or white wine and wet thereafter the dish with fish broth. Add the rice and stir.
- Then add peas and carrots and integrate the flavor of the dish. Add butter, season and finish off with a pinch of cilantro.
- Leave the dish to cook at a low fire for 7 minutes. Take off the fire and serve.

### Ingredients:

-  250g mixed seafood
-  2 razor clams
-  250g precooked white jasmine rice
-  1 red bell pepper, chopped
-  50g boiled peas and carrots
-  4 tbsp. Uku mother sauce
-  1 tbsp. butter
-  200ml fish broth
-  1 small bunch of cilantro, chopped
-  1 tbsp. Uku yellow chili paste
-  A splash of pisco or white wine
-  Salt and pepper to taste

Soak the razor clams in salted water to remove all sand.



# Navajas Braseadas con Leche de Tigre

Razor Clams Flambé with Tiger's milk

## Ingredients:

-  6 razor clams
-  3 tbsp. Uku yellow chili paste
-  3 tbsp. Uku rocoto chili paste
-  1 splash of pisco (use white wine if you don't have pisco)
-  60ml lime juice
-  1 tbsp. garlic paste
-  2 branches of cilantro
-  ½ avocado in cubes
-  1 radish in thin slices
-  4 ice cubes
-  Sesame seeds
-  Avocado
-  Salt and pepper to taste
-  Cilantro oil (blend 2 branches of cilantro together with 120 ml vegetable oil, and sift the mix).

### Preparation of leche de tigre (tiger's milk):

- 1★ Pour Uku yellow chili paste, 30 ml lime juice, ½ a tbsp. of garlic paste & salt and pepper in a bowl. Mix well and season. Set aside.

### Preparation of leche de león (lion's milk):

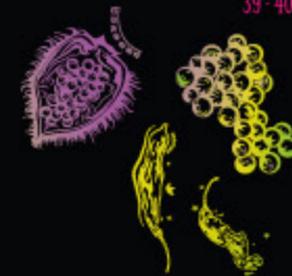
- 1★ Pour Uku rocoto chili paste, 30 ml lime juice, ½ a tbsp. of garlic paste & salt and pepper in another bowl. Mix well and season. Set aside.

### Serving:

- 1★ Heat the cilantro oil on a flat top grill or in a pan and add the razor clams. Take up the heat to maximum, and flambé with pisco when the dish is at its warmest.
- 2★ Serve the clams in a deep plate, pour over the tiger's milk and the lion's milk, respectively, and top off with avocado (you can choose to flambé the avocado too using a flame gun). Decorate with radish, sesame seeds and cilantro oil.

Soak the razor clams in salted water to remove all sand.





## Conchas Acevichadas

Scallops with Taste of Ceviche

### Ingredients:

-  6 scallops
-  3 tbsp. Uku yellow chili paste
-  A small bunch of cilantro, chopped
-  ½ tbsp. garlic paste
-  60 ml lime juice
-  3 ice cubes
-  Salt and pepper to taste
-  ½ habanero chili (if you like spicy food)



- 1\* Wash the scallops in plenty of water and sprinkle them with a pinch of salt (keep them in their shells). Set aside.

#### Preparation of leche de león (lion's milk):

- 2\* Mix Uku yellow chili paste, garlic paste, lime juice, the three ice cubes & salt and pepper in a bowl. Adjust the taste if needed.
- 3\* Serve the lion's milk in the shells and sprinkle with chopped cilantro. Add habanero chili if you enjoy spicy food - it adds a special aroma to the dish.





# Arroz al Añ Amarillo

## Rice with Yellow Chili

### Preparation:

- 1\* Heat a splash of oil in a wok and add seafood Uku yellow chili paste and bell pepper. Flambé with pisco or white wine and wet thereafter the dish with fish broth. Add the rice and stir.
- 2\* Then add peas and carrots and integrate the flavor of the dish. Add butter and a pinch of oregano, stir again and add the milk. Season and finish off with a pinch of cilantro.
- 3\* Leave to cook at a low fire for 5 minutes.
- 4\* Take off the fire, serve and sprinkle gouda cheese over the rice.

### Ingredients:

-  250g mixed seafood
-  250g precooked white jasmine rice
-  1 red bell pepper, chopped
-  50g boiled peas and carrots
-  4 tbsp. Uku yellow chili paste
-  120ml whole milk
-  1 tbsp. butter
-  ½ tsp. dried oregano
-  200ml fish broth
-  A small bunch of cilantro, chopped
-  1 splash of pisco or white wine
-  50 finely grated gouda cheese
-  Salt and pepper to taste





# Chupe de Langostinos

Shrimp Soup

## Ingredients:

-  200g shrimps
-  2 tbsp. Uku mother sauce
-  1½ tbsp. Uku yellow chili paste
-  30g peas
-  30g carrot, chopped
-  ¼ corn cob
-  1 potato, chopped
-  1 egg
-  20 boiled rice
-  1 branch huacatay (black Peruvian mint)
-  150ml milk
-  Salt and oregano to taste

### Preparation:

- 1\* Heat a splash of oil in a pot. Add mother sauce and yellow chili when the oil is hot and roast it for a minute.
- 2\* Then add shrimps, carrot, peas, potato, rice and egg.
- 3\* Stir to make sure the egg mixes with the other ingredients, let everything boil for 15 minutes, season, and lower the fire to low heat. Add the Peruvian herb huacatay and to finish off the milk.



# Cabrilla a lo Macho

Peruvian rock seabass 'a lo Macho'

## Ingredients:

-  1 entire comber fish of approx. 900 g (or another entire fish)
-  200g mixed seafood
-  100g boiled cassava in cubes
-  100ml whole milk
-  150ml fish broth
-  4 tbsp. Uku mother sauce
-  2 tbsp. Uku yellow chili paste
-  A small bunch of parsley, chopped
-  ½ tsp. dried oregano
-  1 tbsp. garlic paste
-  200g wheat flour
-  Salt and pepper to taste

### Preparation of Salsa a lo Macho:

- 1\* Heat a splash of oil in a pan and add Uku mother sauce and Uku yellow chili paste when the oil is warm. Stir well and add seafood, fish broth, oregano & salt and pepper to taste.
- 2\* Finish off by adding the milk and let the sauce integrate. Sprinkle the parsley over the sauce.

### Preparation of the fish:

- 1\* Clean the fish well and cut three diagonal cuts on each side. Season it with salt, pepper and garlic paste to taste, dip it in flour and fry it in plenty of oil.
- 2\* When ready, take out the fish from the pan, and fry the preboiled cassava cubes in the same oil until golden and crispy.
- 3\* Serve the fish surrounded by sauce with the roasted cassava cubes on the side.



# Choros a la Chalaca con Rocoto y Ketchup

*Mussels a la Chalaca with Rocoto and Ketchup*



## Preparation of broth:

- Fill a medium sized pot half up with water and prepare a broth by adding celery, leak, onion and cilantro. Boil the mussels in the broth for 20 minutes, remove them from their shells and rinse them well.

## Preparation of chalaca:

- Pour onion, tomato, cooked corn kernels, garlic paste, lime juice, salt, pepper, oregano, Uku rocoto chili paste and ketchup into a bowl. Mix well and season. Serve the chalaca and the mussels in the shells.

## Ingredients:



6 mussels



1 finely chopped red onion (brunoise cut)



1 finely chopped hollowed out tomato (brunoise cut)



3 tbsp. Cooked corn kernels



½ tbsp. garlic paste



50ml lime juice



1 ½ tbsp. Uku rocoto chili paste



2 tbsp. ketchup



A pinch of dried oregano



A small bunch of cilantro, chopped



Salt and pepper to taste



2 spring onions in thin slices (optional)

## Ingredients for broth :



½ chopped celery



½ leek in slices



1 chopped onion



2 branches of cilantro

Tip: Add spring onions if you wish.



# Conchas de Abanico en Salsa Anticuchera

Scallops in Anticuchero Sauce

## Preparation:

- 1\* Mix Uku panca chili paste, Uku yellow chili paste and garlic paste well in a bowl. Add red wine vinegar, oregano and sesame seeds. Season with salt and let the mixture rest for 15 minutes.
- 2\* Pour the sauce over the scallops, and sprinkle a few rosemary leaves over each.

Pour the sauce over the scallops, and sprinkle a few rosemary leaves over each.

- 3\* Grill the scallops and sauce in the shells on a very hot grill and serve.

## Ingredients:

-  12 rinsed scallops in their shells
-  2 tbsp. Uku panca chili paste
-  1 tbsp. Uku yellow chili paste
-  200 ml red wine vinegar
-  1 tsp. garlic paste
-  ½ tsp. dried oregano
-  ½ tsp. sesame seeds
-  Salt to taste
-  1 branch of rosemary

"You can use this seasoning mix to marinate cow heart and make anticuchos or any other type of meat. The longer you leave it marinating, the better it will taste."





*“Our purest  
culture...”*



# Aji de Gallina con Spaghetti

## Spicy Creamy Chicken Spaghetti

### Ingredients:

-  ½ red onion
-  3 cloves of garlic
-  2 chicken thighs
-  3 tbsp. Uku yellow chili paste
-  200ml chicken broth
-  2 slices of white bread
-  50ml evaporated milk
-  20 g pecan nuts
-  ½ tsp. nutmeg
-  ½ tsp. dried oregano
-  1 small bunch of parsley
-  250g spaghetti
-  Salt to taste

### Preparation:

- 1★ Boil the chicken thighs until cooked, and thereafter tear the chicken into strips.
- 2★ Pour the evaporated milk into a deep plate and soak the bread in it for 5 minutes. Then blend the bread and milk in a blender. Set the mixture aside.
- 3★ Pour a splash of oil into a pot. When the oil is warm, add onion, garlic, Uku yellow chili paste and fry it for 2-3 minutes. Add chicken broth, the chicken strips, the mix of milk and bread, nutmeg, oregano and parsley. Stir very well and let mix.
- 4★ Pour pre-boiled spaghetti into the pot, stir well and serve. Decorate with pecan nuts chopped into medium sized pieces.





## Adobo de Cerdo

Pork in Adobo

### Ingredients:

-  1 kg pork loin
-  325 ml white wine vinegar
-  3 tsp. Uku panca chili paste
-  4 tsp. Uku mother sauce
-  3 tsp. garlic paste
-  ½ finely chopped red onion (brunoise cut)
-  50g achiote paste
-  1 tsp. ground cumin
-  250 ml sunflower oil
-  150 ml corn beer (chicha de jora) or cusqueña dark lager beer
-  Salt and pepper to taste
-  Parsley for decoration



### Preparation:

- 1★ Mix vinegar, cumin and Uku panca chili paste well in a bowl. Cut the meat into smaller pieces and add it to the marinade. Stir, and let the meat marinate for at least two hours.
- 2★ Pour a splash of oil into a pot and heat it up. Fry onion, garlic and mother sauce in the pot when the oil is warm. Add the meat and all of the marinade to the pot, mix well, and let the meat simmer under a lid until cooked well. Then add the corn- or dark beer and let it boil for a few minutes. Season with salt and pepper and decorate with parsley.

We recommend serving this dish with potatoes, yuccas and/or rice.



## Puré de Patatas con Asado

Beef Stew with Mashed Potatoes

### Preparation:

- 1\* Boil the potatoes and mash them, add if necessary a splash of water in the process. Add salt, pepper, evaporated milk and butter, stir well to let the ingredients integrate, and set aside.
- 2\* Brown the meat in a bit of oil in a pot, and remove it from the pot again. Pour garlic paste, onion and Uku panca chili paste into the pot and sauté the mix. Put the meat back in the pot followed by the carrot. Heat the dish well for 35 minutes, season and serve the meat with the mashed potatoes.

### Ingredients:

-  5 potatoes
-  125ml evaporated milk
-  1 tsp. butter
-  200g roast beef
-  2 tbsp. Uku panca chili paste
-  1 finely chopped onion
-  3 tsp. garlic paste
-  ½ carrot, chopped
-  Salt and pepper to taste





## Escabeche de Bonito

### Bonito with Escabeche Sauce

#### Ingredients:

-  200g tuna filets
-  1 onion in wedges
-  1 fresh yellow chili
-  4 tbsp. Uku panca chili paste
-  2 tsp. garlic paste
-  50ml red wine vinegar
-  1 boiled sweet potato
-  1 boiled egg
-  100g wheat flour
-  Oregano, salt and pepper to taste
-  2 botija olives

#### Preparation:

- 1\* Season the tuna filets with salt and pepper.
- 2\* Whisk the egg well in a deep plate, and pour the flour into another deep plate. Dip and turn the tuna filets in the beaten egg and thereafter in flour until fully covered. Press lightly with your fingers to make the flour stick to the fish.
- 3\* Heat plenty of oil in a frying pan and fry the tuna in very hot oil until browned on both sides.
- 4\* Pour a splash of oil in another frying pan. Heat the oil and roast Uku panca chili paste and garlic paste in it. Deglaze with vinegar and add onion and the yellow chili cut into thin strips.
- 5\* Season, and pour the escabeche sauce over the tuna. Leave it to rest and serve cold with sweet potato, egg and olives on the side.





# Arroz con Pato

Rice with Duck

## Preparation:

- 1\* Heat a splash of oil well in a pot. Brown the duck meat on both sides, remove it from the heat and set it aside.
- 2\* Put the chopped onion, and the yellow chili paste in the same pot. Fry it well. Add cilantro mixed with corn- or malt beer beforehand. Stir well and add rice, peas, carrots, corn kernels, bell pepper and chicken broth while continuously stirring.
- 3\* Season with salt and pepper, and add another splash of chicken broth if needed, lower the fire and let the dish simmer for about 35 minutes.
- 4\* Serve with a quickly mixed chalaquita sauce made from: 1 finely chopped onion, 1 finely chopped tomato, ½ tsp. finely chopped garlic, the juice from two lime fruits, ½ habanero chili & salt and pepper to taste.

## Ingredients:

-  Half a duck, approx. 700g
-  3 tbsp. Uku yellow chili paste
-  A small bunch of cilantro
-  330ml of corn- or malt beer
-  A yellow bell pepper, chopped
-  300g of peas and chopped carrots
-  70g corn kernels
-  400 g jasmine rice
-  1 chopped onion
-  250ml chicken broth
-  Salt and pepper to taste



# Aji de Gallina

Spicy Creamy Chicken with Rice

## Ingredients:

-  ½ red onion
-  3 cloves of garlic
-  2 chicken thighs
-  3 tbsp. Uku yellow chili paste
-  200ml chicken broth
-  2 slices of white bread
-  50ml evaporated milk
-  20 g pecan nuts
-  ½ tsp. nutmeg
-  ½ tsp. dried oregano
-  1 small bunch of parsley
-  1 precooked sliced egg
-  2 botija or calamata olives
-  200g precooked white jasmine rice
-  Peas and carrots to taste (optional)



### Preparation:

- 1\* Boil the chicken thighs until cooked, and thereafter tear the chicken into strips.
- 2\* Pour the evaporated milk into a deep plate and soak the bread in it for 5 minutes. Then blend the bread and milk in a blender. Set the mixture aside.
- 3\* Pour a splash of oil into a pot. When the oil is warm, add onion, garlic, Uku yellow chili paste and fry it for 2-3 minutes. Add chicken broth, the chicken strips, the mix of milk and bread, nutmeg, oregano and parsley. Stir very well and let mix.
- 4\* Serve the aji de gallina decorated with pecan nuts chopped into medium sized pieces, slices of eggs and olives. And the rice mixed with the carrots and peas.



*Uku Team!*



Recipes: Jonathan Guardia  
Assistant cook: Fiama  
Guardia and Joseph  
Martinez  
Photography: Luis Morales  
Tineo  
Design: Vedoble Studio  
(Lima, Peru)  
Translations: Mynte Bahora  
Direction: Carolina Nava y  
Jonathan Guardia







*Peru is magical...*

*And so is its food*

