

Culture Study 2016 - Peru

Menu

Peruvian Chicken with Green Sauce (School to provide)

Purple and Golden Roasted Fingerling Potatoes (School to provide)

Yellow and White Corn with Cumin Butter and Lime

Peruvian Quinoa Vegetable Stew

Tres Leches Cake and Sliced Mango

Limeade (school to provide)

Classes to provide the following:

JK 1 Cake 1 Corn 1 Quinoa

K 1 Cake 1 Corn 1 Quinoa

1st 2 Cake 2 Corn 2 Quinoa

2nd 2 Cake 2 Corn 2 Quinoa

3rd 3 Cake 3 Corn 3 Quinoa

4th 3 Cake 3 Corn 3 Quinoa

5th 3 Cake 3 Corn 3 Quinoa

6th 3 Cake 3 Corn 3 Quinoa

7th 3 Cake 3 Corn 3 Quinoa

8th 3 Cake 3 Corn 3 Quinoa

Peruvian Quinoa Vegetable Stew

Serves 12

1 cup quinoa

2 cups water

1 teaspoon salt

2 cups onion chopped (use frozen)

4 tablespoons vegetable or olive oil

2 stalks celery, diced

2 carrots, sliced into 1/4" disks

2 red bell peppers, diced

2 small zucchini, diced

2 28-ounce canned diced tomatoes with juice

1 tablespoon ground cumin

1 tablespoon chili powder

1 tablespoon dried oregano

1 tablespoon coriander

- Rinse the quinoa really well.
- Place it in a pot with the water and salt and cook, covered over medium heat for about 15 or until soft. Set aside.
- While the quinoa cooks, sauté the onion in the oil for about 5 minutes over medium heat.
- Add the celery and carrot and continue sautéing for another 5 minutes.
- Add the bell pepper, zucchini, tomatoes and the spice mixture and stir.
- Simmer for about 10 minutes or until the vegetables are tender.
- Stir in the cooked quinoa and adjust the salt.

Cool to room temperature and refrigerate overnight. Bring the Peard Kitchen in a disposable container on Thursday, March 10th at drop off.

White and Yellow Corn with Cumin Butter and Lime

Serves 12

1 12-ounce bag frozen white shoe peg corn

1 12-ounce bag frozen yellow corn

1 cup chopped frozen onion

½ stick unsalted butter

1 teaspoon ground cumin

Juice of 1 lime plus the zest

1 teaspoon salt, ½ teaspoon ground black pepper

- Heat a large sauté pan to medium high heat and add the butter and onion and sauté until soft and lightly golden brown.
- Add the corn and the cumin and stir.
- Add the lime juice and the zest and take off the heat.

Cool to room temperature and refrigerate overnight. Bring in a disposable container to the Peard lunch room on Thursday, March 10th at drop off.

Tres Leche Cake with Mango

Serves 12

Cake

1½ cups flour

1 teaspoon baking powder

½ cup unsalted butter, room temperature

1 cup granulated sugar

5 eggs

1 teaspoon vanilla extract

Topping

2 cups whole milk

1 14-ounce can sweetened condensed milk

1 12-ounce can evaporated milk

3 mangos – peeled and diced into bite size pieces

1 can whipped cream

- Preheat the oven to 350 degrees.
- Grease and flour a 9X13 disposable aluminum pan – available at the front desk .
- Combine the flour and baking powder in a bowl and set aside.
- Cream together the softened butter and sugar until fluffy.
- Add the vanilla, then the eggs one at a time beating about 30 seconds after each addition.
- Add the flour mixture in three parts, beating after each addition.
- Pour into the prepared pan and bake the cake for about 30 minutes or until golden brown and just starts to pull away from the sides.
- Remove from the oven and pierce cake several times with a fork and cool to room temperature
- Whisk together the whole milk, condensed milk, and the evaporated milk and pour over the top of the cooled cake.
- Refrigerate overnight.
- Dice and peel the mango and put in a baggie.

Bring the cake, mango and the can of whipped cream to the Peard kitchen on Thursday, March 10th at drop off.