



PERU FOOD GUIDE

Eat your way through Peru with this helpful guide & checklist

CHICHARRON

What: Fried pork belly or pork rinds, often served with corn, yams and red onions

Where: All over Peru. I tried it at Cevicheria los Mariscos (Ica)

TASTED!



ARROZ CHAUFA

What: Chinese fried rice, can be made with a variety of meats but try a seafood version for something more Peruvian.

Where: Lima or Ica. I tried it at Cevicheria los Mariscos (Ica)

TASTED!





PICARONES

What: Fried rings of squash and sweet potatoes. Topped with honey or sugarcane syrup.

Where: Street food - all over Peru. I tried mine on the street food tours in Ica and Cusco.

TASTED!

ANTICUCHOS

What: Beef heart marinated with vinegar, aji pepper, cumin and garlic. Often served with potatoes.

Where: Street food. I tried mine on the street food tours in Ica and Cusco.

TASTED!



CEVICHE

What: Raw chunks of fresh fish, cooked in lemon/lime juices and topped with crunchy red onions and aji spices

Where: Lima. My favourite ceviche was from La Mar restaurant.

TASTED!



PAPA RELLENA

What: Mashed potatoes, filled with meats and spices and then fried to get an oily and crunchy exterior.

Where: Street food. I tried mine on the street food tours in Ica and Cusco.

TASTED!

CHICHA MORADA

What: Drink made with purple corn, infused with pineapple, cinnamon and sugar.

Where: All over Peru in restaurants.

TASTED!



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LOMO SALTADO

What: Tender strips of sirloin, marinated for hours with vinegar, soy sauce and spices and served with fries.

Where: All over Peru. My favourite was at Restaurant Dona Clorinda in Pisac.

TASTED!



ROCOTO RELLENO

What: Stuffed peppers with meats and cheese. Sometimes breaded and fried.

Where: Restaurants all over Peru. My favourite was at Restaurant Dona Clorinda in Pisac.

TASTED!

TAMALES

What: A mixture of meat (pork, chicken or beef) with corn meal, wrapped in a corn husk. There are sweet versions too.

Where: Street food. I tried mine on the street food tour in Cusco.

TASTED!



PACHAMANCA

What: Meats and vegetables cooked in the ground for a crispy exterior and juicy interior.

Where: Andes region. Hotel El Albergue in Ollantaytambo.

TASTED!





PISCO

What: A colourless alcohol made from fermented grape juice. Used in Pisco Sour cocktails - lime juice, Angostura bitters, simple syrup and egg whites.

Where: All over Peru - The Pisco region or nearby Ica. for tastings.

TASTED!

COCA TEA

What: Coca leaves infused with hot water. Good for altitude sickness.

Where: Andes region - most hotels and restaurants.

TASTED!



EMPANADAS

What: Baked pastry dough, traditionally filled with ground beef, olives, onions, egg and raisins.

Where: All over Peru. Try the seafood versions at La Mar (Lima).

TASTED!





CUY

What: Guinea pig, typically roasted on a spit in full, scary form.

Where: Andes region. If the idea is too much for you, try a refined version (pictured) at Maido (Lima).

TASTED!

QUESO HELADO

What: Ice cream made with three types of milk and cinnamon.

Where: Arequipa

TASTED!



CHURROS

What: Fried dough with sugar, served with chocolate or caramel sauce.

Where: Street food and bakeries. I tried mine on the street food tour in Cusco.

TASTED!



FOOD TIPS

Getting sick while travelling is the worst. Here are a few tips to help avoid food poisoning.

DO YOUR RESEARCH

Ask locals, your hotel or tour guides and check online for restaurant ratings and reviews. This way you're less likely to stumble upon an unhygienic place.

IT COULD BE ALTITUDE SICKNESS

If you're in the high-altitude areas of Peru (Cusco, Machu Picchu, Lake Titicaca) then you're susceptible to altitude sickness. The effects of this are similar to food poisoning so it can be confusing.

Stay hydrated, eat simple carbs and avoid meats. Drink coca tea and if it gets bad, descend to a lower altitude or seek oxygen from local hotels.

EAT RAW FISH BEFORE NOON

When eating raw fish, do it before or during lunch. Ceviche for dinner means the fish is less fresh with a greater chance of contamination.

EAT RAW FISH ON THE COAST ONLY

Don't try ceviche or other raw fish at places inland. Refrigeration may be an issue and it's not going to be fresh due to the location.

DO NOT DRINK THE TAP WATER

The tap water in Peru isn't safe to drink. I did use it to brush my teeth with no issues but if you're worried, consider buying a Steripen to sterilize the water.

WASH YOUR HANDS

Keep your hand clean before eating any food. Bring some hand sanitizer or hand wipes with you.

AVOID ICE

Unlike boiling water ice (in drinks or as ice cream) may contain bacteria.

While I tried ice cream in Arequipa with no issues, you should do so with caution.

BRING YOUR MEDS

Consult a doctor before taking these meds:

Pepto-Bismol: relief from upset stomach, nausea and diarrhea

Imodium: for sudden onset of diarrhea

TAKE CAUTION WITH STREET FOOD

- Only eat food that is hot - that way the bacteria has been killed and you know it hasn't been sitting out all day. Stick to soup, roasted, fried and well done meats.
- Avoid cheese, fruit/vegetables without peels, salads, ice cream and cold foods
- If you can afford it, go on a street food tour. This way there is little chance of eating bad food, plus you learn a lot along the way.

CAREFUL WITH PISCO SOURS

Pisco sours are made with ice and egg whites. So enjoy them at reputable restaurants. I usually order other pisco cocktails without the egg white.