



Dining for Women

MAKING CONNECTIONS
JULY 2007
PERU

Here, people of all races do not hesitate to call themselves “Peruvians” and make their accents and flavors part of what is ours. The land has taught us generosity by placing endless delicacies in our hands for centuries now. Children learn the colors by seeing all types of chili peppers and fruits, and our mothers at home make the kitchen a laboratory of flavors and love. For of all this, I dare not venture to give one reason why our country is so rich or where this inexhaustible source of flavors starts.

fr. *Perú, much gusto*, Peruvian Tourist Commission website

There is a feeding center where they give free lunches... (O)n bad days, lunch was the only meal we would eat.

Sophia, FFH Credit with Education Participant

Next Stop Lima—and you thought Paris was the culinary center of the world...

title in *Gourmet Magazine*, August 2006

It's hard to buy groceries, rice, or pasta. ...It's impossible for us to go without food. We work hard in our field. We sow corn, beans, peas, wheat, lentils, and with this, we are able to feed ourselves. We save food for times when there's no harvest... I want to get whatever I can for my children... A little bit of land; the land helps sustain families — and for them to have a place to live — but more than anything, the land.

Sebastiana, FFH Credit with Education Participant

*We eat and we drink
we give an accounting of our lives
the afternoon is not enough
to tell each other what we are*

fr. *Reencounter*, Giovanna Pollarolo

Welcome to our new chapter leaders and members! Chapter Leaders, please note that you'll find the link to **MC Preview**, with ideas for this month's chapter meeting and using **MC**, on our Program Schedule at http://diningforwomen.org/?page_id=12/ . If you're new to **MC**, there's an

introduction to it at http://diningforwomen.org/?page_id=14/ . And, a note on formatting for our beloved “regulars”: Don’t let the blanks throw you. I’ve placed page breaks between the *Dining with Women*, *Voices*, and *Resources* sections to make *Voices* a little easier to print for use in meetings.

FYI Peru: Hunger in a Land of Haute Cuisine

The quotations at the top are paradoxical testimonies about Peruvian food and eating. It is a culture with an amazing cuisine and from which the world has received an incredible number of staple and enjoyable foods. At the same time, it is a culture with a shocking number of food insecure people, mostly women and children whose ancestors cultivated those very same foods that others enjoy and take for granted. How can this be? How can people go hungry in the land hailed recently by the food and travel industry as the new hotspot of *haute cuisine*?

The problem isn’t the ability of Peruvians to grow their own food or the resources of the terrain. Peru has astonishing environmental diversity with regions in 28 of the world’s 32 climate zones. It’s a veritable cornucopia, from the fruits of the Amazon (over 600 types including some seldom seen outside Peru like the orange-colored lucuma) to the many *aji* (peppers) grown in the highlands that season the flavorful cuisine to some 2000 types of freshwater fish and seafood.

Peru has one of the world’s most venerable agricultural traditions. Andean farmers have cultivated thousands of potato varieties for thousands of centuries. The rainbow of colors is amazing—purples, reds, yellows, blues—and the names given them equally vivid (“red shadow”; “makes-the daughter-in-law-cry”). Peanuts, which came to us via a circuitous route from Peru through Africa, have been grown there for at least 8000 years. The Incas toasted or boiled corn and made tamales. They had squashes, tomatoes, and beans. They were growing the “Lima” bean (*pallares* to Peruvians) 6000 years ago.

Nor are Peruvians going hungry today because of lack of culinary adaptability or creativity. Throughout Peru’s long history of colonialism and immigration, the bounty of the land and indigenous cooking methods have been creatively blended with ingredients and techniques from elsewhere. When the Spanish came in the 16th century, cows, chickens, olives, citrus and paella became part of Peru’s culinary heritage. Desserts first made in Peru by Spanish nuns from sugar cane brought from Africa and wheat breads in the European tradition joined corn-based breads and sweets. In the 19th century, Asian cooking took hold in Peru. Today Chinese restaurants abound and home cooking includes stir-fries. Japanese as well as indigenous

treatments of fresh fish are “typical” Peruvian fare. Italians, particularly, made grape-cultivation part of Peru’s heritage—so much so that its national drink is a grape brandy called “Pisco.”

There are distinct regional differences, but Peru’s is a largely “creole” cuisine that was already catching the attention of connoisseurs in the 19th century. Fame gourmet Escoffier ranked Peru’s cuisine just behind France and China as the world’s greatest. While you’ll still see the word “*criolla*” in many recipes, the catch phrases today are “Peruvian Fusion” and “*novoandino*.” Peruvian chefs, trained in France and other culinary centers, are making a mark in the food world with their interpretations of indigenous traditions and use of Peru’s bounty. Ancient techniques, such as the Andean method of pit-cooking, are being recognized for the skill they require and delicious results. Lima has become one of the world’s most sophisticated culinary centers in the world, heralded for its vibrant street food and markets, homey family-run restaurants, and cutting-edge establishments. The Peruvian Embassy here and the tourism commission there are banking on Peru’s cuisine as an important diplomatic and financial asset as it becomes popular in North American and Europe and the country becomes a gastro-tourist destination.

Food and food traditions abound in Peru, the sad paradox is that people go hungry there *due to lack of access to food and foodways that could sustain them*. To begin to understand this, we need to understand the nature of hunger in Peru (and most places where people don’t have enough food). Famine, generally, is not the problem in Peru. Rather, the problems are chronic malnourishment and food insecurity. On average in Peru, people consume about 88% of the minimum daily caloric intake required for good health. Overall, 25% of Peru’s children are chronically hungry—as many as 60% in some rural areas. This may be a constant situation or it may be seasonal. Many families have enough food at harvest time, but suffer in winter when crops don’t grow or trucks carrying supplies can’t get through the mountains. Many eat enough only when there is work and money enough to pay for food. And many never know if they’ll have enough work, money, or food down the road and lack the ability to plan.

Food insecurity is the result of complex and interrelated factors. The environment that is so capable of supporting so much food can be harsh. Drought, flood, earthquake, etc. threaten crops. Severe winters in some areas may mean that not only will there be little food available locally but also that importing food, especially when roads are poor and villages isolated, will be impossible. And even if there is enough of one food, the diet may be unbalanced. Think about how many times your family ate potatoes last week

(count fast food, chips, etc). Andeans eat 15 times as many potatoes as Americans. Good stuff—(better than a bag of chips any day)—but not so good for growing children or laboring men and women if that’s all they have to eat.

The land has been worked a very long time. Ancient wisdom and modern agricultural practices can keep it fertile and renewable. But Peru’s vast resources have been exploited over time—mostly by outsiders. The deforestation of the Amazon region is infamous. Pollution is a deadly factor and the lack of clean drinking water a serious health threat. It’s impossible in some circumstances for indigenous farmers to use the wisdom they have to feed themselves. Much of the folk wisdom about diet has died out or is impossible to put into practice when poor farmers can only make income by mono-cropping for large industrial employers. Those thousands of varieties of potatoes and other foods are being vastly reduced by biotechnology like the “terminator” gene that prevents seed saving but makes a fortune for multi-national seed companies. This is an old story. The colonial Spanish didn’t have a taste for a staple cereal of the Incas, quinoa. Once they took charge of agriculture, it wasn’t grown in quantity. We now know what a superfood it is—with the potential to vastly improve the nutrition of poor peoples. (It’s making a comeback internationally—mostly among health, conscious, already well-fed folks.)

Global economics is making it difficult for rural Peruvians to feed themselves well, while their labor is exploited to feed people like us very well and cheaply. International and national interests support large-scale, corporate-owned agriculture, not family farms. Things aren’t better off the land either, where the children of farmers often labor at dangerous, low-paying factory jobs with few if any rights to secure employment. Many women and children are left behind in rural villages while men go off for months at a time to work in factories; they may not return with income. Many women seek work where they can in the informal and highly insecure street economy as household laborers, prostitutes, or by selling a few vegetables, cooked foods, or baked goods. Most market women operate without a license they can’t afford. Village and city officials frequently run them out of markets, but without other options, they usually return.

Repeated political and economic crises in recent Peruvian history have furthered the suffering endured by indigenous rural Peruvians under colonialization and globalization that makes it difficult to sustain a stable lifestyle. Peruvian society is as much one of haves (who have a lot!) and have nots today as it ever has been (with a diminishing and beleaguered middle class). Rural villages are still reeling from the horror inflicted on

them in the 1980s by Shining Path rebels and the military alike, who burned crops, houses, and villages, and raped, tortured, and murdered their way through the mountains. How do people have food security when they have no security at all?

Peruvians are hungry in the land of haute cuisine because of a lack of access to food and foodways that could sustain them. But at root, the reasons are poverty and repression. More than half of Peru's people live below the poverty line and 25% (6.5 million) are "extremely poor," trying to live on less than \$1 a day. As John Conrood, VP of The Hunger Project, puts it, "Poverty in Peru is fundamentally an issue of human rights. It persists because of centuries of marginalization of indigenous communities and – within those communities – of women." The face of hunger and poverty in Peru is that of a woman who must leave her own children at home in order to earn what little she can cooking and caring for the children of others. It's the face of a woman working in the fields for a multi-national corporation with her baby strapped to her back, who cannot get credit to save her own small farm. It's the face of a woman doing the dishes in a respectable Lima restaurant while people colored like herself are denied service out front and her children wait for her in the street out back.

Answers abound, but there is no simple solution. In the larger scheme of things, governments, international bodies, and business interests must take responsibility for root causes and cures, but much of the solution will come at the grass-roots level with empowering people to help themselves. We can and should help from a distance with our voices, votes, pocketbooks, and dinner plates. And we can support local efforts that both respect traditional ways of life and help people live with today's realities. Projects like Freedom from Hunger's Credit with Education is giving women the ability to help themselves, to feed themselves and their children, through providing them with support for sustainable work and education in nutrition and financial planning. Hunger in Peru and elsewhere is due to powerlessness. Freedom from hunger empowers women to feed and further themselves. And we'll all enjoy Peru's bounty much more heartily because they can.

*(For more on foods of Peru and eating justly with Peru in mind, see **Dining with Women and Resources** below—especially the starred websites that lead to a wealth of information on world hunger and what we can do about it.)*

RECOMMENDED BOOK(S) AND FILM

Marie Arana, *American Chica: Two Worlds, One Childhood* (Delta Book, Random House, 2001) This memoir, written by an editor at the *Washington*

Post who is the daughter of a Peruvian man and American woman, explores the cultures of Peru and the U.S., the nature of family, not-quite-belonging and being a “bridge” between two people—and two peoples. A beautifully written National Book Award Finalist.

Orin Starn et al, eds., *The Peru Reader: History, Culture, Politics* (Second Edition, Duke University Press, 2005) This anthology of diverse primary sources (from poetry to political diatribe) with helpful introductions makes for a good introduction to Peru. Dip in wherever your interest takes you.

Especially good range of material on contemporary women.

And also of note: Last year *Madeinusa*, the first feature film of Peruvian writer/director Claudia Llosa (niece of Peruvian author and politician Mario Vargas Llosa), received critical acclaim at several international film festivals. It’s the coming-of-age story of a 14-year-old girl in a remote Andean village and a symbolic tale about contact between Andean Peru and the outside world (the USA, Lima, etc.). “Madeinusa” (pronounced mad-en-oo-za) is the girl’s name—a popular name for girls in contemporary Peru. The movie troubled me in some respects. As a scholar of religion, I found the fictional religious holiday that figures into the story to ring somewhat true of folk practice, but in an exaggerated way. It is important to remember that this is fiction and not to “overexoticize” the culture. Secondly, I find the ambiguous treatment of incest disturbing; but art is often about disturbing us, making us think. The cinematography is wonderful and offers a good glimpse into Andean village life. Available on dvd.

Don’t forget to order from Amazon.com through the DFW website!

SOCIALLY RESPONSIBLE SHOPPING

*Ten Thousand Villages sells Peruvian-made tableware in several styles. My favorite pieces are the cheery polka-dotted terra cotta bowls and trays—very summery.

http://www.tenthousandvillages.com/catalog/product.detail.php?product_id=8365

* www.oneworldprojects.com and www.novica.com offer woven table runners, placemats, and napkins from Peruvian artisans.

*For Fair Trade Peruvian coffee and other foodstuff see the following website for sources:

<http://www.transfairusa.org/content/WhereToBuy/> .

DINING WITH WOMEN

For many years, international hunger relief organizations in the U.S. tried to raise awareness about hunger through “hunger days” or similar activities. More recently, many have shifted focus. It is virtually impossible for those who hardly have to worry about having enough food to experience hunger as it is experienced by those who are food insecure (and ill-advised for women in our culture where female thinness is glorified and self-willed starvation among young girls almost as epidemic as obesity).

Rather, what we can become more aware of is the interrelation of our eating with their hunger and of the complex paradoxes that exist in their culture and between theirs and ours when it comes to food. That will incur some sense of guilt in us, for food insecurity is in part caused by economic imbalances in global trade, among other things, that first world capitalism has imposed on Peru. We eat plentifully and cheaply and they can’t partly because we do. (And yet if we stopped buying imported Peruvian foods, the situation could become far worse for Peruvian laborers. There’s no easy answer here, but requesting and buying fair-trade products is a start.)

Along with some guilt, however, having our awareness raised should incur a sense of responsibility for doing what we can (supporting FFH) to empower women to do what they can given the chance to feed their families well. And it should incur a great deal of gratitude, a recognition of Peru’s gifts to our own tables and respect for the kind of hospitality the women we are encountering through FFH might want to offer us, their families, and to enjoy themselves if they had the means. Experiencing the goodness of Peruvian cuisine can mean becoming more aware of and honoring a culture that has gifted us. It can mean honoring Peruvian women, who as we know—for better or worse—are largely responsible for getting food on the table like women in most every culture. So I encourage you, even if your chapter usually doesn’t plan meals around the foods of the countries we study, to incorporate some Peruvian elements this month. Use the recipes below or make more familiar favorites with ingredients that come from Peru—it’s a great time of year for it with all the fresh corn, tomatoes, peppers, etc. See *FYI* above or the recipe introductions below for more ideas. Peruvian cuisine is very well documented on websites and in cookbooks. *Resources* at the end of *MC* gives a list of some of the best.

A Refreshing Summer Menu from Peru

Everything is served cold or room temp and many dishes use ingredients that are fresh in summer. Do-ahead, delicious, beautiful and easy to boot!

Cebiche de Pescado

(Fish “Cooked” in Lime Juice)
Butifarras
(Peruvian Pork Sandwiches)
Causa
(Tuna and Potato Terrine)
Salsa Criollo
(Onion-Pepper Relish)
Sweet Potato Salad with Chili-Lime Dressing
Quinoa Salad
Peanut butter Cookies
Ice Cream with *Dulche de leche* (caramel sauce) and Fruit
To drink
Chilcano de Pisco
(a delicious and not-too-deadly punch with Peru’s famous brandy)
Ginger Punch
(equally delicious but non-alcoholic)

RECIPES

Cebiche de Pescado

adapted fr. Copeland Marks, The Exotic Kitchens of Peru and www.epicurious.com

This has been a popular use of the abundant variety of fish and shellfish in Peru since the Incas. They “cooked” the fish in the juice of a tropical fruit unavailable to us, but the Spanish introduced citrus juices and lime has become the standard. Peruvians are also sushi and sashimi lovers, part of the more recent Japanese influence on the culture. *Aji Amarillo* is the spicy yellow pepper of choice in Peru. You may find it fresh in Latin markets or preserved in glass jars or in a paste. Any of these is acceptable here as are jalapeno or serrano. Serves several as an appetizer or on a buffet—you might half the recipe unless yours is a ceviche-loving bunch.

2 pounds impeccably fresh skinless white fish fillets (flounder is usually best here, sole works, corvina—a type of cod—is authentic)

Salt

1 cup fresh lime juice—about 12 Persian (green) limes, Mexican lemons or ripe key limes (Key limes are authentic. They are yellow when ripe, but seldom found that way here unfortunately.)

1/2 teaspoon salt

1 small clove garlic, chopped very fine (or use a garlic press)

1 or 2 fresh aji amarillo seeded and chopped fine (see note above)

1 teaspoon chopped parsley
1 teaspoon chopped cilantro
1/2c finely chopped onion, soaked in warm water 20 minutes, drained, dried, and chilled
lettuce leaves to line the platter
4 ears of corn, cooked and cut into 2-inch pieces (opt)
1 pound sweet potatoes, roasted in the skin, peeled, and sliced into 1/2-inch-thick rounds (opt)
Salsa criolla (opt.; see below)
1. Cut the fish into strips 1 1/2 inches long by 1/4 inch wide. Soak the strips in lightly salted water for 1 hour to tenderize. Drain well.
2. Put the fish in a bowl. Add lime juice, 1/2 t salt, garlic, and chile pepper, stirring very carefully so as not to break up the fish. Refrigerate for 20 minutes.
3. Just before serving, mix in the parsley, cilantro, and onion.
4. To serve, line a bowl or large platter with the lettuce. Place the ceviche in the center. Surround it with separate mounds of corn pieces, sweet potato slices, and salsa criolla (or serve that in a bowl on the side). This will hold CHILLED for an hour or so before serving. Do your chopping and juicing ahead of time and this goes together fast in the end.

Butifarras

adapted fr. Tony Custer, The Art of Peruvian Cuisine (Quebecor, 2003)

Peru's hamburger. Traditionally, it's made with a boneless leg of pork (fresh ham) that has been marinated in a chili-spice paste and then braised. But a whole boneless pork leg is A LOT of meat—the recipe I consulted called for a 5-6 pounder that would yield forty sandwiches! I used a smaller boneless pork butt roast—not exactly authentic, but delicious nevertheless. I'll let you adjust to the size of your crowd, using whichever cut you prefer or can get. (See note for using the pork leg below.) You can also play with the chili paste mix to your liking. You really can't mess this up—just follow the instructions for the braise and cook your pork to 165 degrees in its center. And yes, it's really good on Day 2. You can apply the paste mix just before you cook the meat, but let it marinate in the fridge overnight or for several hours before cooking if possible.

The Pork:

2 1/2 lb boneless pork butt (shoulder) roast (this should be tied by your meat seller)
2 T minced garlic

1 1/2-2 T *aji panca* paste (see below), another chili paste or 2 T chili powder mixed with enough oil to make a paste (keep in mind that many chili powders contain salt—adjust accordingly)

1 t ground cumin

1 t turmeric

1 medium onion, roughly sliced

3 bay leaves

Around 6 cups of good quality lower-sodium (but not salt-free) chicken broth

salt and pepper

For serving the sandwiches:

lettuce

Salsa Criolla (or thinly sliced onion soak in lime juice and salt and drained) mayonnaise (add a pressed garlic clove or two, a little lemon juice, and some paprika to perk it up)

Small buns or rolls (check Latin bakeries in your area) or large sub /French rolls from which you can slice sandwich portions

Salt and pepper the meat. Combine garlic, chili paste, cumin, and turmeric. Rub the mixture all over the meat. Place in a plastic bag or otherwise cover well, refrigerate and marinate a few hours or overnight. Place the meat in a dutch oven or other large pot with a lid. Add the onion and bay leaves. Add enough broth to cover 1/3 of the pork.

Bring to a simmer, cover, and cook 1-2 hours, checking the liquid level from time to time to keep 1/3 of the pork covered (if you run out of broth and need more liquid, use water). I turn the pork in the broth a couple of times. You really can't overcook this if you keep the liquid up, but make sure you cook it to 165. Let it cool in the broth and then slice it very thinly. Of course refrigerate it if you're making it a day (or morning) ahead. You can spoon a little of the cooking broth on the meat before storing to help keep it moist.

Make the sandwiches yourself or just put out the fixings for people to help themselves. If you use long sub rolls, you might consider making the sandwiches an hour or more ahead and wrapping them very tightly in plastic. Place in the fridge with something slightly heavy on top to weigh them down a bit. After chilling that way a few hours, they will be much easier to slice (and eat) neatly.

Note on using pork leg: Have your meat seller bone it for you. Since this will be a larger amount of meat, double the other ingredients. You can ask your meat seller to tie the leg into a neat roll, but it would be more flavorful

(but messier) if you coated all sides of it with the rub first and tied it yourself.

Aji panca paste: You may find this in Latin markets in your area. If not, Aji panca is akin to our dried New Mexico or Colorado chili. I toasted 2 large, de-seeded NM chilies in a dry skillet until softened and blanched them a few minutes in boiling water. In my spice grinder, I pureed them with enough vegetable oil and some of the water to make a thick paste. I wanted a little more spice, so I added 1 teaspoon of chipotle chili in adobo sauce to the paste.

Causa

adapted fr. Douglas Rodriguez, The Great Ceviche Book (Ten Speed Press, 2003) and epicurious.com

In Quechuan (the Andean language) *kausay* means "necessary sustenance"—that tells you how much Peruvians like this dish. It's generally served as an appetizer or light lunch and often appears at parties and wedding banquets. There are hundreds of variations—some using different colors of potatoes and fillings. Tuna is most traditional, however. The dish as we know it dates from colonial times, but the Incas enjoyed layered combinations of ingredients much earlier. This is best made a day ahead to give the flavors time to blend and the terrine time to set well. Very tasty! Salsa Criolla (below) is nice with it but optional.

Mashed Potato Layers

3 lb Yukon gold potatoes

3/4-1c mayonnaise (I used full-fat Hellman's)

the juice of 1-1 1/2 limes, or half lime/half lemon

Salt

Cook the whole, unpeeled potatoes in salted water until tender, but not mushy (time will depend on size). Drain and cool enough so that you can handle them (they should still be pretty warm, however). Peel the potatoes and run them through a potato ricer, mash them very well with a potato masher, or mash them as best you can with a fork and then transfer them to a mixer (but never a food processor with potatoes!). Whip in the mayo and juice, starting with the lesser amount and adjusting as needed for taste and to get a very smooth mix (like good mashed potatoes). You may also need to add more salt—remember that cold dishes require a little more flavor enhancement. Set aside.

Filling

14-16 oz. good quality canned tuna, packed in olive oil, drained

2 oz. anchovy fillets, rinsed, drained and smashed very well (opt. but increases depth of flavor; dissolves into the mix if smashed well)

1/2 c olive oil
2 T red wine vinegar
2 cloves garlic, pressed or minced finely
2 T capers rinsed, drained and minced
2 T minced parsley
1 roasted red pepper or pimiento (jarred are fine, use spicy Peppadews if you like), diced
1/3 c black olives (alfonso or kalamata), pitted and diced
a few more olives, diced pepper, and parsley for garnish

Mix together all filling ingredients. Line a 9x4 loaf pan with plastic, allowing plenty of overhang. Place 1/3 of the potato mixture on the bottom and spread evenly. Place half the tuna mixture and spread evenly. Add another 1/3 of the potatoes, then the rest of the tuna, and end with a layer of potatoes (You can just do three layers—potatoes, tuna, potatoes—if you like). Wrap well and chill several hours or overnight (best the next day). Unmold onto a platter. Use more olives, diced peppers (a mix of fresh yellow, red, or orange is nice), and chopped parsley to decorate the terrine. Slice about 1/2” thick at serving time and don’t worry if it doesn’t hold together completely—it will taste good.

Salsa Criolla Peruana

adapted fr. Marie Baez Kijac, The South American Table (Harvard Common Press, 2003)

Peru’s goes-with-everything-good-for-what-ails-you sauce (really more of a relish). Make it several hours or up to a day ahead. It will exude liquid as it blends over time, but if it still seems too dry after a several hours, you can add more citrus juice. You can adjust the heat, but it’s meant to be spicy. You might double this since it goes well with several other dishes.

2 medium onions, peeled, halved and very thinly sliced into half-moons (you should have 2 cups of slices)

2-4 jalapenos or serranos, seeded and minced (2 aji amarillo would be authentic here, but they are generally hotter than jalapenos)

2 cloves garlic, minced

4 T minced cilantro

Juice of 2 large lemons or limes or use some of both

1/2 t each salt and pepper

Soak the onion slices in warm water a few minutes, drain well, pat dry and place in a bowl. Mix in everything else, cover, and chill.

SWEET POTATO SALAD WITH CHILI-LIME DRESSING

fr. Lauren Chattman Just Add Water (WmMorrow, 1999) and epicurious.com

Given that some 4000 varieties of potatoes and another 2000 or so of sweet potatoes existed at one time in Peru, two potato dishes in the menu probably isn't too much of a good thing.

2 pounds sweet potatoes, peeled and cut into 1-inch pieces

olive oil for roasting potatoes and peppers

1/3 cup extra-virgin olive oil

2 tablespoons fresh lime juice

1 teaspoon chili powder

1/2 teaspoon ground cumin

1/4 cup finely chopped fresh cilantro leaves

salt and freshly ground black pepper to taste

1 medium-size red bell pepper, seeded and cut into 1/2 inch pieces

4 scallions, white and light green parts, finely chopped

Toss sweet potato pieces with a couple of T's of oil and a little salt, place on a baking sheet in one layer (you may need two sheets) and roast in a 400 degree oven, turning once or twice, until soft and brown on the edges, around 30 minutes. About halfway through, add the pieces of red pepper, also tossed with a little olive oil.

While the potatoes and peppers are cooking, make the dressing. Whisk together the olive oil, lime juice, chili powder, cumin, cilantro, salt, and pepper in a small bowl. Toss the cooked vegetables and scallions with the dressing. Season again with salt and pepper. Allow to blend for an hour or so. Serve warm or refrigerate overnight and bring to room temperature before serving.

Quinoa Salad

adapted fr. <http://www.yanuuq.com/english/imprimir.asp?idreceta=853>

According to Peruvian food expert Tony Custer, quinoa (pronounced “keen-wah”) is making a comeback in *novoandino* cuisine. It's too bad this gluten-free, protein-fiber-vitamin-rich “mother grain” of the Incas ever fell out of favor. Quinoa isn't actually a grain, but rather the seed of the goosefoot plant. Rinse it well before cooking to remove any traces of the bitter saponin on its seed coat. (It's rinsed in processing, but... Peruvians use the rinse water as an antiseptic or washing agent.) Quinoa is incredibly versatile—it works from breakfast to dessert. This salad is a very good introduction to quinoa, which has a rich, nutty flavor. I like to make it with the additions of corn and fava or small butterbeans. Make it even more substantial with cheese or cooked shrimp. 8 plus buffet servings (with some additions). You can make this several hours or even a day ahead. Store in the fridge and bring to room temperature before serving.

2 cups quinoa
3 plum tomatoes, peeled, seeded and diced (or use halved cherry tomatoes)
1 cup chopped fresh parsley
1/2cup chopped green onion, white and green parts
2 tablespoons chopped fresh mint leaves
1 garlic clove, minced
1T fresh basil, minced
scant 1/4 c lemon or lime juice (more or less)
1/2cup olive oil, approximately (more or less)
1 red bell pepper, seeded and deveined, chopped
Salt

Pepper

Options: 1c cooked corn, butterbeans, fava beans, edamame (frozen okay for all); 1c canned black or kidney beans (drained), 1c crumbled feta or goat cheese, 1/2c toasted pine nuts, 1/2lb cooked medium shrimp, 1/3 c pitted finely chopped olives

Rinse quinoa in a fine sieve or colander under running water, until water runs clear. Drain and add to 4 c salted water. Bring to a boil, then cover and simmer on low heat for 12 to 15 minutes until the grains are soft and translucent—you'll see little "spirals" as the germ releases from each seed—that's normal. Drain well and cool a bit. It will still be a little moist probably, but that's okay. Combine quinoa, tomatoes, parsley, green onion, mint leaves, garlic, and basil in a bowl. Dress with salt, pepper, olive oil and lemon juice. Add any additional ingredients, toss one more time, correct seasonings, adding more juice or olive oil if needed. Allow at least 1 hour for flavors to blend.

Peanut Butter Cookies

fr. Amy Fritch, Gourmet Magazine, in McCullough and Hamlin, Best American Recipes 2000 (Houghton Mifflin 2000)

Not Peruvian, but another great reason to thank Peru for the peanut. Easy as—no, much easier... (and gluten-free)

1 c peanut butter—creamy or chunky, your choice
1 c sugar
1 large egg, lightly beaten
1 t baking soda
1/2 t salt
whole roasted salted peanuts for topping the cookies

Preheat oven to 350 and place rack in middle. Grease two cookie sheets or line them with parchment (or silpat—my favorite!).

With a mixer, beat peanut butter and sugar to combine well. Add the egg, baking soda, and salt and mix until well incorporated.

Roll level teaspoons of the dough into balls and place them on the cookie sheets, 1” apart. With a fork or back of a spoon, flatten the balls to about 1 1/2” diameter rounds. Put a peanut in the center of each cookie. Bake cookies until puffed and pale golden, about 10 minutes. Cool 2 minutes on the sheets and then transfer to racks to cool completely. Store airtight for up to 5 days.

Ice Cream with Fruit and Dulce de Leche

Like us, Peruvians love ice cream. Vanilla and chocolate are also their favorites, but they like ice cream made with coconut, lucuma (see **FYI**), and a berry similar to our blackberry. Dulce de Leche, milk caramel, is a favorite topping and dessert ingredient. You can purchase it or easily make it from sweetened condensed milk (oven, stovetop, and microwave versions at <http://www.thatsmyhome.com/texmex/desserts/dudele.htm>). If you make ice cream, you already have a recipe everyone will love. Otherwise, purchase your favorite and put out some chopped fresh fruit and dulce de leche (slightly warmed) for toppings.

Chilcano de pisco

fr. *The South American Table* and <http://www.startribune.com/436/story/887848.html>

Pisco is a grape brandy made from the quebranta grape of the Ica Valley and the national drink of Peru. It figures into North American history as the alcohol of choice of the San Francisco 49’s (the original ones, not the football team). More Pisco recipes can be found at the website above.

- 4 c. ginger ale, cold
- 2/3 c. Pisco
- 2 tbsp. freshly squeezed lemon juice or half lemon/half lime
- 4 drops bitters
- Crushed ice
- lemon slices for garnish

In a glass pitcher, combine ginger ale, pisco, lemon juice and bitters. Pour in glasses filled with ice, garnish with lemon slices and serve. Makes 8 good size drinks. You can double, quadruple, etc. the recipe and put it in a punch bowl with an ice ring if you prefer.

Ginger Punch

fr. www.bettycrocker.com

Not Peruvian, but no Peruvian host would want someone refraining from alcohol to go without a festive libation. This uses three “imported” ingredients that have made themselves at home in Peru—citrus, the grape and ginger. This is an unusually good punch recipe. It makes a whopping 48 servings (1/2c each—you’ll want 2 apiece anyway). You do the math and adjust as you need.

- 3 cans (12 oz. ea.) frozen lemonade concentrate, thawed
- 1 can (12 oz. ea.) frozen white grape juice concentrate, thawed
- 2 1/2 quarts cold water
- 1 t ground ginger
- 2 bottles (28 oz each) ginger ale, cold

You can mix everything together but the ginger ale ahead of time. Add it at the last minute. This is especially nice with an ice ring (or ice cubes) made of the following:

seedless white grapes, lemon slices

1 can (12 oz) frozen white grape juice thawed

1 bottle (28oz) ginger ale or sparkling water (32 oz usually), chilled

Arrange fruit in an 8c ring mold or ice cube trays. Mix the rest and pour in carefully. Freeze solid, but no longer than 48 hours.

Voices below on next page.

Voices

The Freedom from Hunger website gives us the stories of two women who participate in the Credit with Education Program that DFW is supporting this month. A couple of volunteers might read them aloud in your chapter meeting this month. Take some time to think about and discuss their stories. Note just how much of their lives revolve around trying to secure food.

Sophia and Sebastiana want what most of us already have—enough food for their families, medical help when children are ill, and educational opportunities that give them and their children the chance for more secure and fulfilling lives. The final voice we'll hear this month, that of Peruvian poet and screenwriter Giovanna Pollarolo, may seem a little closer to our own experience. She writes of truths that come out in women's conversations over food, of women comfortable with life's necessities but disquieted in their recollections and reunion with each other, with what is and what might have been. With these voices, Peruvian women gift us with knowledge of themselves and perhaps some insight into ourselves as well.

You can see photos of Sophia and Sebastiana on the Freedom from Hunger website at <http://www.freedomfromhunger.org/bytes/women/sophia.php> and <http://www.freedomfromhunger.org/bytes/women/sebastiana.php>

Sophia's Story

At 30 years old, Sophia has accumulated quite a bit of wisdom to complement the determination that comes naturally to her. She was born and raised in San Martin Porras in the district of Huancavelica, a poor rural community in the mountains of Peru.

Sophia operates four different microenterprises, each helping her meet the needs of her family. She sells school supplies in the fall. On Mother's Day, an important holiday in Peru, Sophia sells gifts. For All Saints Day, she sells costumes, ribbons, and trinkets. At Christmas time, she sells girls' dresses. But at harvest time she returns to the fields. This is the work that Sophia has known for most of her life.

Management of all this work is difficult. "If we're going to a nearby village to sell, we leave at 4 a.m.," Sophia explains. "During the school season, I need to arrive early to get a spot and get my items out to display. I work all day long and return home around 8 or 9 at night. After we close for the night, we buy things until eleven at night to complete the merchandise we'll need for the next day." Her mother takes Sophia's children to school and her 13-year-old daughter helps out as much as she can. On the

weekends, Sophia takes her children to the market with her. In spite of her hard work, she cannot always count on success. "Sometimes," she tells me, "there is no business. We just come home with no money."

Sophia supports her entire family on the money she earns. She has two daughters, ages 13 and 2, as well as a son, age 11. She lives with both her parents, who also depend on her. The responsibility can weigh heavily on her. "If their shoes are falling apart, I buy new shoes," she tells me. And she always finds money for school fees.

On this point, Sophia has great pride. "I always send them to school," she says.

Sophia has just received her first Credit with Education loan of 400 soles (\$128), which she will use toward her school-supply business — her most successful. She joined the program because, "The loan officer said it would be easy to get credit and that I do not need collateral," said Sophia. "It's easier this way."

In her credit group, Sophia is learning about preventing childhood illnesses. She talks about the value of this training. "My child got sick in the stomach — it's common because of the water. We tried to cure her with herbs. We cure coughs with herbs. We rubbed her chest, but when she didn't get better, we took her to the hospital. Last year, we had to take the youngest to the hospital because she got very sick. Her tonsils were inflamed and she had bronchitis and stomach infection and was dehydrated."

Growing her businesses to earn money for such emergencies is a primary motivation for Sophia. Sophia says her daughter's medicine cost 100 soles (\$32). "That day I had to use up all my money because the baby's health comes first. I was then without money," Sophia explains.

With her new loan, the chance to save money for emergencies, the training she will receive on how to manage her businesses, and the other lifeskills training offered through Credit with Education, Sophia hopes for better times. Living on the margin of survival has taken a toll on everyone in her family. Too often, there was no choice but to look for a handout. "There is a feeding center where they give free lunches," says Sophia as she considers her past. "On bad days, lunch was the only meal we would eat."

But Sophia looks resolutely toward her new future. "I want to have a more stable business with a fixed location. I want a better house. And more than anything else, I want my kids to study. I'd like to give them what they should have and not just what I have."

Sophia's father says he is proud of his daughter's accomplishments and confident that she will achieve her dreams. "She's a support to me," he says. "I can no longer work and she paid for me to have an operation."

Sophia chimes in, "I'm happy to be able to support my parents while they're alive on this earth."

Sebastiana's Story

When Credit with Education arrived in Sebastiana's remote village in the high Andes, she was eager to join. And, with her very first loan, Sebastiana began to feel hope. It was the first time someone trusted her with a loan to build a business; her first chance to receive business training; and her first lessons on child nutrition and illness.

At 12,000 feet, Sebastiana's village is nestled into a mountainside that is green most of the year. But farming can be very difficult due to harsh weather and difficult soil. Sebastiana is caring for her children as best she can, bravely facing hardships that would probably bring the rest of us to our knees.

Sebastiana is 42 years old but looks older. Having lost her husband a few years ago, she says, "I alone have to see to all the problems of my children."

When she learned about Credit with Education, she knew the opportunity was special. "Not for the loan," says Sebastiana, "but for the training." It took a great deal of courage for her to take her first loan. "I knew others with loans, but I never dared to become involved," she said. "I worked with what I had." It was the training — and the encouragement of other women in her village — that gave her the confidence that she too could productively use a loan.

Sebastiana, who recently received her first loan, learned the business of raising pigs from her parents. In addition to the loan, Sebastiana joined Credit with Education to receive training on how to grow her business.

Sebastiana is wise to value the training as much as the loan. According to an independent, rigorous study conducted in Peru, women who received Freedom from Hunger's business training in addition to their loans made more money than those who did not. And, when times were slow, women who received this training also knew how to manage their enterprises to reduce losses so their families didn't suffer.

Sebastiana's loan is 200 soles, or about \$64. She is using the money to raise pigs — a trade she learned as a child from her parents. She plans to sell the pigs in the market of a large village several miles away — a distance she will travel on foot with pigs in tow — when the time comes. She has plans to grow her livestock business. "I want my business to grow bigger to be able

to support my big family. It's difficult because it's hard to buy groceries, rice, or pasta. My kids sometimes get sick."

To supplement the food she buys, Sebastiana farms a small plot of land with the help of her older children. "It's impossible for us to go without food. We work hard in our field. We sow corn, beans, peas, wheat, lentils, and with this, we are able to feed ourselves. We save food for times when there's no harvest."

Through her participation in Credit with Education, Sesbastiana hopes her children will have a better life than she has had. She says that all of them went to primary school, but none of them had the opportunity to attend high school. But now that can change. Little Aurelio, Sebastiana's youngest child, stands close to his mother. She smiles and bends to hug him. "I want to get whatever I can for my children," says Sebastiana as she shares her dream. "A little bit of land; the land helps sustain families — and for them to have a place to live — but more than anything, the land."

Reencounter

Giovanna Pollarolo

fr. The Peru Reader (see Resources)

You haven't changed a bit she tells me.
The years have passed right by you, I lie back.
I married, I have two children, the two of us say at once.
I'm well, yes, very well.
We must see each other more often.
Yes, we must.
What did we talk about before, I ask myself?
Of what, when we had no children, husband, or maid?
when it wasn't necessary to cover up or embellish
a well-applied mask, almost a face.
Then, we spoke of the future
each dreaming of what is now not
or what is now, but different
to marry, to have children
to leave the house that seemed a prison
to say good-bye forever to the nuns
a postcard life, without dirty clothes
or dishes to wash
these things are not dreamed in dreams.
With so many smiling masks we make

the first toast the second and third
someone has brought photos from back then
we read the signatures
we laugh the same as always, the teachers
who were younger then than we are now
once again seem to be the boring old ones. The women
hysterical spinsters, the bitter old
we remember the great loves
that did not end in marriage
single, married, widow, divorced, nun
childless, with children, one, two, three
once the rope game is announced we are astonished by a list of dead
companions
remembering, we are saddened
drinking, smoking
telling our miseries, we are friends
for an afternoon
we compare our husbands' penis size
their skill or awkwardness in bed
the lovers.
No Mother Superior Giusseppina spying from behind the door
father who sends us to bed, or upcoming exams.
Days marked by the bells between gym and class
they remind us now of happiness. It was there
and we didn't know it.
How could we know that twenty years later
we would be dreaming backwards
and give everything to start afresh
when the cards were not already on the table.
We eat and we drink
we give an accounting of our lives
so many surprises, we say
the afternoon is not enough
to tell each other what we are
so many years is a lot of time
we have so much to talk about.

Resources

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