



Connection To Perú

www.connectiontoperu.com

PERUVIAN CUISINE

Is widely regarded as one of the most delicious and diverse in the world. Over the last few years its profile has been on the rise due to recognition of our unique ingredients, flavors, and fusions, typical of our country. Thanks to Peru's immense biodiversity, traditional dishes draw on a wide variety of fresh ingredients, from the constant supply of fresh fish to the tasty native grains, fruits and vegetables.

Historically Peru has a varied range of influences, both geographical and cultural. Our food still maintains true to dishes prepared in pre-Incan times and onwards to include fusions with dishes prepared during colonial times of the Spanish, Italians, Japanese, Chinese, Africans, and French. All of these factors have contributed to the richness and diversity of modern-day Peruvian cuisine.

We love exquisite food and have been fortunate to have the opportunity to share our great passion with our guests for over six years. We invite you to participate in this wonderful culinary experience. No previous experience is needed, just the desire to learn and have fun!!

Our classes

Our classes start at 5:30 pm where you meet our chef

The class is divided in 3 main stages:

#1 Learn and experience (about 1 hour)

With our experimented Peruvian chef you will go through the central market (San Pedro market) a few blocks away. There he will teach you about typical Peruvian ingredients such as potatoes, corn, Andean herbs, Andean grains (quinua, qañiwa...), Fruits... You will also buy whatever ingredient is needed for preparing the menu you chose.

#2 Cook (about 1 to 1.5 hour)

From the ingredients you got from the market you will learn how to prepare typical Peruvian dishes.

#3 Enjoy (the time you need)

After preparing the dishes, you will enjoy it altogether. At that moment you will have

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more time to ask any question or discover more the Peruvian culture with our chef. You will also be able to share your experiences with other people and enjoy a relaxing moment as if you were in a restaurant.

Important

Cooking classes available for a minimum of 4 people

There is only one menu per class - The first who subscribed can choose the menu

Please contact us to book



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