

And what else do we eat? #Perou



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By Floriane

As soon as we got to Peru, we stopped making our own food (joiieeee), and the markets became our favorite playground. A dish generally costs no more than €1, so it's hard to do for less, even if you cook for yourself. A little reluctant at first - the guidebooks recommend it for strong stomachs - it quickly became our canteen. We've always eaten very well and never been sick! (fingers crossed..)

Fruit juice section

Some specialities, of course everything is "muy rico":

- **Rocoto Relleno**: peppers stuffed with meat and vegetables, usually served with a potato gratin (a specialty of Arequipa, a city in the south of the country).
- **Lomo saltado**: French fries + rice topped with sautéed beef and onions
- **Aroz chaufa**: rice sautéed with vegetables

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- **Aroz à la cubana**: rice, French fries, fried bananas and egg
- **Millanesa**: breaded chicken cutlet

Lomo saltado

Arroz Chaufa

As for sweets, we stopped off a lot in the **panaderia** to try and taste everything. The **churros** and **doughnuts filled with Dulce (their milk jam)** were tried and tested! **The cheese ice cream** sprinkled with cinnamon, not Roquefort flavor, plus a kind of yogurt ice cream, from the Arequipa market was our favorite.

Cheese ice cream, our favorite

And what else do we drink?

- **the fruit juices at the market** are just excellent, and the quantities are gigantic (the equivalent of a second meal) for 1€ the saleswoman served us the equivalent of 4 large glasses. We've never gone without!
- **Chicha morada**: the national drink made from purple corn, it's good but nothing more. We didn't always like everything...
- **Pisco sour**: another national drink, this time alcoholic, made with lemon juice, egg white and Pisco. We really liked this one.
- **the beers** are all very, very light, the Cusqueña, which isn't too bad, seems to be the most popular.

We also indulged in some really nice restaurants, "Ratatouille" French cuisine & "La petite française" crêperie in Arequipa, then "Bo'm" crêperie & "Green Point" vegetarian in Cuzco.

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Mamounette & her crazy fruit juice

Juice party

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