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Add a little taste of Peru in your plate

Peruvian cuisine is taking the UK by storm, with three restaurants inspired by the country's opening in London alone in the last year. Peruvian Hass avocados have also arrived in force. They're in season until September and ready to be mashed, sliced or diced into a range of summer dishes. Here are three ways to bring a touch of Peruvian inspiration into your kitchen:

1. Try the traditional Peruvian dish, Causa Limeña – a combination of creamy mashed potato, Hass avocado and chicken mayonnaise
2. Impress your guests with the national Peruvian dish, Ceviche – a sublime and healthy summer time starter
3. Do as the Peruvians do: Mash an avocado, spread it on toast, season and enjoy – this simple dish is a satisfying healthy alternative to salty snacks. And if you want to add some British flavour, add some grated Cheddar. It is simply delicious!

Hass are the most popular variety of avocado in the world – due to their creamy texture and nutty flavour. Peruvian Hass avocados are widely available in the UK until late September.

These recipes are free to use in your publication. Contact details can be found at the end of this release.



Causa Limeña with Chicken

This traditional Peruvian dish is a delicious combination of creamy mashed potato, Hass avocado and chicken mayonnaise.

Serves 6

Preparation, cooking and cooling time: 1 hour

Ingredients

- 1 kg potatoes (Maris Peer or Charlotte)
- 350g skinless, boneless chicken breasts
- 2 tbsp mayonnaise
- Dash of olive oil
- 1-2 tsp aji amarillo chilli paste (or liquidized mild red chilli)
- 1 lime
- Pinch of salt and freshly ground black pepper
- 2 ripe Hass avocados, halved, pitted and peeled

To garnish

- 1 ripe Hass avocado, halved, pitted, peeled and sliced
- Salad leaves or herbs



Method

1. Boil the potatoes until tender. Drain, cool for a while, then peel them and mash thoroughly. Leave until cold.
2. Meanwhile, poach the chicken breasts in simmering water, seasoned with salt and pepper, for 20 minutes. Drain and cool. Shred finely and mix with the mayonnaise.
3. Mix the oil, chilli paste and juice of $\frac{1}{2}$ lime into the mashed potato. Season. Mash the avocados with the remaining lime juice and season with a little salt and pepper.
4. To assemble each causa, put a deep 7cm cook's ring or round mould on a plate (or use a cookie cutter). Spoon in some mashed potato to a depth of about 1cm and smooth out evenly, using the back of a spoon.
5. Spread a layer of the avocado over the potato, then a layer of the chicken mixture. Repeat another layer of avocado and finish with a layer of mashed potato.
6. Use the rest of the mixture to make 6 causas in total. Chill for 10 minutes, then remove the moulds. Serve, garnished with sliced avocado and salad leaves.

Cook's tip: If you prefer, you can layer into straight-sided glasses, and serve without turning them out.

Hass Avocado and Prawn Ceviche

Perfect as a healthy main course summer salad, or for a delicious starter.

Serves 2 as a main course, or 4 as a starter

Preparation, cooking, chilling time: 40 minutes

Ingredients

- 350g raw king prawns
- Juice of 1 lemon
- Juice of 1 lime
- 1 small red onion, finely chopped
- 1 red chilli, deseeded and finely chopped
- 1 large Hass avocado, halved, pitted and peeled, then cut into 1cm cubes
- 1/2 cucumber, deseeded and diced into 1cm cubes
- A handful of fresh coriander or parsley, chopped
- Salt and freshly ground black pepper, to taste



Method

1. In a large saucepan, bring 2 litres of water and a large pinch of salt to the boil. Add the prawns and cook for 2 minutes maximum, then remove with a slotted spoon and immediately transfer to a bowl of iced water to prevent further cooking (and turning the prawns rubbery). Drain well, then place in a bowl (not a metal one) and add the lemon and lime juice, mixing well.
2. Add the red onion and chilli, stirring to combine. Cover and refrigerate for 30 minutes.
3. Remove from the fridge and add the avocado, cucumber and coriander or parsley. Season with salt and pepper, mix well, then spoon into attractive dishes or glasses and serve.

Cook's tip: If serving as a main course salad, toss with a bag of spinach, rocket and watercress salad.

Avocado Cheese on Toast

Amazingly simple – and SO tasty! You'll love this sensational snack.

Serves 2

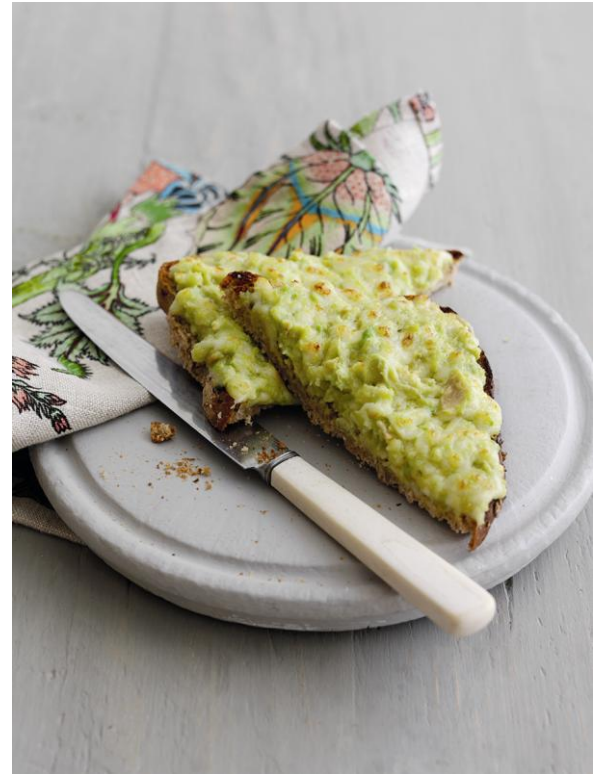
Preparation and cooking time: 10 minutes

Ingredients

- 1 ripe Hass avocado, halved, pitted and peeled
- 50g mature Cheddar cheese, grated
- Freshly ground black pepper, to taste
- 2 thick slices of granary bread

Method

1. Preheat the grill
2. Mash the avocado flesh in a bowl with a fork. Stir in the cheese and season with a little black pepper (it's unlikely that you'll need any salt)
3. Toast the slices of bread on one side only, turn them over and spread the avocado mixture thickly on top. Return to the grill and toast until the cheese starts to brown. Serve at once



Cook's tip: The avocado mixture also makes an excellent sandwich filling with sliced tomatoes, crispy bacon and salad leaves – or simply use it on its own!

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For more information, please contact.



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