



*Les Marmitons*  
**NEW JERSEY**

*Guest Chef Marita Lynn*  
*Restaurant RUNA, Red Bank, NJ*  
*March 2016 Event*  
*Menu*

*First Course : Shrimp and Artichoke Cebiche - NYC competition winner cebiche*

*Second Course: Parihuela Soup - Peruvian style Seafood Bouillabaisse*

*Third Course: Lomo Saltado over Tacu-Tacu - Peruvian Beef stir fry over rice and hummus cake*

*Fourth Course: Picarones - Peruvian Beignets with fig syrup*



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## 1st Course: Artichoke And Shrimp Ceviche

**Serves 32**

8 lb shrimp (21-25/lb), cleaned and deveined, tails off  
64 cups of water  
16 Bay leaves  
112 oz Artichokes (canned)  
8 lemon  
Juice of 40 limes  
4 stalk celery chopped  
2 cup chopped leeks

24 tbs Aji Amarillo Paste  
16 garlic cloves  
2 cup vegetable oil  
Salt to taste  
To garnish:  
8 Sweet Potato peeled, roasted and diced  
1 lb Peruvian Corn Kernels, frozen - reheated  
2 bu cilantro - chopped

### **Method:**

- 1) Fill a medium pot with water, add 64 cups of water and bay leaves. Place on stove on high heat and let water boil. Add the shrimp and let cook for 5 minutes or until color changes.
- 2) Take shrimp out of stove and strain, remove bay leaves and let cool.
- 3) For fresh artichoke hearts: See instructions below. Quarter the artichoke hearts, place in bowl, leave aside. Mix with cool shrimp and refrigerate.
- 4) For canned artichoke hearts: Drain liquid from can, rinse, and quarter the artichoke hearts, place in bowl, leave aside. Mix with cool shrimp and refrigerate.
- 5) In a blender, place lime juice, celery, leeks, Aji Amarillo paste and garlic cloves. Blend for 1 minute at medium speed. Then, with the motor running, add the vegetable oil in a slow, steady stream, as making a dressing. The mixture should be creamy. Set aside and chill.
- 6) Mix the shrimp and artichoke mix with the Aji Amarillo sauce. Season to taste.

### **Preparing fresh artichokes:**

Fill a pot with boiling water that includes 1 bay leave and juice of half a lemon  
Submerge the artichoke, flower side down, for 10 minutes. remove from pot with slotted spoon, dry and cool on paper towel or baking rack.

Peel leaves off and remove choke, leaving the heart, which should be quartered.  
Serve immediately garnish with cilantro on top, sweet potatoes and corn.



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## **2nd Course: Parihuela Soup - Peruvian style Seafood Bouillabaisse**

**Serves 32**

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| <b>1-1/2 cup vegetable oil</b>                              | <b>3 cup dry White wine</b>               |
| <b>6 large red onion finely chopped</b>                     | <b>36 cups fish stock</b>                 |
| <b>18 cloves garlic, chopped</b>                            | <b>36 small slices of firm flesh fish</b> |
| <b>12 plums tomatoes, peeled, seeded and finely chopped</b> | <b>6 lb shrimp</b>                        |
| <b>12 tbsp aji Amarillo paste</b>                           | <b>6 dz scallops</b>                      |
| <b>12 tbsp aji panca paste</b>                              | <b>6 dz mussels</b>                       |
| <b>6 tsp dried oregano</b>                                  | <b>6 cup cleaned squid cut in rings</b>   |
| <b>6 bay leaf</b>   | <b>Juice of 6 lime</b>                    |
|   | <b>Salt and pepper</b>                    |

Preparation:

In a large pan, heat the oil over medium heat and fry the onion for just a few seconds. Be careful not to let it brown. Add the garlic and continue cooking for 4 to 5 minutes or until the onion is completely translucent and just starting to turn golden.

Add the tomato and aji Amarillo and aji panca pastes, bay leaf, oregano and salt and pepper and cook for 2 or 3 more minutes, stirring.

Add the wine. Bring the mixture to a boil, lower the heat and simmer until nearly all the liquid has evaporated. Then add the stock, bring back to a boil and add first the fish, then the shrimp and squid rings and finally the scallops and cooked mussels.

Adjust the seasonings, adding more salt if necessary. Add a few drops of lime juice and serve hot.



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### **3rd Course: Tacu-Tacu**

**Serves 32**

|  |                                  |
|--|----------------------------------|
| <b>8 lb white beans soaked overnight</b> | <b>32 cloves garlic, crushed</b> |
| <b>2 lb pork belly</b>                   | <b>4 cup aji Amarillo paste</b>  |
| <b>4 lb cooked rice</b>                  | <b>8 tsp dried oregano</b>       |
| <b>16 tbsp vegetable oil</b>             | <b>Salt and pepper</b>           |
| <b>8 large red onion, chopped fine</b>   |                                  |

#### **PREPARATION**

Drain beans. Place in a large pot with plenty of water and cook together with pork belly until beans are soft about 1.5 hrs (you can also use canned beans) Set aside to cool and, when cool, beat with a wooden spoon to form a coarse puree.

In a large skillet, heat the vegetable oil. Saute crushed garlic and onion over medium heat until golden, about 5 minutes. Add aji marillo paste and oregano and cook for an additional 2 or 3 minutes.

Add the cooked rice and beans and mix to combine thoroughly. Season with salt and pepper to taste. Remove from the heat.

#### **To make tacu-tacu**

Heat another skillet with a little oil. Add 1/32 of the bean and rice mixture and, with the help of a spatula, turning it constantly to avoid it sticking and drying out, form mixture into a thick tortilla. Turn out onto a warmed serving plate.

Repeat with the remaining mixture.

## **Lomo Saltado**

**Serves 32**

|  |  |
|--|--|
| <b>5 tsp minced garlic</b>                             | <b>10 Tbsp soy sauce</b>                   |
| <b>10 tsp finely chopped aji Amarillo</b>              | <b>10 Tbsp freshly chopped cilantro</b>    |
| <b>10 lbs beef skirt steak</b>                         | <b>5 Pinch ground cumin</b>                |
| <b>10 red onions sliced</b>                            | <b>Red wine vinegar</b>                    |
| <b>16 plum tomatoes, sliced lengthwise in to six</b>   | <b>Salt and freshly ground pepper</b>      |
| <b>5 lbs large potatoes, peeled and cut lengthwise</b> | <b>Oil for stir frying and deep frying</b> |
| <b>15 aji amarillos</b>                                | <b>2 bu cilantro - chopped</b>             |

### **Preparation:**

Cut meat into 1/2 in wide strips or into gougeonettes

(Do this step in 5 batches) Heat enough oil to cover the base of a large pan or rondel and, over medium heat, saute garlic and aji Amarillo for 2 minutes. Raise the heat, add meat and brown all over. Season with salt, freshly ground pepper and a pinch of ground cumin.

Remove the meat from the pan along with the juices so as to keep it moist. Set aside.

Add a little more oil to the pan if necessary and stir-fry onion until barely soft, about 1 minute. Season with salt and pepper. Add a few drops of vinegar and continue stir-frying until it has evaporated, about another minute. The onion should still have some bite. Remove onion from pan, set aside and repeat procedure with tomato.

In a separate skillet, deep fry potato slices until just slightly golden, it can also be baked. Remove with a slotted spoon, drain on paper towel and season with salt to taste.

Return meat, onion and tomato to the rondel. Add Aji Amarillo and soy sauce and cook for 1/2 minute. Finally add the large French fries and mix everything together carefully.

Garnish with freshly chopped cilantro and serve immediately over the Tacu-Tacu.



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## 4th Course: Picarones

**Serves 32**

|   |   |
|---|---|
| <b>For the Dough:</b><br>3 lb peeled and chopped pumpkin<br>6 lb peeled and chopped sweet potato<br>24 tbsp sugar<br>6 egg lightly beaten<br>18 Tbsp active dry yeast<br>12 cups self rising flour<br>9 Tbsp. aniseed<br>6 stick cinnamon<br>6 tbsp cloves<br>Oil for frying<br>Pinch of salt | <b>For the syrup:</b><br>12 cups firmly packed dark brown sugar<br>12 cups white sugar<br>6 fig leaf<br>6 (4") cinnamon sticks<br>6 tbsp cloves<br>12 cups water<br>Peel of 6 orange, cut into large strips |
|---|---|

Fill a large pan with 84 cups of water and bring to a boil with the cinnamon sticks, cloves and aniseed. Lower heat to medium and simmer for 10 minutes to make an aromatic infusion. Strain to remove spices and then boil the sweet potato and pumpkin in the infusion until tender, about 10-15 minutes. Strain, reserving 12 cups of the cooking liquid.

Pass the sweet potato and pumpkin through a fine mesh sieve. Leave the puree and the reserved cooking liquid to cool. In a small bowl, combine the reserved infusion, sugar and yeast and let stand in a draft free place to proof, 10-15 minutes.

Place the strained sweet potato and pumpkin puree in a food processor or mixer with dough hook, add the salt, yeast mixture and eggs, and blend thoroughly. Fold in the flour and continue to stir vigorously to make a soft, smooth dough which doesn't stick to your hands.

Place the mixing bowl in a warm, draft free place, cover with a damp cloth and leave to rise for about 1 hour or until the mixture has doubled in volume.

### **To prepare syrup:**

Combine the brown sugar, white sugar, cinnamon sticks, cloves, orange peel, fig leaf and water in a medium-sized saucepan. Cook over low heat for 2-25 minutes, stirring occasionally until the mixture thickens to a syrup. Strain.

**To fry the picarones:**

In a large pan or deep fryer, heat the oil to 325F. form one tablespoon of the dough into a ring shape and fry until golden, turning once to ensure both sides are evenly cooked.. Repeat until all the dough is used, rinsing your hands from time to time in ice water to make dough rings more manageable. Remove picarones from hot oil, with a slotted spoon and drain on kitchen paper.



Served immediately bathed with the syrup.