



Peruvian Anticuchos (Beef Skewers)

Ingredients

- 1kg beef, cut into cubes
- 300ml red wine vinegar
- 4 tbsp ground cumin
- 2 tbsp paprika
- 2 tbsp chilli powder
- 1 tbsp cayenne pepper
- 1 tsp ground black pepper
- 1 tsp salt
- 5 large garlic cloves
- 100ml olive oil
- 2 tbsp fresh parsley, finely chopped
- skewers



Method

Remember: it is very important to make sure that you get permission or help from an adult when using a knife, sharp skewers or when turning on the oven.

1. Crush or finely cut the garlic cloves.
2. Mix the red wine vinegar, cumin, paprika, chilli powder, cayenne pepper, black pepper, salt, garlic and oil together in a large bowl. Blend the mixture into a paste to act as a marinade.
3. Add the beef cubes to the bowl and stir so that all the meat is coated in the paste.
4. Spread the beef cubes out onto a tray, and put the tray in the fridge for 1-2 hours.
5. Preheat the grill to a medium heat (150).
6. Thread the beef cubes onto skewers.
7. Grill the beef skewers for about 10 minutes, turning occasionally, until they have browned all over.
8. Sprinkle with chopped parsley and enjoy!

Disclaimer:

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.



Sweet Potatoes with Quinoa (suitable for vegans)



Ingredients

- 4 medium sweet potatoes
- 135g dry white quinoa
- 300ml water
- $\frac{1}{4}$ tsp sea salt
- 1 tbsp lime juice
- $\frac{1}{4}$ tsp ground cumin
- 115g diced red onion
- 60ml tomato salsa

Method

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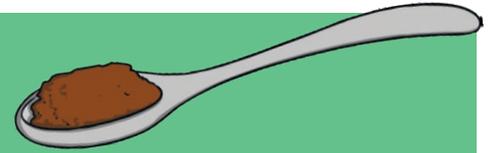
1. Preheat the oven to 200 . Poke a few holes in the sweet potatoes with a sharp knife to allow steam to escape.
2. Put the sweet potatoes in the oven and bake for 50 minutes.
3. While the potatoes are baking, rinse the quinoa and add to a saucepan. Toast the quinoa in the saucepan on a medium heat for 5 minutes.
4. Add the water, sea salt and lime juice to the quinoa. Bring the contents of the saucepan to a simmer. Reduce the heat to low and cook for a further 20 minutes until all the liquid has been absorbed and the quinoa is fluffy.
5. Remove the quinoa from the heat and stir in the ground cumin.
6. Add the salsa and the diced onion to the quinoa and stir together.
7. Remove the sweet potatoes from the oven and cut them open down the middle.
8. Top each half of the potato with the quinoa and salsa mixture.
9. Serve and enjoy. You may wish to add some salad or some tortilla chips and salsa as a tasty side dish.

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Peruvian-Style Hot Chocolate



Ingredients

- 50g unsweetened cocoa powder
- 100g sugar
- 1 tsp ground cloves
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 500ml water
- 700ml evaporated milk (or substitute coconut milk for a vegan recipe)

Method

Remember: it is very important to make sure that you get permission or help from an adult when using the hob and pouring hot liquids.

1. Mix the cocoa powder, sugar and spices together in a medium-sized saucepan.
2. Add the water to the saucepan a bit at a time, mixing it well with the dry ingredients.
3. Place the saucepan on a medium heat, and continue to stir.
4. Heat the mixture until it begins to boil, and the sugar and cocoa have dissolved.
5. Slowly add the milk while continuing to stir.
6. Serve and enjoy.



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