

Pronunciation hint – Both ll and y are pronounced like a french J (zsh), so its pa-ree-zha (parrilla) or ka-zsao (Callao)

Be aware that when you ask for the menu In Peru, you will get the set meal (the menu) Ask for *lo carta*.

aji (a.hee) - chili condiments

Alfajores – Cookies (Havanna brand are the best and are only sold in Havanna stores)

anticucho (an.tee.koo,cho) - shish kebab

cabro, cabrito (ka.bro, ka.bree.to) - goat

calamares (ka.la.ma.res) - squid

camarones (ka.ma.ro.nes) - shrimp

cangrejo (kan.gre.kho) - crab

carne (kar.ne) - meat

cecina (se.see.na) -jungle dish of dehydrated pork

cerdo, chanco (serdo, chan.cho) - pork

ceviche (se.vee.che) - raw seafood marinated in lemon juice

chaufa, chaulafan (chow.fa, chow.la fan) - fried rice

chicharrones (chee.cha.ro,nes) - fried chunks of pork or pork skin

choclo (cho.klo) - corn on the cob

cordero (kor.de.ro) - mutton

Chorizo – basically a sirloin (also a sausage)

cuy (kwee) - guinea pig

Dulce de leche (ice cream and the real thing)

empanadas (eni.pa.na.das) - Meat and/or cheese pastries

ensalada (en.sa.lu.da) - salad

estofado (es.tofa.do) - stew

farina (fa.ree.na) - museli-like yucca concoction eaten fried or in lemonade

huevosfritoslrevueltos (we.vos free.tos/re.vwel.tos) – fried scrambled eggs

juane (khwa.ne) - jungle dish of steamed rice with fish or chicken, wrapped in a banana leaf

langosta (lan.gos.ta) - lobster

lechon (le.chon) - suckling pig

locro (lo.kro) - meat and vegetable stew

lomo (lomo) - beef

lomo saltado (lo.mo sal.ta.do) - grilled strips of beef mixed with fried onions, tomatoes, french fries and a dash of chili (of course); served with white rice

mariscos (ma.rees.kos) - seafood

mate (ma.teh) - herbal tea

(el) menu (el me.noo) - set menu, usually for lunch

Mollejas – sweat breads

Morcilla – blood sausage

ocopa (o.ko.pa) - cold boiled potato salad

pachamanca (pa.cha,man.ka) - a meat and potato feast cooked in an 'oven' of rocks

papaa la Huancaína (pa.pa a la hwan.kuy.na) - boiled potato topped with a creamy sauce of fresh cheese, oil, chili, lemon and egg yolk

papasfritas (pa pa free.tas) - french fries

parrillada (pa.ree.ya.da) - grilled meats

pescado (pes.ka.do) - fish

Picada - an appetizer plate with cheese, meats, olives, nuts

pollo, gallina (po.lyo, ga.lee.na) - chicken

postre (pos.tre) - dessert

Provoleta - a chunk of provolone cheese grilled

quinua (kee.noo.a) - a highly nutritious, protein-rich grain of the high Andes

Solomillo and **bondiola** – pork tenderloin

sopa, chupe (so.pa, choo.pe) - soup

sopa a la criolla (so.pa a la cree.ol.la) - a hearty, mildly spiced noodle soup with beef, milk and peppers, often topped with a fried egg perched on a toast raft

sudado (soo.da.do) - fish (or seafood) soup or stew

tallarines (ta.ya.ree.nes) - noodles

tamal (ta,mal) - corn dough stuffed with meat, beans, chilies or nothing at all

Tire de Asado – Short ribs? cut across the ribs – ribbon of meat with rounds of bone

tortilla (tor.tee.ya) - omelet

Tostados - ham and cheese panini's on special bread called miga.

trucha (troo.cha) - trout

beer	<i>cerveza</i>	<i>ser.ve.sa</i>
blackberry	<i>mora</i>	<i>mo.ra</i>
bread	<i>pan</i>	<i>pan</i>
butter	<i>mantequilla</i>	<i>man-te.kee.ya</i>
cake	<i>torta</i>	<i>tor.ta</i>
cheese	<i>queso</i>	<i>ke.so</i>
fruit	<i>frutas</i>	<i>froo.tas</i>
grapefruit	<i>toronja</i>	<i>to.ron.kha</i>
ham	<i>jamon</i>	<i>kha.mon</i>
ice cream	<i>helado</i>	<i>e.la.do</i>
juice	<i>jugo</i>	<i>hoo.go</i>
milk	<i>leche</i>	<i>le.che</i>
orange	<i>naranja</i>	<i>na.ran.kha</i>
passionfruit	<i>maracuya</i>	<i>rna.ra.koo.ya</i>
pineapple	<i>piria</i>	<i>pee.nya</i>
plantain	<i>platano</i>	<i>pla.ta.no</i>
rice	<i>arroz</i>	<i>a.ros</i>
sugar	<i>azucar</i>	<i>a.soo.kar</i>
vegetables	<i>verduras</i>	<i>ver.do.ras</i>
water (carbonated/still)		<i>aqua con/sin gas</i>
water (drinking)	<i>aqua potable</i>	<i>agwa po.ta.ble</i>
water (mineral)	<i>aqua mineral</i>	<i>agwa mee.ne.ral</i>
watermelon	<i>sandia</i>	<i>san.dee.a</i>

Wines

Malbec and Syrah from Mendonza are the best bang for the buck in terms of quality-

Familia Bianchi: 1999 Malbec

Bodegas Lopez: Montchenot 1993

Luigi Bosca: Cabernet 1997

Latitud 33: Malbec 2002