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importers of gourmet cultural foods



HERITAGE ANDEAN CROPS
Food Service Catalog





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AJIS (PERUVIAN PEPPERS)



Indigenous to Peru, all aji products vary slightly in their spice level, color, and flavor.

Aji Amarillo: Heat level 6, deep orange color, 4-5 inches long

Aji Limo: Heat level 8, deep reddish yellow color, 2-3 inches long

Aji Panca: Sweet flavor, heat level 2, dark burgundy color, 3-5 inches

Aji Pinguita de Mono: Spicy! (heat level 8-9), deep red color, 1/2-1 inch long

Aji Rocoto: Heat level 8, dark red color, 2 inches long

Presentations:

Paste: The aji paste is made from fresh aji, pureed and pasteurized. Citric acid is added for conservation. Product can be prepared with or without seeds. Seeds add heat to the paste. Paste must be refrigerated after opening.

Whole: Sundried and cleaned, packaged with stems.

Powder: Dried aji powders are carefully hand-picked and sun dried before using conventional air drying methods to reach the final moisture content. A strict quality control program throughout the processing line assures a high quality product. Peruvian aji varieties have the advantage to incorporate a new and unique flavor to your products and they come in a color spectrum ranging from dark red to yellow.

Packaging: Paste, powder and whole pods are packed in PE/Nylon bags. Chili paste can also be packaged in glass jars with shelf life over 2 years. Once opened, it must be stored refrigerated or frozen.

Uses: Aji can be eaten cooked or raw. Cooking the aji reduces the heat and flavor. They can be milled with or without the seeds, a main source of the aji's heat. Used to flavor and add spice to chicken, meat or fish dishes. Great for spicy sauces and can also be used in making chocolate.

Product specification: Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Certifications:

- ✓ Organic*
- ✓ Kosher*
- ✓ HACCP
- ✓ GLOBALGAP in process
- ✓ Raw: All sun-dried aji pods

Storage:

Powder: Best storage conditions are in a dry, cold, dark room. Will hold for longer than one year, however, the color might change slightly. If left open without sealing, the powder will absorb humidity and become clumpy and sticky.

Pastes: Best storage conditions are in a dry, cold, dark room. Freezing or refrigerating is recommended for longer storage and best preservation. Will hold for longer than one year, however, the color might change slightly upon storage time. If left open without sealing, the product will spoil in a few days.

Producers: Grown and processed by AgroExport Topará S.A.C. in Lima, Peru.

AJI AMARILLO

Indigenous to Peru, aji amarillo is the most common type of aji. Although they are named yellow pepper their color changes to orange as they mature. They are one of the most important ingredients in Peruvian cooking.

Presentation:

- Whole sun-dried clean with stems, 5 lbs
- Paste pasteurized and seedless – 6.6 lbs
- Powder – 40 lbs

Uses: To spice up traditional Peruvian dishes such as papa a la huancaína and causa rellena



AJI LIMO

Mostly grown and used on the northern coast of Peru, the pod is 2-3 inches long and changes from a yellow to deep reddish orange color when it ripens. Aji limo is spicy (heat level 8) and is primarily used to prepare ceviche and rice dishes.

Presentation:

- Whole – sun-dried, cleaned, with stems – 5 lbs
- Powder – 6.6 lbs
- Paste pasteurized and seedless – 6.6 lbs

Uses: Add spice to traditional Peruvian dishes or new recipes



AJI PANCA

One of the most common types of aji in Peru, aji panca is 3 to 5 inches in length and has a thick flesh that matures from a green to dark red in color. Distinct from the other ajis in its spiciness, aji panca is mild in heat intensity and provides a fruity, berry-like flavor that goes well in stews, sauces and fish dishes.

Presentation:

- Whole - sundried, cleaned, with stems – 5 lbs
- Paste pasteurized and seedless – 6.6 lbs
- Powder – 40 lbs

Uses: For use in milder dishes such as stews and sauces



AJI ROCOTO

Rocotos grow natively on the slopes of the Andes and are characterized by “peach fuzz”, thick walls, and black seeds that are mildly resistant to frost. They are spicy and great for heating up any dish.

Presentation:

Paste, pasteurized and seedless – 6.6 lb

Uses: To spice up any dish; Rocoto aji halves are great for sauces and to kick up any dish with flavor and heat.

**HERBS****HUACATAY (BLACK MINT)**

Huacatay is a dark green culinary herb that has been used in Peru since ancient times to spice up food. It's a great condiment for all types of spicy dishes and combines well with aji.

Presentation: Dried powder, teacut – 5 lbs

Product specifications: Free of sugar, nuts, wheat, soy, casein, dairy, and gluten. Huacatay powder is made from dried huacatay leaves and milled into desired particle size. Cooking will not change the color or flavor.

Uses: Used to flavor cooking sauces, seasoning salts, and dips

Certifications:

- ✓ Organic
- ✓ Kosher
- ✓ Raw
- ✓ HACCP in process
- ✓ GLOBALGAP

Packaging: Huacatay powder is packaged in a sealed Nylon/PE bag – inside cardboard box.

Storage: Best storage conditions for huacatay powder is in a dry, cold, dark room. Will hold for longer than one year. If left open without sealing, the powder will not change.

Grains & Flours



All of our Andean grains and flours are naturally gluten-free and produced by small scale farmers. These alternative flours can be used in conventional, vegan, or gluten-free baking to add distinct flavors and textures. These flours are also highly nutritious.

KAÑIWA

History and general information: Kañiwa (pronounced ka-nyi-wa) is a remarkably nutritious grain of the high Andes that has been described as helping to “sustain untold generations of Indians” in one of the world’s most difficult agricultural regions.

This species of goosefoot (flowering plant), similar to Quinoa, is grown in the Andes extreme highland environment where wheat, rye and corn grow unreliably or not at all. It is considered more resistant than any other grain crop to a combination of frost (the region where it is found frost occurs up to nine months of the year), drought, salt, and pests. Kañiwa can resist low temperatures and high altitudes and, therefore, has been a safety net for subsistence farmers when all other crops fail to produce. The tiny seeds are typically toasted then ground to form a brownish flour that can be combined with other flours to make breads and desserts, added to soups and pudding, or made into a hot drink similar to hot chocolate.

Presentation:

- Dried whole grain – 10 lb
- Flour – raw or toasted –10 lb
- Puffed grain – 10 lb

Nutritional information: Although its grains are small, they contain 16% protein. It also contains an exceptional amino-acid balance, being rich in lysine, isoleucine, and tryptophan.

Uses: Kañiwa flour may be used in any recipes calling for quinoa flour. Due to its protein density and earthy flavor, kañiwa performs best when combined with other flours (either wheat or gluten-free) to make pancakes, muffins, breads and flatbreads, cookies, and other pastries. It is recommended that 30 - 50% kañiwa flour be used when combining with other flours. Rice, corn, and tapioca flours combine especially well with kañiwa flour.

When the grain is popped or puffed it produces a slightly crunchy light brown product comparable to nutty popcorn. Puffed kañiwa is a delicious snack. It can also be consumed as cereal with milk and honey, made into granola, or processed into energy bars. Additionally, the puffed grain can be used as a coating for baked or fried chicken, fish, tofu, and vegetables.

Certifications & specifications:

- ✓ Socially responsible
- ✓ Organic available
- ✓ Traditional
- ✓ Rural
- ✓ Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Storage: Store kañiwa flour in a cold, dark, dry room

Producers: Grown and processed by El Altiplano, SAC in Juliaca, Peru.

AMARANTH (KIWICHA)

History and general information: Kiwicha (pronounced kee-wee-cha) or amaranth, was one of the staple foodstuffs of the Incas, Aztecs, and other pre-Columbian peoples and was once as widely dispersed throughout the Americas as corn. Amaranth is actually a seed, not a grain as many people believe. The seeds are tan or light brown in color and are about the size of a poppy seed. However, the seeds occur in huge numbers – sometimes more than 100,000 per plant. Kiwicha is also one of the most beautiful crops on Earth, creating vibrant flowering fields of purple, red, and gold.

Amaranth is often referred to as the “crop of the future” because it is easily harvested, has a high yield, grows rapidly in arid environments, and is high in protein and essential amino acids such as lysine. However, this “crop of the future” has a long and rich history. Domesticated kiwicha has been found in Andean tombs more than 4,000 years old. In the Cusco region amaranth is used to treat toothaches and fevers. In Mexico, Amaranth was believed by the Aztecs to have supernatural powers and was used in religious ceremonies. Similarly to Quinoa, the conquistadors banned Amaranth consumption because of its use in these sacred ceremonies. All amaranth plants were burned and severe punishment was brought to those who had any grain in their possession. Consequently, it became obscure for hundreds of years.

Presentation:

- Milled grain – 10 lb
- Raw or toasted flour – 10 lb
- Puffed grain - 6.6 lb

Nutritional information: Amaranth, unlike most other cereal grains, is a great source of protein. It contains 13 - 18% protein, by weight. It is rich in the amino acids lysine, methionine, and cycteine, with a higher lysine content than any other cereal grain, bringing this grain closer to nutritional perfection for the human diet than that of standard cereal grains. It is also high in calcium, iron, magnesium, folate, phosphorous, potassium, vitamin E, fiber, vitamin B-complex, and zinc. It may be good for those with hypertension. Regular consumption reduces blood pressure and cholesterol and it is also an antioxidant.

Uses: Amaranth has a nutty flavor and can be cooked as porridge, prepared as a side dish like rice, added to soups, or combined with other ingredients to make salads. As flour it can be paired with other flours (typically one part of amaranth flour to three or four parts of another flour or starch) as a substitute for all-purpose flour and can be used to make pancakes, breads, rolls, and muffins. It does not have to be added to other flours when preparing pastas or flatbreads. Amaranth flour can also be used as a food extender, for cookies and desserts when using in combination with wheat flour – meaning that when amaranth is used to replace approximately 30% of wheat flour, there is a higher yield in the baked goods while still retaining its traditional flavor. When the grain is popped or puffed it produces a slightly crunchy white product comparable to nutty popcorn. Puffed amaranth is a delicious snack. It can also be consumed as cereal with milk and honey, made into granola, or processed into energy bars.

Certifications & specifications:

- ✓ Socially responsible
- ✓ Organic available
- ✓ Traditional
- ✓ Rural
- ✓ Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Packaging: PE/Nylon Bag, inside cardboard box

Storage: Store amaranth flour and grains in a cold, dark, dry room

Producers: Grown and processed by El Altiplano, SAC in Juliaca, Peru.

QUINOA

History and general information: Quinoa (pronounced keen-wa) is a species of goosefoot that originated in the Andean region of South America, where it has been an important food for 6,000 years. This wonder plant, along with corn and potatoes is a major food staple for the cultures developed in the Andes. The Incas considered Quinoa sacred, referring to it as “chisaya mama” or “mother of all grains”. Each year, the Inca emperor broke the soil with a golden spade and planted the first seed. During these times the grain helped to sustain the Inca armies as they marched to new conquests.

Quinoa grows at elevations between 2,500 – 4,000 meters in dry desert or semi-desert climates. Quinoa is well suited as a flour or whole grain, both of which are a great source of protein and amino acids, as well as other vitamins and minerals. During the European conquest of South America, quinoa was scorned as “food for Indians” and even suppressed because it was used in religious ceremonies.

Presentation:

- Whole grain – 10 lb
- Flour, raw or toasted – 10 lb
- Puffed grain – 10 lb

Nutritional information: High in protein (averaging 16% but can contain up to 23% – more than twice the level in most cereal grains), amino acids (lysine, cystine, and methionine), fiber, calcium, phosphorous, magnesium, iron, and potassium.

Uses: Quinoa has a light, fluffy texture when cooked. This mild, slightly nutty tasting grain can be prepared as a side dish, such as rice, used in combination with other ingredients and served as a salad or main dish, or added to soups. Some varieties are also popped; when the grain is popped or puffed it produces a slightly crunchy light tan product comparable to nutty popcorn. Puffed quinoa is a delicious snack. It can also be consumed as cereal with milk and honey, made into granola, or processed into energy bars. Additionally, the puffed grain can be used as a coating for baked or fried chicken, fish, tofu, and vegetables.

Quinoa flour is used for making breads, biscuits, cookies, crepes, muffins, pancakes, tortillas, and even beer. Quinoa flour may be used on its own in some baking, most commonly in breads or flat breads, or combined with other gluten-free flours, such as rice, tapioca, or sorghum in order to create a lighter baking mix. When combined in this fashion it is recommended to use quinoa flour for up to 50% of the flour called for in the recipe. Recently it has been recognized as an excellent substitute for making delicious gluten-free pasta.

Certifications & specifications:

- ✓ Socially responsible
- ✓ Organic available
- ✓ Traditional
- ✓ Rural
- ✓ Flour available toasted or raw
- ✓ Grain available in whole or puffed
- ✓ Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Packaging: PE/Nylon Bag inside cardboard Box

Storage: Store quinoa flour in a cold, dark, dry room

Producers: Grown and processed by El Altiplano, SAC in Juliaca, Peru.

LIMA BEAN

History and general information: Also called “butter beans” because of their starchy yet buttery texture, lima beans are a nutritional powerhouse and can be cooked or ground into flour. They have been found in coastal regions of Peru dating back to 6000 –5000 BC. Lima beans are now one of the most widely cultivated crops and can grow in temperate and subtropical regions but its origins can be traced back to Peru.

The Moche culture in Peru cultivated lima beans and often depicted them in their artwork. Since the beans were first exported to Europe and America from Lima, Peru’s capital city, they acquired the name from the shipping destination label.

When bean flour is used in baking or cooking and combined with grains it creates a complete protein, which can be used efficiently by the body.

Presentation: Selected beans sun-dried. Available whole or milled into flour – 10 lb

Nutritional information: Lima beans are a virtually fat-free source of high quality protein. Additionally they are high in fiber, iron, potassium, folate, magnesium, thiamin (vitamin B1), and manganese.

Uses: Lima bean flour can be combined with other flours in order to create high protein baked goods, falafel, bean dips, used in crepe batter and other treats. In gluten-free baking it is best to combine at a ratio of one part lima bean flour to three parts other flour (such as rice). Additionally, when added to soups the flour can create a flavorful, non-dairy, creamy texture. When used in this way a nutritious and creamy soup can be made expediently – no waiting for beans to be cooked and then pureed, as is the case with most creamy bean soups.

Certifications & specifications:

- ✓ Organic
- ✓ Kosher
- ✓ HAACP
- ✓ GLOBALGAAP in process
- ✓ Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Packaging: Lima beans and flour are packaged in sealed Nylon/PE bag – inside cardboard box

Storage: Store lima bean flour in a cold, dark, dry room

Producers: Grown and processed by AgroExport Topará S.A.C. in Lima, Peru.

Banana Walnut Coffee Cake

1 c. rice flour	½ c. lima bean flour
1 c. maple syrup	½ tsp. salt
1½ tsp. baking powder	½ c. soymilk
¼ c. canola oil	½ tsp. vanilla extract
½ tsp. lemon juice	1 banana, mashed well
½ c. walnuts, chopped	2 T. sugar + ¼ tsp. cinnamon, mixed well and reserved to sprinkle on top

Preheat oven to 350 degrees. Whisk together all dry ingredients. Add all other ingredients except the cinnamon sugar mixture, and stir until “just mixed” – you don’t want to over mix this one. Evenly spread batter into lightly greased 8 x 8 baking dish, sprinkle with cinnamon sugar mixture and bake for 30 – 35 minutes.

LUCUMA

History and general information: Lucuma (pronounced luka-mah) is a subtropical fruit of Andean origin that was once known as the “Gold of the Incas”. It is most commonly grown in inter-Andean valleys between 1,500 – 3,000 meters. Lucuma is an unusual fruit with smooth, bronze-yellow skin, and somewhat resembles a persimmon. Its bright yellow or orange flesh is usually blended into other foods. It has a delicious full-bodied, maple-like flavor and has been used for both culinary and spiritual purposes since ancient times. Archeologists have found it frequently depicted on ceramics at burial sites of the indigenous people of coastal Peru. One lucuma tree can produce about 500 fruits annually and these nutritional and uniquely flavored fruits are a staple of many Peruvians’ diets. When the lucuma falls from the tree it is still unripe. It is stored in hay or other dry material until it is soft. Once ripe, the fruit can be milled into flour and stored for years in airtight containers.

Lucuma flavored ice cream and sweets are popular treats across Peru and throughout the Andean region. Lucuma ice cream has even surpassed more traditional flavors like chocolate, vanilla, and strawberry in popularity. Although this has been a typically local treat in the past it is gaining global popularity because this delicious and unique taste cannot be duplicated with substitutions.

Presentation: Dried powder – 10lb

Nutritional information: Lucuma is a natural low-glycemic, raw sweetener that is low in sugars but high in beta-carotene, niacin(B3) and other B vitamins, fiber, calcium, iron, and low in fat.

Uses: Lucuma powder can be added to flavor and sweeten ice creams, milkshakes, pudding, flan and other desserts. The powder can also be used in pies, cakes, cereals, and pastries. Also, it is a favorite sweetener amongst raw foodists for its maple syrup taste and long list of nutrients. Although it is slightly less sweet than traditionally refined sweeteners it can be substituted for 100% of sugar or increased by 50% in a standard recipe for a more pronounced sweetness. If this method of substitution is used it is recommended that the amount of flour in the recipe be decreased by the same amount that lucuma powder was increased (i.e. if a recipe calls for 1 cup sugar and 1 ½ cups lucuma powder is used, then decrease flour by ½ cup).

Certifications & specifications:

- ✓ Natural
- ✓ Available raw
- ✓ Limited quantities of organic available
- ✓ HAACP
- ✓ GLOBALGAAP in process
- ✓ Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Packaging: Lucuma powder is packaged in sealed Nylon/PE bag – inside cardboard box

Storage: Best storing condition for lucuma powder is in a dry, cold, dark room. Will hold for longer than one year, however, the color might change slightly upon storage time. If left open without sealing, the powder will absorb humidity and become clumpy and sticky.

Producers: Grown by AgroExport Topará S.A.C. and processed by Peruvian Nature in Lima, Peru.

MACA

History and general information: Maca (pronounced mah-kah), a perennial root vegetable that resembles a turnip, has been used in the Andes as a vegetable and medicinal herb for centuries. Some have even coined maca as “Peruvian Ginseng” (although the two roots are not in the same family) because of its uses in balancing ovarian function pre and post menopause, as an antidepressant, memory enhancer, metabolism stimulator, fertility enhancer, and purported aphrodisiac. Incan warriors are even rumored to have consumed maca before battle because it was believed to give them strength.

Growing at elevations between 3500 – 4450 meters in cold climates, maca has one of the highest frost tolerances amongst native species. The native growing area for maca has predominantly rocky soil and is subject to extreme temperatures. Yet, amidst these extreme conditions maca seems to thrive. Historically maca was traded for lowland crops such as corn, rice, quinoa, and papaya. It was also used as a form of payment for Spanish imperial taxes. In addition to being ground into flour, maca roots are often boiled to make porridge, distilled to make beverages, and used as a natural herbal remedy to fight various ailments. The dried roots are approximately 13-16% protein and retain most of their nutritional value during prolonged storage.

Presentation: Flour – 10 lb

Nutritional information: Nutritionally, maca resembles other cereal grains such as corn, rice, and wheat yet, is higher in protein. Containing 60-75 % carbohydrates, 13 -16% protein, 8.5% fiber, and 2.2% fats, as well as several other vitamins and minerals including iron, selenium, B-vitamins, phosphorus, magnesium, and potassium. It also has a higher level of calcium than is found in milk. The proteins found in maca are primarily in the form of amino acids, which are essential to cell function. In addition, it contains many fatty acids including linolenic acid, palmitic acid, and oleic acids, as well as polysaccharides. Traditionally maca was believed to increase fertility in both humans and animals, as well as boost energy. Today it is used as an herbal remedy to enhance memory, balance menstrual irregularities, fight sterility, and boost energy.

Uses: In addition to being ground into powder, maca roots are often boiled to make porridge, distilled to make beverages, and used to make jams, and puddings. Maca powder is commonly added to smoothies, used in baked goods, added to hot and cold drinks, or sold as a natural herbal remedy to fight various ailments. Maca is a desirable additive to gluten-free baking because it imparts a delicious yet subtle butterscotch taste on baked goods while boasting a rich nutrient profile. Maca pairs especially well with chocolate, nuts, and cinnamon. Adding maca to the diet, even in small amounts, successfully boosts energy while staving off hunger. Maca has also been helpful in weaning people from caffeine addiction. By adding 1-2 tablespoons of maca powder to a fruit smoothie or breakfast cereal in the morning, and foregoing coffee (or gradually reducing the intake), great success has been reported in freedom from caffeine addiction.

Certifications & specifications:

- ✓ Certified organic
- ✓ Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Packaging: PE/Nylon Bag inside cardboard box

Storage: Store maca powder is in a cold, dark, dry room

Producers: Grown by several small independently run Peruvian family farms and processed by Peruvian Nature in Lima, Peru.

MESQUITE (ALGARROBA)

History and general information: Algarroba trees grow wild in large forest areas in the coastal regions of northern Peru, and have been a highly praised source of nutrition for centuries. The algarroba (also known as mesquite) pods have the shape and size of a green bean and are yellow or red in color. The pods are dried and milled, in order to produce mesquite powder. Mesquite imparts a warm, sweet, slightly smoky taste on foods while enhancing the flavors of cinnamon, chocolate, caramel, and coffee. The versatility of mesquite powder is truly limitless. It is used to sweeten juices and in combination with other flours for baking and cooking. The sweetness found in mesquite comes from fructose, which the body can process without the use of insulin. Additionally, the soluble fiber it contains slows the absorption of nutrients resulting in a flattened blood sugar curve. On average, mesquite is digested and absorbed over four to six hours, rather than within one to two hours which is the case in consuming white flour.

Presentation: Dried powder – 10lb

Nutritional information: Mesquite meal is an excellent source of fiber, it is protein rich, low glycemic yet slightly sweet, low in fat. It is a good source of calcium, phosphorus, potassium, and iron. Medical studies of mesquite have shown that despite its sweetness, it is quite effective in controlling blood sugar levels. It also boasts a higher antioxidant content than wheat or rice.

Uses: The sweet mesquite flour can be used as a protein powder, flour in baking, a seasoning to be sprinkled on your favorite foods, a flavorful addition to soups, as an additive in batters for breading fish, or as a flavorful addition to drinks. It is perfect for adding a new dimension of flavor and nutritional value to your favorite baked goods; it can be used in cookies, cereals, and pastries or added to energy bars and granola. Mesquite powder contains more sugar than traditional flour (even though mesquite does not have a blood sugar spiking effect) and therefore can burn more easily in cooking and baking. When using mesquite in cooking or baking it is recommended that the temperature is slightly lowered or that a close eye is kept on food items in order to prevent burning. As with all baked goods, it is desirable for an inserted toothpick or knife to come out clean when testing, and for the pastry to be soft but not undercooked. Additionally, because of mesquite's pronounced flavor a little bit goes a long way. It is recommended that mesquite replace between 30 – 50 % of other flours used in baking.

Certifications & specifications:

- ✓ Kosher
- ✓ Natural
- ✓ Organic available
- ✓ Free of sugar, nuts, wheat, soy, casein, dairy, and gluten.

Packaging: Algarroba powder is packaged in sealed Nylon/PE bag – inside cardboard box.

Storage: Best storing condition for mesquite powder is in a dry, cold, dark room. Will hold for longer than one year. If left open without sealing, the powder will absorb humidity and become clumpy and sticky.

Producers: Grown and processed by Algarrobos Organicos, SAC, Piura, Peru.

PURPLE CORN “MAIZ MORADO”

History and general information: Purple corn, once a staple of the Incan empire, is botanically the same species as regular table corn but has a deep purple color, and has long been used by people of the Peruvian Andes to color beverages and food. Depictions of maiz morado have been found at archeological sites dating 2,500 years and on ancient ceramics of the Mochica culture.

Most commonly, maiz morado is used to make both alcoholic and nonalcoholic versions of a popular beverage called Chicha Morada. The dark purple color is due to natural pigments known as anthocyanins, which are rich in antioxidants. Purple corn has a higher antioxidant capacity than blueberries, which is leading many to put purple corn in the category of super foods. The antioxidants found in purple corn have anti-inflammatory abilities and encourage connective tissue regeneration. Studies also indicate that they reduce the risk of cardiovascular disease, inhibit abnormal cell growth, promote collagen formation, and improve circulation.

Presentation:

- Dried kernel – 10 lb (available upon request)
- Flour – 10 lb

Nutritional information: Although similar in nutrition to yellow corn, purple corn contains substantial amounts of phenolics and anthocyanins, among other phytochemicals, which gives the corn its vibrant color. Its main colorant is cyanidin-3-b-glucosa which is a known antioxidant. The high anthocyanin content does not degrade with heat exposure.

Uses: Use purple corn flour wherever you would use regular corn flour, corn meal, or as a substitute for other flours to give your favorite corn based dishes an extra antioxidant burst. Substitute one third of purple corn flour to two thirds of normal flour in any recipes. It can be used in raw chocolates, breads, tortillas, pancakes, muffins, and cakes. It will add an amazing color to your traditional recipes while boosting the nutritional value. Popular Peruvian recipes include mazamorra morada and chicha sherbert.

Certifications & specifications:

- ✓ Kosher
- ✓ Raw available
- ✓ Organic
- ✓ HAACP
- ✓ GLOBALGAAP in process
- ✓ Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Packaging: Purple corn powder and whole kernels are packaged in sealed Nylon/PE bag – inside cardboard box.

Storage: Best storing condition for purple corn powder is in a dry, cool, dark room. Will hold for longer than two years. If left open without sealing, the powder will absorb humidity and become clumpy and sticky.

Producers: Grown and processed by AgroExport Topará S.A.C. in Lima, Peru.



SWEET POTATO

History and general information: Sweet potatoes are a root vegetable native to the tropical parts of South America and were grown in Peru as early as 750 BC. The sweet potato has been a significant source of nutrition for over 8,000 years and is now being seen as an incredibly underappreciated yet nutritious food. It is high in fiber, vitamin A, iron, and calcium. It typically grows from sea level to 3,000 meters and does not tolerate frost well. Despite the name “sweet,” studies have shown that it actually helps stabilize blood sugar levels. Sweet potatoes, or camotes, are often found in Moche ceramics. Domesticated camotes first date back to the Cilca Canyon in coastal Peru 8,000 to 10,000 years ago. It is believed that Peruvians introduced camotes to the Yucutan on their long walking journeys. The roots are most frequently boiled, fried, or baked. They can also be dried and processed to make starch and flour. Sweet potato flour holds moisture well, brings a richness of flavor, and adds a slight sweetness to any baked good.

Presentation: Flour – 10 lb

Nutritional information: Sweet potato is a substantial source of vitamin C, contains several B vitamins, and is rich in complex carbohydrates, dietary fiber, iron, calcium, and beta-carotene. The Center for Science in the Public Interest compared the nutritional value of sweet potatoes to other vegetables, evaluating fiber content, complex carbohydrates, protein, vitamins A and C, iron, and calcium, the sweet potato ranked highest in nutritional value. Additionally, while it imparts a slightly sweet taste, sweet potatoes and sweet potato flour may be beneficial to diabetics because it actually helps stabilize blood sugar and lower insulin resistance.

Uses: Sweet potato flour is incredibly versatile and can be used in baked goods, such as breads, cookies, muffins, pancakes and crepes, cakes, and doughnuts. It can also be used in soups, as a thickener for sauces and gravies, and in breading for fish. It is raw flour and does not require cooking before use. Sweet potato flour is great at holding moisture in baked goods and imparts a slight sweetness. Sweet potato flour can operate well on its own in certain baked goods yet, in certain recipes it operates best when combined 50/50 with other flours such as amaranth, rice, (or wheat – if gluten-free baking is not your objective).

Certifications & specifications:

- ✓ Conventional
- ✓ Socially responsible
- ✓ Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Packaging: Sweet potato flour is packaged in sealed Nylon/PE bag – inside cardboard box.

Storage: Store sweet potato flour in a cold, dark, dry room

Producers: Grown by several small independent Peruvian farmers and processed by Peruvian Nature in Lima.

Sweet Potato Cranberry Drop Scones

makes 8 scones

1½ c. Zócalo Sweet Potato Flour	2 tsp. baking powder
½ tsp. baking soda	½ tsp. salt
½ c. evaporated cane juice/sugar	½ c. canola oil
½ c. dried cranberries	½ c. soymilk

Preheat oven to 400 degrees F. Thoroughly combine dry ingredients in bowl. In a separate bowl combine liquid ingredients. Add liquid ingredients to dry ingredients. Form into 2 1/2 inch balls, press down on cookie sheet lined with parchment paper to about 1 inch thickness. Bake for 12-15 minutes

YACON

History and general information: Yacon, a member of the sunflower family, is a perennial Peruvian herb grown for its crisp, sweet tasting tubers. It's grown in the warm, temperate valleys of the Andes and can be found at altitudes up to 3200 meters. This ancient crop has been grown for over a millennium, and has even been found in pre-Incan tombs. In Peruvian villages today these tubers are sold in the fruit section of markets rather than with other root crops because yacon does not store carbohydrates in the form of starch like most root vegetables do, rather it stores it in the form of inulin. The yacon root is a rich source of fructooligosaccharides (FOS). These compounds help give the tuber its sweet flavor yet most of these sugars are indigestible by humans and therefore have no effect on blood sugar, making yacon an acceptable and natural sweetener to be used by diabetics. Dried yacon powder is increasingly being used in pastries, confections, dairy products, and even as a coffee sweetener. Fresh yacon has a very high water content - it takes 100 kilos of fresh yacon to produce 5 kilos of yacon powder.

Presentation: Air dried and milled – 10 lb

Nutritional information: The health benefits for this root go beyond being a low glycemic, low calorie, and high fiber food, it also aids in digestion. The sugar source in Yacon (FOS) is considered to work as a prebiotic by improving microflora balance in the intestines and promoting probiotic growth while simultaneously inhibiting toxic bacteria. It also helps boost the immune system and eases digestion. Dried tubers contain 65% sugars, mostly inulin, and are high in potassium and antioxidants.

Uses: Excellent for baking cookies and other baked goods because of its naturally sweet flavor and ability to hold moisture in gluten-free baking. Try adding Yacon as a substitute for sugar in sauces or combining it with water and cooking it down into a syrup to be used combined with fruits or as a glaze on its own. Additionally, Yacon can be used just as you would any other sweetener to be sprinkled in coffee, yogurt, or on cereals to add sweetness with added vitamins and minerals. It's ideal for diabetic cooking and baking because of its high levels of inulin that do not elevate blood sugar levels. When substituting Yacon for sugar it can be used as an even substitution to provide a slightly less sweet baked good, or increase the Yacon to 1 ½ times what the traditional recipe calls for to produce a more pronounced sweetness in the baked good. If using more Yacon than sugar in what a recipe calls for it is advisable to reduce the amount of flour by the same amount (i.e. if the recipe calls for 1 cup sugar and 1 ½ cups Yacon powder is added, it is recommended that the amount of flour in the recipe is reduced by ½ cup).

Certifications & specifications:

- ✓ Organic
- ✓ Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Packaging: PE/Nylon Bag inside cardboard box

Storage: Store in a cold, dark, dry room

Producers: Grown by a small independent Peruvian family farm and processed by Peruvian Nature in Lima, Peru.

YUCA OR TAPIOCA (CASSAVA)

History and general information: Cassava, a woody shrub native to South America, is cultivated as an annual crop in tropical and subtropical regions for its edible, starchy, tuberous root, which can be white or yellowish. Cassava root was a staple food for pre-Columbian peoples in the Americas, and depictions of it are often portrayed in indigenous art. The oldest evidence of cassava cultivation comes from a Mayan site that is 1,400 years old. Cassava roots are very high in starch and contain significant amounts of calcium, phosphorous, and vitamin C.

Tapioca is the name of the flour made from the yuca or cassava root. Tapioca flour is white, starchy, and slightly sweet and can be used to sweeten breads or make pie fillings. In Peru, yuca is a staple food that grows widely in the jungle regions and is eaten on a daily basis by many. Across South America yuca flour is used to make delicious breads: Pan de yuca (chipas) in Argentina, pan de queso in Colombia, and pao de queijo in Brazil. Yuca bread makes a delicious warm appetizer and can be prepared in advance, stored, and baked minutes before serving.

Presentation: Flour – 10 lb

Nutritional information: Tapioca flour is high in carbohydrates and a good source of iron.

Uses: Yuca flour is most commonly used to bake breads and desserts, and can be combined with other gluten-free flours to form an all purpose gluten-free flour blend in order to create a lighter gluten-free baked good. Because of the lack of protein found in yuca flour it is recommended to combine it with another gluten-free flour containing protein, such as amaranth, rice, kañiwa, quinoa, or mesquite. Yuca flour can be used for between 25 – 50 % of the flour called for in a given recipe. It can also be used in pie fillings, sauces, gravy, and puddings as a thickener. The neutral taste of yuca flour allows the other flavors in baked goods to shine through, and will not impart a very pronounced flavor on your desserts.

Certifications & specifications:

- ✓ Organic
- ✓ Kosher
- ✓ HAACP
- ✓ GLOBALGAAP in process
- ✓ Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Packaging: PE/Nylon Bag inside cardboard box

Storage: Store yuca flour in a cold, dark, dry room

Producers: Grown by AgroExport Topará S.A.C. and processed by Peruvian Nature in Lima, Peru.

Multi-grain Flour Blend

1¼ c. Zócalo Lima Bean flour	1¾ c. rice flour
1 c. Zócalo Chestnut flour	1½ c. corn starch
1½ c. Zócalo Tapioca flour	1 c. Zócalo Kañiwa flour

Whisk all ingredients thoroughly together in a bowl. Use as a substitute for multi-grain flour in recipes for breads, bagels, rolls, and pancakes. Store extra flour in an airtight container. Whisk prior to use if flour has been stored.



AGUAYMANTO

Aguaymanto, also called tomatito Silvestre, goldenberry, or gooseberry, is a Peruvian fruit that has been well known since the time of the Incas. It is a perennial herbaceous plant that grows in warm and dry areas nearby the Andes. The fruit is rich in vitamins A, B, and C and can be consumed fresh or processed into jams, preserves, and other fillings.

***Note:** Aguaymanto is also known as uchuva or Physalis.

Presentation: Whole Dried – 10 lb

Product specification: Free of sugar, nuts, wheat, soy, casein, dairy, and gluten

Uses: As a snack, in granola or energy bars, or dessert topping.

Certifications: Transition Organic

Packaging: PE/Nylon sealed bags, inside cardboard box

Storage: Store in a cold, dark, dry room



rooted foods

Rooted Foods are authentic, native foods that are created by small, community-based producers. They represent a community, a region, and a way of life. By purchasing Rooted Foods we are directly strengthening the social, environmental, and economic fiber of the community from where the product came. And this encourages healthier, more stable and self-sufficient local economies worldwide.

Rooted Foods is a voluntary initiative launched by the folks at Culinary Collective. We seek out and promote culinary products that are truly rooted in their communities - products that are healthy and unique, and that contribute to the self-reliance of local economies. Through transparency, Rooted Foods aims to inform consumers of the benefits to supporting small producers of authentic regionally-based products

The Rooted Foods team reviews products, gathers information, visits the producers, and nominates products for certification. An independent Review Board then assesses each nominated product to ensure that it meets the strict Rooted Foods criteria within five categories: Authenticity, Local Sourcing, Local Ownership, Social Responsibility, and Environmental Stewardship.

When you see the Rooted Foods logo, you know that the product you are buying meets the highest standards and is truly rooted in its community.



Conventional	Normal agriculture using pesticides to some extent
Natural	Natural and wild, collected naturally
Socially Responsible	Suppliers work with local communities to help them with production and to improve their social conditions
Rural	Grown in rural communities
Organic Certified	Control Union Certifications – Lima-Peru CU 017436
Kosher	Kosher certified by Rabbi Abraham Benhamu (Lima-Peru)
Traditional	Grown under traditional farming conditions in rural communities, small scale farming
Raw	Drying temperatures set below 40 degrees Celsius
HAACP	In process at the Topara farm facility. HACCP in the Topara processing facility
GLOBALGAP	In process at Topara

RAW VS. TOASTED

Quinoa, amaranth, and kañiwa flours are available in both toasted and raw forms. Toasting the grains prior to milling makes them more easily digestible and ready for use in items such as milkshakes and cold desserts that do not require cooking. The uncooked grains are mostly used as ingredients for the baking industry, (cereals, breads, cookies, cakes, etc), as they will be cooked later during the baking. However, the uncooked grains can be used in raw foods without any problems.

TOPARA

Topara Organica (AgroExport Topara SAC), owned by the Bederski family, has made it their mission to cultivate and produce products that represent the rich culinary traditions of Peru while restoring their land and strengthening their local community.

Topara is a leader in their community and throughout Peru in organic cultivation. To this day they have the only certified organic nursery in the country. They work closely with neighboring farms to train them in organic agriculture. When the company purchases products from neighboring farmers, they oversee all aspects of the cultivation from seedling to harvest. When they purchase from farmers or farmer associations in other regions (such as the high-land grains and roots), Topara ensures that all organic certifications are in order and often send workers for cultural and work exchanges.

The Bederski family has made a huge positive impact on their local community, both on a personal level and through their farm. When a devastating earthquake leveled the town of Chinchá, the family donated money and supplies, and raised more money internationally, to help rebuild the homes of their workers. They have acted on the community's behalf over the years in negotiations with the local mine to reduce environmental impact and to improve roads and infrastructure. The company adds a strong voice to local efforts for community development.

EL ALTIPLANO, SAC

El Altiplano was founded in 1994 with non-profit support as a way to organize and support the hard working farmers of his region. The company works with over 150 producers of quinoa and kañiwa, hearty heritage grains that have sustained the people of this rough terrain for centuries. The company has cultivated a strong bond with all of the farmers over the years, and the services they offer have grown and changed in relationship to the farmers' needs. The company supplies the farmers with seeds and seed selection training, organic certification, the use of farming equipment, agricultural training, and low interest loans to purchase needed animals and resources.

ALGARROBOS ORGANICOS, SAC

This small family company was founded in 2006 to work with a community association of over 1300 producers of mesquite products in the Piura region. The producers jointly manage a native mesquite forest of over 11k hectares, with each producer allotted a five hectares plot. Algarrobos works with the producers to train them in organic techniques, to move them through the process of getting organically certified, and to bring their products to the market at a higher price to the producers.

About Zócalo Gourmet

Zócalo Gourmet supports small-scale producers of all natural cultural foods in Latin America by bringing quality products direct from the producers to you. In selecting our products we adhere to a set of practices that ensures fair and equitable treatment of our producers and the communities within which they work. Zócalo is a division of Culinary Collective, an import and distribution company specializing in gourmet cultural foods that embody and promote native cultures and traditions.

www.zocalogourmet.com

Pricing & Shipping

Please contact us directly for current pricing and information about Culinary Collective shipping policy. We ship to distributors and wholesale accounts nationwide from our warehouses in Washington and Virginia.

12407-B Mukilteo Speedway, Suite 245
 Lynnwood, WA 98087
 t 425/398-9761 f 425/398-9765
www.culinarycollective.com

