



PERU

EMPANADAS THREE WAYS



CLASS MENU

Beef Empanada | Traditional Ground Beef Oven Baked Empanada

Cheese Empanada | Mozzarella with Corn Empanada

Chicken and Mushroom Empanada | Ground Chicken with Mushroom Empanada

Chimichurri Style Dip | Parsley Mayonnaise with Garlic

WELCOME TO THE CHEF & THE DISH

We can't wait to transport your kitchen to a different part of the world.

Enclosed is your shopping list and a collection of recipes.

Be sure to scan the shopping list for items that may be difficult to find and head out early to get them. Ask a grocery manager or order difficult to find items online.

Before your class begins:

- Organize your ingredients on your countertop,
- Organize pots and other equipment so they're within easy reach,
- Open Skype and wait for your private cooking class to begin

If you have any questions, don't hesitate to contact your Kitchen Assistant from The Chef & The Dish.

We hope you enjoy your kitchen to kitchen culinary experience.

~ *For the Love of Food* | The Chef & The Dish



Bringing the true
meaning of wealth
to real people.

It's What We Do.



CHEF LUCIA CALMELL

DEL SOLAR

LIMA | PERU



There is nothing Lucia loves more than her family, scuba diving, Peru, traveling and of course cooking.

With her culinary journey starting at just the age of 12 where she helped in their parents restaurant, she has since worked as a restaurant consultant, menu developer, customer service advisor, caterer and helped manage events for corporate clients and celebrities. One of those restaurants landed on the list of the prestigious “The 50 Best Restaurants of Latin America.” Pursuing her love of food, travel and cooking - she opened her own cooking class and experience company working in both Lima and Cusco city.

In addition to her long list of accolades, she has spent so much of her life travelling. With more than 50 countries under her belt, she’s visited 5 continents and has traveled more than 70% of her home country of Peru. During her travels, she discovers the local traditions and food to understand the country’s culture and history.

Now she gives specialty gastronomic tours and experiences, consults restaurants and runs a business that offers private chef services. She can’t wait to bring a little Peru into your kitchen in her cooking classes with The Chef & The Dish.



EMPANADAS | SHOPPING LIST

PERU



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Cheese Empanada | Mozzarella with Corn Empanada

Chicken and Mushroom Empanada | Ground Chicken with Mushroom Empanada

Chimichurri Style Dip | Parsley Mayonnaise with Garlic

INGREDIENTS	HAVE IT	INGREDIENTS	HAVE IT
<u>PRODUCE</u>		<u>PANTRY</u>	
Garlic – 8 cloves	<input type="checkbox"/>	All-Purpose Flour– 3 1/2 cups	<input type="checkbox"/>
Button Mushrooms – 4 medium	<input type="checkbox"/>	Confectioners/Icing Sugar– 6 Tbsp.	<input type="checkbox"/>
Red Onion - 1 medium	<input type="checkbox"/>	Baking Powder – 2 Tbsp.	<input type="checkbox"/>
White Onion – 1 medium	<input type="checkbox"/>	Vegetable Oil – 1 1/2 cups (or any flavourless cooking oil)	<input type="checkbox"/>
Parsley – 1/2 bunch	<input type="checkbox"/>	Yellow Pepper Paste – 1 Tbsp. (optional)	<input type="checkbox"/>
Lime – 2	<input type="checkbox"/>	Yellow Mustard – 1 Tbsp.	<input type="checkbox"/>
<u>MEAT</u>		Black Olives, pitted– 4 (optional)	<input type="checkbox"/>
Ground Chicken – 100 grams/3.5 oz.	<input type="checkbox"/>	Raisins – 1/4 cup (optional)	<input type="checkbox"/>
Ground Beef – 100 grams/3.5 oz.	<input type="checkbox"/>	Corn, canned or frozen – 1/4 cup	<input type="checkbox"/>
<u>DAIRY & DELI</u>		Salt and Pepper – to taste	<input type="checkbox"/>
Eggs (at room temperature) – 4	<input type="checkbox"/>	<u>SPICES</u>	
Mozzarella Cheese, shredded – 140 grams/ 5 oz.	<input type="checkbox"/>	Dried Oregano – 3 Tbsp.	<input type="checkbox"/>
Cream Cheese (Room Temperature) – 90grams/3 oz.	<input type="checkbox"/>	Ground Cumin – 1 Tbsp.	<input type="checkbox"/>
Lard (Manteca) – 1 cup. (or 3/4 cup Butter)	<input type="checkbox"/>	Paprika – 3 Tbsp.	<input type="checkbox"/>



SUGGESTED DRINK PAIRING

We recommend pairing this meal with a glass of full-bodied Malbec red wine.

EMPANADAS | EQUIPMENT LIST

PERU

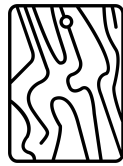


As with a chef, it's important to have your workstation in order in advance of cooking. This means having your ingredients prepped and cooking equipment on your countertop ready to go.

If you don't have any of the equipment below, please contact your Kitchen Assistant with The Chef & The Dish so we can ensure you have the best results possible.



SHARP CHEF'S
KNIFE



CUTTING BOARD



IMMERSION
BLENDER (OR
BLENDER/FOOD
PROCESSOR)



MEDIUM SKILLET
(2)



SMALL POT



BAKING TRAY



SMALL STRAINER



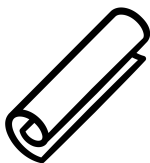
CIRCULAR MOLD
(4-6" IN
DIAMETER)



ROLLING PIN



PASTRY BRUSH



PARCHMENT
PAPER



LARGE BOWL



MIXING BOWLS

Make sure to prep your ingredients and put the equipment in a convenient place.

PERUVIAN COOKING CLASS

RECOMMENDED BRANDS



Authentic ingredients will always lead to a more authentic product. We recommend you buy the highest quality cheeses, seafood and flavourings to ensure your meal is rich in traditional flavour.

Below are a few Peruvian brands and ingredients we recommend.



Peruvian Yellow Pepper
Paste



Peruvian Botija Black
Olives



Queso Fresco



Red Gold Potatoes



Peruvian Giant Corn

OTHER BRANDS WE LOVE





CONVERSIONS

IMPERIAL TO METRIC CONVERSIONS



WEIGHT

Ounces (oz)	Exact Metric Conversion (g)	Standard Metric Conversion (g)
1 oz	28.3 g	30 g
2 oz	56.7 g	55 g
3 oz	85.0 g	85 g
4 oz	113.4 g	125 g
5 oz	141.7 g	140 g
6 oz	170.1 g	170 g
7 oz	198.4 g	200 g
8 oz	226.8 g	250 g
16 oz (1 lb)	453.6 g	500 g
32 oz	907.2 g	1000 g (1kg)

As you start cooking dishes from around the world, you'll notice that the units of measurements can vary. We've put together this handy conversion chart of some of the common conversions you'll need.

Don't panic, if you still need help or are unclear of how much ingredients you'll need, your Kitchen Assistant is only an email away.

~ The Chef & The Dish

VOLUME

Conventional Measure	Exact Metric Conversion (mL)	Standard Metric Conversion (mL)
1/4 teaspoon	1.2 mL	1 mL
1/2 teaspoon	2.4 mL	2 mL
1 teaspoon	4.7 mL	5 mL
2 teaspoon	9.4 mL	10 mL
1 tablespoon	14.2 mL	15 mL
2 tablespoons	28.4 mL	30 mL
3 tablespoons	42.6 mL	45 mL
1/4 cup	56.8 mL	50 mL
1/3 cup	75.6 mL	75 mL
1/2 cup	113.7 mL	125 mL
2/3 cup	151.2 mL	150 mL
3/4 cup	170.5 mL	175 mL
1 cup	227.3 mL	250 mL
4 1/2 cups	1022.9 mL	1000 mL (1L)

OVEN TEMPERATURES

Fahrenheit (°F)	Celsius (°C)
175°	80°
200°	95°
225°	110°
250°	120°
275°	140°
300°	150°
325°	160°
350°	175°
375°	190°
400°	205°
425°	220°
450°	230°
475°	240°
500°	260°



WEIGHING YOUR INGREDIENTS

WEIGHT TO VOLUME CONVERSIONS



Many of our Chef's at **The Chef & The Dish** use weight measurements as their primary unit of measurement. It's standard in a lot of commercial kitchens around the world, especially where accurate and scalable measurements are needed.

You don't have to worry, the team at **The Chef & The Dish** has converted most of these weights into easy to measure volume measurements for you. However, as you further your culinary journey and start reading recipes and cooking dishes from around the world, you may want to buy a weight scale to translate some of the recipes for yourself. Weighing your ingredients remains the most accurate way to measure food.

We've attached a chart of some of the standard weight to volume conversions. This is only a guide, depending on the ingredients and how its packed, the volume can vary greatly.

We encourage everyone to keep thinking about food and cooking, and most importantly, keep exploring.

~ For the Love of Food | The Chef & The Dish

DRY INGREDIENTS

INGREDIENT	GRAMS	CUPS
All-Purpose Flour	120 grams	1 cup
Whole Wheat Flour	113 grams	1 cup
Baking Powder	4 grams	1 tsp
Baking Soda	3 grams	1/2 tsp
Brown Sugar (packed)	213 grams	1 cup
Confectioners' Sugar	113 grams	1 cup
Granulated Sugar	198 grams	1 cup
Chocolate Chips	170 grams	1 cup
Cocoa Powder	42 grams	1/2 cup

WET INGREDIENTS

INGREDIENT	GRAMS	CUPS
Butter	113 grams	1/2 cup
Buttermilk	227 grams	1 cup
Corn Syrup	312 grams	1 cup
Heavy Cream	227 grams	1 cup
Milk	227 grams	1 cup
Vegetable Oil	198 grams	1 cup
Vegetable Shortening	46 grams	1/4 cup
Eggs	50 grams	1 large
Vanilla Extract	14 grams	1 tbsp