

MUSUQ CHASKI - El Mensajero Nuevo



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"Mistura"

Jorge Espinoza



Perhaps Mistura has become, after three years of its creation, one of the most important gastronomic fairs in Latin America and seems to already be in the eye of different countries and chefs around the world. Mistura is actually more than a food fair -- it is a big party where Peruvians from all over Peru, from different social sectors, ages, etc get together around kitchen and bar utensils from where magic seems to be performed to transform all the ingredients into something completely amazing, getting names like Ceviche, Sopa Seca, Manchapecho, Chicharron, Cabrito al Palo, Juanes, Cuy al Horno, Anticuchos, Carapulcra, Papa a la Huancaína, and hundreds more (including desserts, soups and entrees) from different regions of Peru.

This September activity was born in 2008 by the initiative of a group of famous and talented Peruvian chefs which formed the Asociación Peruana de Gastronomía (APEGA) (Peruvian Society of Gastronomy).

The use of many different ingredients, the special preparation of food, and socializing by sharing food is part of Peruvian history since pre-Inca cultures, represented in drawings and pottery.

Also, if we are talking about traditional places to enjoy, the most typical and great food we have to mention are the Picanterías (local restaurants) where many local people have tried creative and delicious food made with ingredients such as guinea pig, beef heart, intestines, and others that sometimes can sound unbelievably special for foreigners.



In Peru the variety of drinks and liquors are as varied as the regions of Peru. To mention some, we have the traditional Pisco, Cachina, RC, Masato, Anisado, Cañazo, the aphrodisiacs from the jungle region, and the enormous list of cocktails and preparations that creative Peruvian bartenders make such as Chilcano de Pisco, Machupicchu, the famous Pisco Sour, Coca Sour, and many more.

As agriculture is still one of the most important things for Peruvians, it's not surprising that there is such a variety of ingredients in Peruvian cuisine. These varieties and different species are grown in different altitudes and ecological micro regions. Just an example of this variety is the more than three thousand species of potatoes Peruvians have.



Mistura owes its success to how these creative chefs have joined these elements: tradition, history, places, ingredients, food, drinks, etc in one big place, also inviting different internationally recognized chefs to be part of this fair presenting their creations (using basically Peruvian ingredients and styles) or as judges to determine the best Causa Limeña, the best Ceviche or the best Pisco sour of the fair. Mistura is also a chance for new chefs to attend a conference provided by authorities of the worldwide cuisine such as Heston Blumenthal, Michel Bras, Gastón Acurio, Massimo Bottura, Dan Barber, Yukio Hattori, Álex Atala, René Redzepi and Ferrán Adrià.

Iquitos

This year in Mistura more than 150 places -- between restaurants, bars, Picanterías and Carretillas (to-go food sold in the streets) and farmers - sold their specialties and products to about 300,000 guests who attended the 10-day fair this year.

Iquitos is the largest city in the Peruvian rainforest, with a population of 370,962. It is the capital of the Loreto region and Maynas province.

Located on the Amazon River, 106 m (348 ft) above sea level, it is situated 125 km downstream of the confluence of the Ucayali and Marañón rivers, the two main headwaters of the Amazon River. Iquitos has long been a major port in the Amazon Basin. It is surrounded by three rivers: the Nanay, the Itaya, and the Amazon.



The city can be reached only by airplane or boat, with the exception of a road to Nauta, a small town roughly 100 km to the south. Ocean vessels of 3,000 tons or 9,000 tons and 5.5 meters can reach Iquitos from the Atlantic ocean, 3600 km away.

Most travel within the city via bus, motorcycle, or the ubiquitous mototaxi which is essentially a modified motorcycle with a cabin behind supported by two wheels, seating three. Transportation to nearby towns often requires a river trip via peque-peque, a small public motorized boat.

The climate is hot and humid, with an average relative humidity of 85%. The wet season lasts from around November to May, with the river reaching its highest point in May. The river is at its lowest in October. Iquitos has a tropical rainforest climate with abundant rainfall and hot temperatures all year round.

The city offers modern amenities for the residents and tourists in the area. It attracts people wanting to learn more about the Amazon Basin and indigenous culture, among others.

Iquitos is home to the prominent Peruvian conservation research organization, Project Amazonas. It has three biological stations on tributaries of the Amazon, which sometimes allow visitors. Scientists, students, and tourists fly into Iquitos, where they transfer to boats for the remainder of their travel to the Project's research stations.

Iquitos has a growing reputation as a tourist destination, especially as a base for tours of the Amazon rainforest and the Pacaya-Samiria National Reserve. Other tourists travel downriver to Manaus, Brazil, the other rubber industry city in the interior of the Amazon basin, and finally the Atlantic Ocean, which is 3,360 km (2,088 mi) away.

Part of the tourism in Iquitos is about seeking traditional shamanic experiences by using the visionary Amazonian medicinal tea of Ayahuasca. Although some reputable "curanderos" (shamans) can provide a safe context for such experiences, others do not have the specialized training or skills.

Project Updates



As usual we have had workshops in the office to prepare materials and activities for children in our placements along the Sacred Valley (day care centres, kindergartens and PRONOEIs) where the volunteers help out and work hard in benefit of those kids who are always happy to meet new friends from a faraway land to play with them.

This month in our Teaching Program we and the volunteers organized a new Network Meeting with teachers of our partner schools. Tim explained about the four skills of learning a new language and then volunteers and teachers prepared a lesson plan together on the future tense by giving ideas and presenting exercises based on reading, listening, speaking and writing. For that meeting Projects Abroad provided copies on the future tense for the teachers.



The **Inca Project** volunteers have continued to clear the ruins in the C´cochapata Sector III, Inkatambo Sector II. They also had a day trip to the palace in Vitcos. Jhon is giving lessons on Archaeology to the volunteers once or twice a week. Around the Establo the volunteers planted passion fruit plants, preparing bags for our citrus project and cleaning down the drainage area before the rainy season. We have carried on our book rotation project in schools of Huyro and visited PRONOEIs once a week.

Lately in our **Sports** Program we have had the chance to help out in the Apu Pituisiray sports school but also in a couple of schools in Calca providing support to the physical education teacher. We still count on Rebekka, Sean, Celine and Nick (who is actually going to stay for a year in Peru); all of them provide good support for their respective placements.



Enseigner l'anglais en tant que volontaire

, Care Volunteer, Italy

Difficile raccontare in poche righe il mio progetto di volontariato in Perù.

Sono arrivata in Perù lo scorso 13 agosto con mille aspettative e con la paura di non essere all'altezza della situazione.

Le prime persone che mi hanno accolto sono state le stesse che mi hanno accompagnato per tutto il mese, ovvero la mia famiglia ospitante, i Casapino. Inutile dirvi che si tratta di persone splendide e speciali.

Il lavoro che ho scelto era di affiancare un'insegnante dell'asilo di Huallabamba, per aiutarla nel duro lavoro di formazione dei bimbi.

Già il primo giorno mi sono innamorata dei bimbi così solari, pieni d'energia, curiosi e sorridenti.

Ho cercato da subito di farmi un'idea della situazione, ho chiesto informazioni sul programma e ho cercato di collaborare con il corpo docenti.

Presto mi sono data da fare con lavoretti, giochi, cartelloni e attività ricreative per tenere sempre occupati i bimbi. Ogni giorno tornavo dal lavoro soddisfatta.

La famiglia che mi ha accolto mi ha trattato sempre come una di casa. Li porterò sempre nel cuore, anzi spero davvero di rivederli!

I giorni sono volati e negli ultimi tempi cresceva la tristezza. Ho pensato addirittura di perdere l'aereo, anche se alla fine ci sono salita e avevo le lacrime agli occhi!

Consiglio a tutti questa esperienza formativa che riesce a darti tanto.

E non posso dimenticare di ringraziare Projects Abroad, un'organizzazione fantastica, sempre presente.

E grazie a Ciria, Pancho e Dario...la mia famiglia peruviana!!! Le persone più buone che io abbia mai conosciuto.

Social Media

Join our Facebook group to keep up to date on the latest events, see our group photos and keep in touch with other volunteers!

Projects Abroad Peru – The Official Group

<http://www.facebook.com/groups/projectsabroad.peru/>

Read our Projects Abroad Peru Blog that is updated weekly with new stories from here in the Sacred Valley, Cusco and Huyro

My Trip Blog

<http://www.mytripblog.org/pg/groups/267/peru/>

You can find all past issues of our Peru newsletter online

Musuq Chaski

<http://www.projects-abroad.co.uk/volunteer-destinations/peru/newsletters-from-peru/>

You can also follow

Twitter

http://twitter.com/Proj_AbroadPEUR

Cocina Peruana

How to make ... Caldo de Gallina

In Cusco we will get into the rainy season soon and it'll get cold as well so the typical soups, "Caldos", will be the most common orders in restaurants and local markets. One of the most traditional and delicious is the famous Caldo de Gallina (hen soup) which according to Peruvian grandmothers and mothers has healing properties if you by any chance get the flu.

Ingredients

1 kg chicken (hen)
½ kg yellow potatoes
3 onions (Chinese onions)
finely chopped
1 tooth of garlic, finely
chopped
1 celery stalk
½ kg moraya (dehydrated
potato)
½ kg yucca
Salt
Pepper
Ginger
4 boiled eggs cut in halves
½ cup of rice.



Preparation

Boil the hen with the garlic, the onions, the celery, the ginger, and the pepper in salted water for about 15 minutes. Add then the potatoes, the moraya and the yucca (all cut in pieces), making sure there is enough salt. Otherwise, add some more water or some more salt, depending on your case. After about 12 minutes, add the rice and let it cook for about 10 more minutes. In another pot you can boil the eggs or you can do it in the same pan where the soup is cooking.

To serve the Caldo (soup) use a bowl and add a piece of chicken, pieces of potato, moraya, yucca, some rice, a boiled egg, and serve the broth on top. You can add some chopped onion (the tail of the onion) to decorate the plate.

What's happening in November?

Festival	Description	Place	Date
Día de los muertos / Día de los vivos	Peruvian celebrations where people celebrate their relatives who had passed away and next day celebrate themselves for being still alive.	Peru	November 1st and 2nd
Touristic week in Chincha	Celebrations in Chincha (south part of Lima) where they have traditional parties, meals and drinks.	Peru	November
Todos los Santos	Catholic celebration where people from different towns and neighbourhoods celebrate their patron saints.	Peru	November