



AJI AMARILLO - Peruvian Yellow Pepper

“ The Soul of Peruvian Cuisine”

Native to Peru and fundamental to Peruvian cooking, this yellow pepper has had a Hot Romance with Peruvians dating back to 2500 BC. Proof of its importance has been found in the most ancient archeological remains. It was a dominant component in the Inca diet used by several pre-Inca cultures not only as food, but as an iconic emblem in their art and religion.

Described by the Inca as one of their ‘passion nourishments’ for its delicious flavor and spice, they claimed it purified their existence, produced happiness

and made you cry, increased the appetite and helped digestion as well as the production of saliva.

Aji Amarillo is cultivated in most regions of Peru and is the most important hot pepper in Peruvian gastronomy, included in the partial seasoning of all dishes as a paste or as the basic ingredient. It is not very hot when seeded and is edible raw as garnish (both examples seen in the recipe of CAUSA). Blended with oil, garlic and salt, it becomes a great condiment or a dipping sauce as well as the base of many dishes: 'Aji of Chicken,' 'Aji of Shrimp,' 'Aji of Seafood.'

Lastly, Aji Amarillo claims healing qualities: it eliminates heartburn, calms colds, coughs and intestinal pains, combats rheumatic and muscular pains, heals wounds, is used for the treatment of insect bites and eliminates lice!

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