



PERUVIAN DESSERTS

All Peruvian desserts spring from Colonial times when hosts and households were judged by the quality of the desserts they served. They are not all complicated, are cooked from the heart with respect for tradition, and without short cuts. Many desserts were created by the nuns in the convents of Lima where they spent their days preparing sweets and other delicacies.



The Spanish did not come to their colony alone. They brought with them African slaves, many of whom worked in the kitchens of the nobles and the wealthy and also sold their food on the streets. They were masters at using all ingredients, the ones their masters did not consume

as well as left overs. They also made great use of the Spanish spices in all their desserts. Over the years African influence proved essential to Peruvian culture, particularly cuisine and music. Their talent for creating delightful dishes

from poor or discarded ingredients has produced, among many others, some of Peru's best.



The colonists also brought the rice to Peru and established the Santa Clara convent in 1606, where sweet milk rice puddings have their roots. Arroz Sambito is such an example, a traditional dessert and Criollo version of Rice Pudding with Spanish spices and chancaca, the raw version of cane sugar.



This along with almost all Peruvian desserts has its roots in Europe - where would Peruvian desserts be without cinnamon?

The Quechua people sweetened their foods with natural fruits but did not eat sugar. However, once the Spanish colonists brought the sugar cane to the New World, Peru became the largest consumer of sugar in the colonies. Peruvians still have an extremely sweet tooth.

