

## About CAUSA

Summer is not summer in Lima without CAUSA on the table!

Its name comes from the Inca Quechua words "Kausaq" which means "that which gives life." The Spaniards arriving in Peru adapted the native foods and combined them with ingredients they brought from Europe, creating the distinctive Peruvian cuisine that exists today. Causa is one of these hybrid creations which combines the ancient potato, the avocado and Aji Amarillo native to Peru, and the lime, onions and olives imported from Spain. It originated in pre-columbian times when the ancient Peruvians pressed the potato and mixed it with the crushed yellow pepper only.

This versatile, intriguing mix of abundant regional flavors, is a cold, summer dish consisting of cool, seasoned potato layered with goodies from the sea or many other fillings. The roll with a crab and avocado filling is just one of its possible presentations. Other popular varieties include chicken, tuna, or just vegetables, making it a perfect vegetarian dish.



The presentation of Causa can be quite dramatic, as it can be molded into different shapes, layered with vividly different colors of potato, and garnished colorfully at will.

Causa can be as economic as you wish to make it, but always delicious! The combination of texture and flavors is only equaled by its sensational taste. The potato by itself is seasoned with key lime juice, Peruvian hot pepper paste, vegetable



oil and salt. The bright garnishing may consist of a red onion marinated criolla sauce, Peruvian olives, boiled egg, parsley sprigs or lettuce - the filling is up to you. Great food on the table with minimal prior planning, Causa is definitely a fun dish you can put your personal spin on and create your very own!



There is also a Sweet Potato Causa, but that is a different story :)