Peru: Peruvian Gastronomy propose its benefits in Havana

The renowned Peruvian cuisine has landed in Cuba for the second Peruvian Gastronomic Festival, having met at the Hotel Habana Libre citadino chefs Miguel Angel Kanashiro Yshiki and Luis Ochoa, accompanied by Cuban Perez Daymar.

The renowned Peruvian cuisine has landed in Cuba for the second Peruvian Gastronomic Festival, having met at the Hotel Habana Libre citadino chefs Miguel Angel Kanashiro Yshiki and Luis Ochoa, accompanied by Cuban Perez Daymar.

The event was part of the III Cultural Week of that Latin American nation, the Greater Antilles. In this way, Cubans have a special opportunity to appreciate and savor the rich and varied cuisine of the Andean nation, which has the Guinness record for the greatest variety and diversity of dishes in the world, comprising the ceviche, the Pachamanca , lomo saltado or other delicious dishes and cooking styles.

And it is a cuisine influenced by the pre-Inca, Spanish, African, Chinese, Japanese and Italian heritage and with an unbeatable variety of fruits, vegetables, grains and seafood.

Its capital, Lima, is known for being designated as Best Culinary Destination World, a major recognition awards obtained at the World Travel Awards or "Oscars" of the world of international

tourism in 2013.

Sponsored by that country's embassy in Havana and the Office of the Historian of the City, the journey has included many activities, exhibitions and interventions exponents of literature, art and intellectuality of that Latin American state. Among them he highlighted the display session aimed at local chefs, belonging to the Federation of Culinary Associations of the Republic of Cuba (FACRC) Aguiar living in the Hotel Nacional de Cuba. Source: excelenciasgourmet