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and drink
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PONCHE DE
MACA



Questions?

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Cusco, Peru

A LIVE, VIRTUAL TOUR TO
CUSCO, PERU

Famous Foods

CANCHA

This dish is an appetizer of corn kernels toasted to perfect crunchiness, then salted. The flavor is similar to Frito corn chips but much fresher.

CUY

This is the guinea pig you have probably heard about. If you ask, you may be told it tastes like - meat., or perhaps rabbit. Which makes sense since guinea pigs and rabbits are raised similarly – hutches and vegetarian diets. Most Peruvians seem to eat them whole and roasted or pan-fried and served with a sauce.

TARWI

Tarwi is a legume related to the lupini bean found in Mediterranean cooking. The people in the Andes have been eating tarwi since ancient times. Tarwi is served in a dish similar to Hummus. The flavor is slightly bitter and bean-like while the consistency is creamy and smooth.

Mix Your Own

PONCHE DE MACA

Ingredients:

- 2 Tablespoons of maca flour
- 2 Tablespoons of broad bean flour
- 2 Tablespoons of Kiwicha
- 1/2 jar of evaporated milk
- 2 tablespoons of sugar
- Cinnamon and cloves to taste

Directions:

1. Boil the kiwicha in 3 1/2 cups of water with cinnamon and cloves until the grains burst. Remove the cinnamon and cloves.
2. Then add the maca and broad bean flours previously diluted in a cup with cold boiled water.
3. Let it simmer for 10 minutes then add the milk and sugar.

Famous Drinks

FRUTILLADA

Considered a type of chicha but made with wild strawberries. One of the conditions to prepare this delicious drink is that the strawberries have to be pink. But many times it is supplemented with beet juice to give it a stronger hue. This incredible drink is very popular in areas like Cusco and the Sacred Valley.

AGUAJINA

Is a drink native to Peru, made from mashed, filtered, and sweetened fruit of the aguaje palm tree. It is has a high content of minerals, vitamins, proteins, and antioxidants. The beverage is especially beneficial for women as it balances their hormone levels.

PONCHE DE MACA

A flavorful juice with Peruvian origins. This nutritive beverage is primarily made with maca - a root with energizing and restorative properties that has been cultivated since the time of the Inca civilization.

Make Your Own

CANCHA

- Maíz chulpe (see notes) -- 2 cups
- Vegetable or olive oil -- 3 tablespoons
- Regular or sea salt -- 1 teaspoon

Maíz chulpe is available at many Latino grocery stores.

1. Heat the oil in a large, heavy-bottomed skillet over medium flame. Add the chulpe and toss to coat with the oil. Cover the pan and cook as you would for popcorn, shaking the pan from time to time to keep the kernels from burning. The kernels will begin popping (without turning inside out like popcorn) and will take on a golden brown color. They are done when the popping subsides, about 10 minutes.
2. Toss the cancha with salt to taste and serve warm or at room temperature.

Cusco

THE CITY

Cusco, Peru used to be the ancient capital of the Incas and eventually became a hybrid city celebrating different cultures. Cusco is the oldest continuously inhabited city in the Americas and a UNESCO World Heritage Site. Cusco is located in southeastern Peru near the Urubamba Valley. The ruins of the old Inca city became the foundation for the Spanish architecture you see today, and many of the stone walls that line the streets were built by the Incas.

THE TOUR

On our one hour private, live, interactive, virtual walking tour we will discover more about the city's historical importance and see the contrast between the tourist focused center and the local areas as we virtually visit the traditional and colorful local market of San Pedro. We will learn about the historical importance of Cusco in the main square. Then, experience the local district and the everyday life of locals near the San Pedro market. Also, we will walk around the San Pedro market virtually, discovering handicrafts, local fruits, vegetables and much more. Let's discover this beautiful village outside of Machu Picchu.