

NAHITA



Glossary

Aji: Spanish term that applies to nearly all variety of pepper (capsicum). Aji is generally the first word in relation to a specific pepper. I.e. Aji Amarillo.

Anticucho: Peruvian style grilled skewers of all varieties.

Bonito: Bonito is a small fish in the Mackerel, Jack, Tuna Kingfish family. The most common form of Bonito used Asian preparations is smoked, dried and flaked.

Botija Olives: Air dried olive grown in the Southern regions of Peru. Lower fat content than most cured olives, Botija Olives have been slightly fermented with sea salt. Traditions of this olive in Peruvian cooking date back over 400 years.

Bulgur: Middle-eastern cracked whole wheat kernels.

Cancha Corn: Large-size corn kernels that are traditionally popped in a pot with oil to make what is called **Chulpe**, a snacking corn which is also commonly served with or as an accompaniment to ceviche.

Ceviche: The most traditional Peruvian-style dish consists of raw cubes of fish marinated in a very acidic citrus dressing and served commonly with various Aji's, sweet potato, Chulpe and avocado. "**Leche De Tigre**" tigers milk contains citrus and fish juice is a sauce

Chicharron: Very typical street food/snack found in Spain and all over South America. It is classically made from pork skin. The skin is boiled, dried, lastly fried and seasoned with salt, puffing up into a crispy airy snack. Chicharron can also be made from fish skin and select vegetables.

Chinkiang Vinegar: Or black vinegar is common amongst southern China and the rest of Eastern Asia. It has a very deep, smoky flavor and is made of rice, sorghum or millet. It is commonly served as a dipping sauce for dumplings. It is rumored to also have anti-cancer abilities.

Cobia: A warm water fish native to the Caribbean and the Southern United States. It is a high fat content fish, which makes it desirable for cooked and raw preparations. It is a solitary fish with rapid growing rate that makes it very sustainable.

Crema: A sauce based upon a thickened often cultured dairy item similar to sour cream.

Criolla Sauce: Sliced raw red onion dressed with vinaigrette and accompanies many Peruvian dishes.

Dashi: A staple in Japanese cuisine. Dashi is a class of soup and cooking stock prepared in different ways. It is almost always composed of Kombu (Japanese kelp) and bonito flakes. It's used in soup, sauce, broth, simmering liquids, powder pastes, etc.

Dulce: "Sweet" in Spanish.

Hijiki: A small black high in nutrients seaweed commonly used in the rocky coastlines of Japan and Korea. Hijiki is said to be linked to having black luxurious hair in Eastern Asian Cultures.

La Brasa Sauce: A sauce served with "Pollo a la Brasa" in Peru. The chicken is marinated in a combination of herbs, chilies, spices and onions and is then roasted or grilled.

"Leche de tigre": A classic sauce served with ceviche in Peru. It is made with a variation of citrus, aji chilies, cilantro, spices and the juice from the fish.

"Lomo saltado": Iconic Peruvian dish of sliced meat stir fried with soy sauce, peppers & onions. Lomo saltado is served over white rice with a side of fries.

Miso: Traditional soy beans or rice mash that is fermented with a rice based mold called Shio Koji. It is high in protein, vitamins and minerals and is an integral part of Japanese and Eastern cooking.

Motoyaki: A style of cooking which involves baked food topped with a mayonnaise based sauce. The food is then broiled.

Manteca: A common cooking medium in South America. Manteca refers to rendered pork fat used for sautéing. It is also included in doughs such as Tamales and Mofongo.

Okonomiyaki Sauce: Okonomiyaki is derived from the Japanese word, *Okonomi*, which means "what you like" or "how you like it." The sauce is usually served with Yakitori or grilled Japanese dishes. It is commonly made in a combination of thickened dashi and other aromatics.

Nigori: Unfiltered sake produced from rice

Shio Koji: Rice, soy bean or barley which has been inoculated with "Koji Kin" culture. This combination acts as the fermentation starter for Sake, Shochu and other Asian fermentations. It is also used as a seasoning ingredient which adds a musty umami flavor.

Tacacho: Traditional Peruvian dish in which plantains are cooked, mashed and served with roasted shredded pork or bacon.

Tamarind: Tropical fruit grown in pods. It has a thick, acidic pulp and is widely used in Asian and South American cooking. It's used in both sweet and savory dishes.

Tiradito: Most commonly a Peruvian dish, Tiradito is sliced raw fish served in a spicy sauce.

Udon: A thick wheat flour noodle most commonly served in a broth in Japanese cultures.