

## 1 月度土曜例会(2010/01/16)

本日のゲストスピーカーはペルーの Sebastian さん。昨年9月に次いででの登場です。先回は”Peru, a general look”ペルーの歴史を紐解きつつ経済、文化について観光スポットの紹介も兼ねながら楽しく説明してくれました。今回のテーマはさらに楽しそうな”Peruvian Music and Cuisine”です。生演奏もあるとのこと、わくわくものです。



### Peruvian Music

El Condor Pasa is a typical Inca dance, based on authentic Incan folk melodies. Around 1916, Peruvian composer Daniel Alomia Robles notated this popular traditional melody and used it as the basis for an instrumental suite.

サイモン&ガーファンクルによってカバーされ日本やその他の国々に広く知られるようになったことはあまりにも有名。

### La flor de la canela (The flower of the cinnamon)

This is a Peruvian waltz composed by singer-songwriter Chabuca Granda and has become one of the most representative of Peru. This song more than once said, was the composition that launched the popularity.. Always was classified as popular, but not as important. The waltz is important at this angle Vitoria, madam of black, who was the main inspiration for the song.

### Virgenes del Sol (Virgins of the Sun) is a traditional song of Peruvian origin..

Peruvian Jorge Bravo de Rueda composed this new music genre “fox Inca”. (also referred to sometimes as jazz Inca) and declared by the INC, as Cultural Heritage. It hasn't lyrics. Yma Sumac (soprano singer) recorded and sang the melody in various stages of the world.

Festejo (from Spanish 'fiesta') is a festive form of Peruvian music. It can be seen as a celebration of Perú's independence and the emancipation of slaves, or as an attempt to reinvent diaspora African music without reference to slavery.

Huayno is a genre of popular Andean Music from Peru. It is especially common in Peru and Bolivia. It originated in Peru as a combination of traditional rural folk music and popular urban dance music.

代表的な楽器ケーナと charango の解説もありました。この際それぞれを YOUTUBE で聞いてみては如何ですか？

### Peruvian Cuisine

古代ペルーで耕された数種の草食物は土、気候条件からか栄養価が非常に高く、現代見直され the nutrition of the future として科学者の研究対象となっているそうです。特にアミノ酸の宝庫

である quinoa, シリアルのようにシリアルではない kañiwa や maca, kiwicha の様な根菜が注目され、NASA の宇宙食にも採用されました。古代から決して裕福ではなかったであろう数多くの庶民が生きていた源かも知れませんね。スペイン支配の折にそれらは棄却され国民の栄養価が低下したそうです。

ペルーはインカ帝国以来、スペインによる殖民、Republic と言う統治の歴史を経ただけではなく、山間部ありジャングルあり海岸線あり気候も多様、地理、気候、エスニック文化の多様性から多様な local cuisine が生まれました。それぞれの代表的な料理をこれから紹介します。何しろペルーには元となる食材がこれだけありますから。



- Maize (corn), 35 varieties
- Tomatoes, 15 species
- Potatoes, 2,000 varieties (in Peru), and 3,000 in the world.
- Sweet potatoes, 2,016 varieties

Peanuts are found as decorative pieces made of gold in several pre-Columbian tombs. Peanuts were later taken by Spanish and Portuguese merchants to Africa.

- Fish, 2,000 species of fish, both freshwater and saltwater (more than any other country on Earth)
- Fruit, 650 native species

### Cuisine of the Coast

The cuisine of the coast can be said to have five strong influences: Japanese, the Moorish, the African, the Chinese and the local native.

The Pacific Ocean is the principal source of aquatic resources for Peru. Peru is one of the world's top two producers and exporters of unusually high-protein fishmeal for use in livestock/aquaculture feed.

Ceviche, with its many different variations (pure, combination, or mixed with fish and shellfish) is a good example of this regional adaptation. Ceviche is found in almost all Peruvian restaurants specialized in this country's world renowned fish and seafood. Lima alone holds thousands of them, from the simple to very fancy ones. Typically served with camote, or sweet potato.

The chupe de camarones (shrimp cioppino) is one of the most popular dishes of Peruvian coastal cuisine. It is made from a thick freshwater shrimp (crayfish) stock soup, potatoes, milk and chili pepper. Regarded as typical from Arequipa, Chupe de Camarones is regularly found in Peruvian restaurants specialized in Arequipan cuisine.





### Cuisine of Lima and Central Coast

A center of immigration and centers of the Spanish Viceroyalty, Lima and Trujillo have incorporated unique dishes brought from the arrival of the Spanish Conquistadors and the receiving of many waves of immigrants: African, European, Chinese, and Japanese.

Anticuchos are popular and inexpensive dishes that originated in Peru, and popular also in other Andean

states consisting of small pieces of grilled skewered meat.

Anticuchos are brochettes made from a beef heart marinated in a various Peruvian spices and grilled, often sided with boiled potatoes and corn.

Tiradito is the younger brother of ceviche, and shows more clearly the influence that Japanese cooks have had in Peru's seafood cuisine (though some suggest that it's closer to Italian carpaccio, popularized by Genovese immigrants). The fish is sliced in fine strips, that are similar to sashimi, and then marinated in a mix of lime juice, ginger and ají limo. Unlike ceviche, tiradito lacks onions, which translates into a subtler taste.

Papa rellena (stuffed potato): mashed potatoes stuffed with ground (minced) meat, eggs, olives and various spices and then deep fried.

### Cuisine of the Northern Coast

The cuisine of the northern coast offers a difference in style from the central and southern varieties. This is not only due to the coastal native Indian influence (less Andean), the Moorish and Spanish influence, the African and the Gypsy influence (Hindustani); but also to the warmer coastal seas, hotter climate and immense geographical latitude variety.

Shambar is a soup made with wheat, pork rinds, smoked ham, assorted beans, and green onions.

Seco de Cabrito (goat stew, but goat is often substituted by lamb, chicken, or beef)

Cebiche de Conchas Negras (ceviche with black shells) is a dish of Piura and Tumbes is also popular along the southern coast of Ecuador due to Peruvian influence. In this version of ceviche, the seafood used in the dish should be black clams accompanied toasted corn.

### Cuisine of the Andes

In the valleys and plains of the Andes, the locals' diet continues to be based on corn (maíz), potatoes, and an assortment of tubers as it has been for many hundreds of years. Meat comes from indigenous animals like alpacas and guinea pigs, but also from imported livestock like sheep and swine.



The pachamanca is a very special banquet in and of itself. Cooked all over the Andean region of Peru, is made from a variety of meats (including

pork and beef), herbs and a variety of vegetables that are slowly cooked underground on a bed of heated stones. It demands skillful cooks to create and a large number of guests to consume. Because of its tedious preparation it is normally only done for celebrations or festivals in the Andes,

質問時、guinea pig で大いに盛り上がりました。料理は何しろグロテスクだけれどもめっちゃ美味しいそうです。トライしたいけれど日本で売っていないのかとの問いも。もちろんNO！

### Cuisine of the Jungle

paiche is a South American tropical freshwater fish. It is one of the largest freshwater fishes in the world.

Among the fruits of Peru's jungle is the camu camu, which contains 40 times more vitamin C than the kiwifruit.

Juane is rice seasoned with turmeric, and chicken wrapped in banana leaves.

### Sweet dishes and desserts

Alfajores: a common dessert made in several varieties. The basic recipe makes use of a base mix of flour, lemon rind, margarine, and powdered sugar which is then oven-baked.

#### Beverages

Pisco, a kind of brandy, is the national drink of Peru. This distilled beverage made from grapes is produced in various regions of the country. Pisco Sour is a cocktail made from pisco combined with lemon juice, the white of an egg and sugar.

Chicha de Jora is another well-known drink, based on different varieties of fermented maíz and different aromatic herbs,



ここで quena の生演奏、余り練習していないので、と謙遜していましたが何の何の！皆さん数曲をうっとり聞きほれ、質問時間終了時、最後にもう一曲！のアンコールにも応えてくれました。次回は奥様との競演を期待します。

