

**Staple foods** in the highlands include potatoes, quinoa, fava beans, lupin beans, corn, and for special occasion's guinea pig, hen, pork and lamb dishes are prepared. The trout is exceptional. There are a wide variety of aromatic herbs and spicy peppers used in many dishes and sauces. In jungle areas, fresh fruits, cocoa, coffee, fried plantains, and other vegetables are also common. You can find many of these products in the highlands due to proximity of the rainforest. Rice is very common, and is grown on the coast. Though vegetarians can be easily accommodated in all areas, options typically leave out the meat rather than adding vegetarian mainstays such as tofu, beans, or nuts, unless you go to a vegetarian restaurant, or a finer restaurant with vegetarian options.

**Food and Drink:** Peruvian Cuisine is renown worldwide, and in Cusco and the Sacred Valley there are many local, tourist, and fine dining restaurants to explore. We suggest you try the typical dishes of Peru, such as the local delicacy of roasted guinea pig, or ceviche, which is raw fish, cooked in lemon. Also explore the booming gourmet Novo Andean cuisine. For Peruvian fast food try "pollo a la brasa", chicken roasted in a firewood oven served with french fries. There are plenty of pizza and pasta restaurants as well. Popular drinks here are coca tea made from the coca leaf, Inca Kola (soft drink made with lemon grass – only found in Peru!), Pisco Sour (a mix of Pisco, egg whites, lemon, sugar, cinnamon and ice) and chicha (alcoholic drink made from corn). We offer many Peruvian dishes at our restaurant, Cuchara de Palo.

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