



## PERUVIAN BREAD: REGIONAL INGREDIENTS IN GOURMET BAKING



Most of the natural ingredients used in the preparation of the bread come from the Urubamba Valley.

The use of quiwicha, cañihua, “loche” squash, yellow peppers, chicha de jora, garbanzos, black mint and a wide variety of native potatoes is setting a trend in the preparation of artisan bread.

These regional products are being used as the main ingredients in gourmet baking at a five-star hotel in Machu Picchu. This is a new concept in our country.

The preparation of artisan bread with natural products and our own yeast is called gourmet baking. As no chemicals are used in the process, the final product is both healthier and tastier.

In France and Italy, gourmet baked products are very well known. However, in Peru they are found only at the Sumaq Machu Picchu Hotel located in the town of Aguas Calientes. There, one can find up to 30 varieties of bread, including creative varieties of potato bread with Andean herbs and Campesino bread with thyme and almonds.

These original varieties of bread are prepared according to an artisan method created exclusively by the hotel. Prepared dough is placed in an earthen oven, which is heated by firewood that is fed, in turn, by hot air blowers.

Here we share the recipe for Andean whole-grain bread.

### **ANDEAN WHOLE-GRAIN BREAD (Sumaq)**

- 1 kg flour
- 20 gr salt
- 15 gr instant yeast
- 500 ml water
- 100 gr boiled quinoa
- 100 gr boiled cañihua
- 100 gr boiled wheat

### **PREPARATION**

Combine the dry ingredients. Add yeast. Incorporate the boiled quinoa, cañihua and wheat, followed by the water. When the dough becomes elastic, allow to set for 1 hour. Form 400 gr loaves and allow them to ferment for 1 hour. Bake at 180 C for 25 -30 minutes.

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