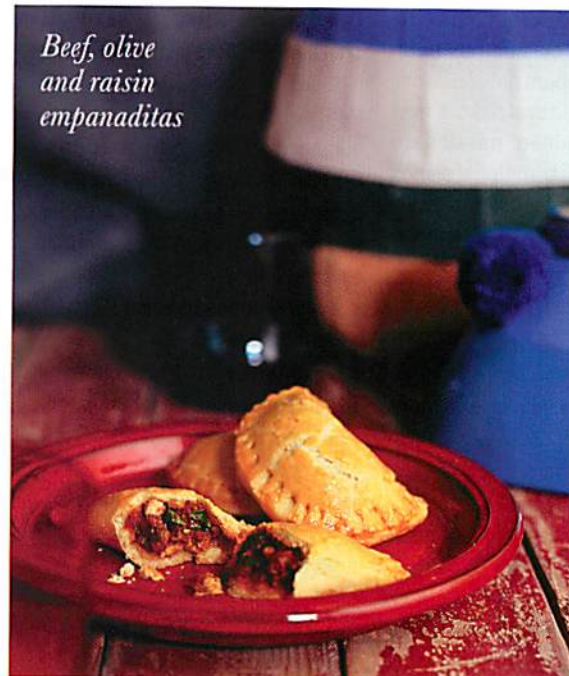


Tiradito of sea bass



Beef, olive and raisin empanaditas

minutes, until just turning tender. Drain thoroughly, then toss with the oil, paprika and sea salt and arrange in a single layer in 1 or 2 roasting tins. Roast for 30-40 minutes, turning once, until golden brown.

To drink A crisp, fruity Sauvignon Blanc from Chile or New Zealand, or this more unusual, slightly richer Sauvignon Gris: **Brancott Estate Renwick R Marlborough 2010**, £12.99, Sainsbury's.

Lamb from the oven with lentils and beans

At the base of Machu Picchu, I was served lamb with an Incan stew of mixed pulses and lentils, enriched with cream and Peruvian cheese, by the chef at Sumaq restaurant. Here is a less rich version using tomatoes, which are native to the Peruvian Andes.

- 1 large onion, roughly chopped
- 3 tablespoons olive oil
- 2 dried red chillies, finely chopped (or 1 teaspoon dried chilli flakes)
- 1 teaspoon paprika
- Salt and freshly ground black pepper
- 1.5-2kg shoulder lamb, on the bone
- 550g tomatoes, roughly chopped
- 10 sage leaves, chopped
- 4 cloves garlic, sliced
- Large handful parsley, stalks and leaves separated, both finely chopped

- 350ml lamb or vegetable stock
- 150ml red wine
- 3 x 400g cans different pulses, such as chickpeas, Lima beans, haricot beans and lentils, drained

To serve

- Typically with boiled potatoes, but also good with creamy mashed potato

1 Heat the oven to 200°C/180°C fan oven/mark 6. Scatter the onion in a roasting tin. Mix the oil, chillies, paprika and salt and pepper together in a bowl and rub all over the lamb. Sit it on top of the onion and roast for 20 minutes to brown. Lower the oven to 150°C/130°C fan oven/mark 2.

2 Scatter the tomatoes, sage, garlic and chopped parsley stalks around the lamb, then pour in the stock and wine. Season and cover tightly with a layer of greaseproof paper, then cover with foil and return to the oven for 2 hours. Baste the lamb and check the liquid level twice during cooking, adding a splash of boiling water if necessary.

3 Add the pulses, cover and cook for a further hour. You can then lower the oven to 100°C/80°C fan oven/mark ¼ and leave the lamb for 2-3 hours more as long as there is some liquid in the tin.

4 Rest the lamb out of the oven for 15 minutes before serving, then pull the meat off the bone with a fork. Meanwhile, check the sauce: if it's too runny, boil it in a saucepan vigorously

to reduce for 5-10 minutes. Stir the parsley leaves into the sauce and check the seasoning.

To drink A full-bodied South American red based on grapes such as Syrah, Cabernet or Malbec: from Argentina, **Finca Sophia Malbec Tempranillo 2010**, £9.99, Marks & Spencer.

Desserts

Bitter-chocolate ice cream with chilli-peanut praline

This was inspired by an elaborate dessert at Malabar in Lima - one of two Peruvian restaurants on the World's Top 100 Restaurants list - bringing together cacao, peanuts and chillies from the Amazon. For authenticity, try to use Peruvian chocolate.

For the ice cream

- 100g dark chocolate (85 per cent cocoa), broken into small pieces
- 2 tablespoons good-quality cocoa powder
- 4 large egg yolks
- 50g caster sugar
- 400ml double cream
- 100ml milk
- 50g muscovado sugar
- 1 teaspoon instant coffee
- 1 vanilla pod, split in half lengthways and the seeds scraped out
- ¼ teaspoon salt

For the praline

- 75g roasted, salted peanuts, roughly chopped
- ½ teaspoon mild chilli powder
- 100g caster sugar

1 Place the chocolate and cocoa powder in a large, heatproof bowl. In a separate bowl, whisk the egg yolks and caster sugar until pale and thick.

2 Pour the cream and milk into a medium saucepan, add the muscovado sugar, coffee, vanilla pod and seeds. Stir over a medium heat until the sugar has dissolved and it comes almost to the boil. Remove from the heat and let stand for 30 seconds, then pour over the chocolate.

3 Whisk quickly until the chocolate has melted, then very slowly add ladlefuls of the chocolate mixture to the egg yolks and sugar, whisking continuously, until half the chocolate mixture is incorporated, then add the rest quickly. Stir in the salt.

4 Return to the saucepan; stir over a low heat for 10 minutes until steaming hot. Pour through a sieve into a bowl and leave to cool, then chill in the fridge for 1 hour before transferring to an ice-cream maker and churning.

5 For the praline, line a baking sheet with baking parchment. Combine the peanuts and chilli powder. Pour the caster sugar into a heavy-based saucepan and place over a medium-high heat. Swirl the pan occasionally >

Lamb from the oven with lentils and beans

