

AMAZONIAN GASTRONOMY

Location: Lima and Iquitos, Perú

- This course is an introduction to Amazonian Gastronomy from the cultural, historical, geographical and biological points of view. It orientates the student towards the understanding of the Amazonian biodiversity, the way it is used by the native communities and the techniques and tools that have been developed by them. The student will discover the Amazonian Gastronomy from three points of view: the native indigenous culinary tradition (bora, aguaruna and ashaninka), the tradition from the great jungle cities and the exchange between both native and foreign knowledge.

SESSION DATES

June 25 to July 26, 2018

COST

Application fee de USD 150
Program fee de USD 3200

Credits: 3

PROFESSORS

- **Pedro Schiaffino:**

He studied at The Culinary Institute of America (CIA) in Nueva York. The Italian Culinary Institute for Foreigners (ICIF) in Costigliole d'Asti, Piemonte is one of his formation references. Before returning to Peru, he worked in many Italian restaurants such as Dal Pescatore (Canneto sul'Oglio, Mantova) and Pinocchio (Borgomanero, Novara), among others, references of the high European cuisine. Later, he began contact with the Amazonian world, its products and preparations. From that moment he has tried to understand its foundations and its cooking practices.

He has created two renowned restaurants –Malabar and Amaz– and a catering enterprise, all related to the Amazonian tradition, oriented to the study of the products, understanding the principal aspects of their culinary art, propagating their culture and preserving their life. This has made him explore also environmental and sustainability subjects, which now constitute one of his principal interests.



DISCOVER
ENJOY



● **Dr. Fernando Roca:**

He has a bachelor degree in Maritime Sciences by the Escuela Naval del Perú and a bachelor degree in theology by the Centro de Estudios Superiores da Companhia de Jesús en Brasil. He has a master degree in theology specialized in Fundamental Theology by the Faculté Pontificale de Théologie de la Compagnie de Jésus in France. He has a Diploma in Anthropological Studies at PUCP. Doctor in Social Anthropology specialized in Ethnobiology by the Ecole Hautes Etudes en Sciences Sociales in France. Dr. Roca is the author of books and research about communications, ecology, botanic, ethnobotanics, the Amazon rainforest and sustainable development both in Peru and in France. He is a member of the Science National Academy of Peru and the Geographic Society of Lima.

COURSE DESCRIPTION

1st Module: Amazonian cuisine from indigenous communities

- General context.
 - The Amazon rainforest: general aspects.
 - The Peruvian Amazon and the Amazonian societies.
 - Indigenous cosmovisions.
 - Ecosystems, biodiversity and gastronomy.
 - The domestication of animals and plants.
 - Resource identification (areas and products).
- Amazonian communities:
 - The bora
 - The aguarunas
 - The ashaninkas

2nd Module: Traditional Amazonian cuisine

- General context (3 hours)
 - Migrations to the Amazon: from colonialism to our days.
 - Cities in the rainforest: Tarapoto, Pucallpa, Iquitos, Puerto Maldonado, etc.
 - Cultural characteristics of the cities in the Amazon jungle.
 - The great markets.
 - Consumption habits, identities and gastronomy.
- External influences in the Amazonian culinary art.
 - Incorporating products and techniques from migration.
 - Equipment, tools, styles, implements and markets.
 - Preparations, techniques and recipes.
 - The world of coffee, chocolate and macerated ingredients.

3rd Module: Complementary activities

- Amaz or Malabar restaurant: gastronomy concept application.
- Collaborative Amazonian cuisine experience in Urban Kitchen.
- Guided visit to the National Museum of Anthropology, Archaeology and History.
- Support Group for the Rural Areas (PUCP): alternative coffee and cacao production.
- Amazonian Center for Anthropology and Practical Application (CAAP) or Peruvian Amazonian Research Institute (IIAP).

4th Module: Field trip to Iquitos

- Visit to the Amazonian Studies Center.
- Expert guided visit through the Iquitos' Botanical Garden.
- Gastronomy experience in local restaurants.
- Belen Market: contact with Amazonian product providers.
- Gastronomy experience with native cooks.



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