

De: helga elsner [REDACTED]



Asunto: Hello!!

Fecha: April 3, 2014 at 11:37 PM

Para: [REDACTED]

Hello Robert!!

Today I'll write you in English, just to change :)

Of course I know Wok, but I've never used one. I think my family doesn't cook chinese food very often. The only exception is "Arroz Chaufa", which is very delicious and easy to cook. It is rice with pieces of chicken, eggs, chinese onion and kion, all fried. I think this is the next recipe that i'll send you.

Talking about Chili, I have note that there in Europe people like the spicy food very much, huh? When I was in Germany with my sister, I was surprised with the "Ice- cream with Chili" or " Chili Schokolade". But in Winter, it should be the better idea to keep warm. Here in Peru, some recipes are very spicy. But specially recipes who comes from Arequipa (the biggest city in Peru, after Lima), "the white city" (because of the whiteness of the volcanic stone that they use to build.

By the way, the recipe that I send you this time is a dessert. It was my sister birthday, and my gift was to cook a cake for her. I made a cheesecake, but instead of using Strawberrys, I used a fruit called "Aguaymanto".

Aguaymanto "Physalis peruviana" or, in German, "Peruanische Blasenkirsche" is a fruit of the region (specially from the peruvian Anden). I think this fruit is very beautiful: It has an intense cadmium yellow and it looks like a yellow pearl inside a flower. It taste acid and a little sweet at the same time.

It is very healthy. I have heard that Aguaymanto is a powerful antiaging, so I think it's time for me to use it.. So when I'm 50, I will look like I'm 25 :D!!

I send you photos of the birthday of my sister and the "Aguaymanto Cheesecake", and let me know if you find some of this fruit, there in Sandtleiten.

Viele Grüsse!!

Helga



