

# COOKING BOOK PERU EXPEDITIONS

“One cannot think well, love well, sleep well, if one has not dined well.”



# PERU EXPEDITIONS CHEF

Almost 45 years ago, Peru Expeditions started its trips and experiences, taking people from all over the world to the great Peruvian Swiss Huaraz, helping them to conquer the great peaks of the Cordillera Blanca and the different trekking routes. In addition to the incredible work and help of our porters, the spotlight has been on our trekking chefs and their incredible cuisine. They miraculously prepare incredible dishes with a wide variety of options - the delicious food using a propane oven and basic cooking tools is as impressive as the scenery along the trek. When Peru Expeditions began, Juventino and Eric Albino, father and son founders of this company established the philosophy of "providing experiences, not just tours". This goal is still practiced in the years since then and is the main reason why Peru Expeditions is different from other companies. All employees are knowledgeable and trained to provide the best possible experience for each and every client. For years clients have been asking us for the secrets of our chefs, who are able to offer incredible dishes in the mountains and with a smile on their face. Today we are sharing their secrets by bringing to all our past and future hikers, the Peru Expeditions Cookbook. The book provides recipes for all the dishes that your trekking chefs provide on each trek so you can enjoy them back home, when you cook these recipes, you can share the culinary experience of the trek or look forward to the wonderful flavors.

# PERUVIAN FOOD





# APPETIZERS

# APPETIZERS



# CORN & CHESS



## Ingredients

- 5 Corns
- Aniseed 10 Grs
- Paria Cheese 500 Grs



SERVES 5



15 MINUTES



BOILING



EASY

## Directions

Wash corn and cut it in discs, boil in water.  
Add aniseed to the water and allow to cook for several minutes. Remove the corn from the water and dry it.  
Cut the cheese and serve it next to the corn.





## Huancaína SAUCE

The key ingredient for this sauce is the spicy aji amarillo chile pepper. These so-called "yellow peppers" look orange or red when ripe, but they turn yellow as they cook, giving this sauce its bright yellow color. The other main ingredient is the queso fresco cheese, a firm but crumbly white cheese that is popular in this region of Peru. The sauce is traditionally thickened with saltine crackers, which add to the distinctive flavor and texture of this unique sauce. The ingredients are processed in a blender until the sauce is very smooth and thick. Served over sliced potatoes, this dish is very traditional to the Peruvian Andes.



# POTATOES WITH HUANCAINA SAUCE



SERVES 9



20 MINUTES



MEDIUM

## Ingredients

Yellow pepper 3  
Milk 230 mls  
Peanuts 3.5 Oz  
Dry cookies 3.5 Oz  
Salt and pepper To taste  
Smashed garlic 1 tablespoon

## Directions

In a blender, pour the yellow pepper into small pieces, the crumbled cookies, the fresh cheese, the oil and add the milk little by little (at the trek we use a knife, fork, and a bowl), liquefy until obtaining the desired consistency if it is too dense add a little water. Add salt and pepper to your liking. To parboil the potatoes, place the peeled potatoes in a bowl with a lid, 3 tablespoons of water, a teaspoon of salt in the water, put in a pot for about 10 minutes, test if they are cooked, but 2 more minutes, rest 5 minutes. Put the potatoes cut into slices on a plate, pour the sauce, and serve.





# CASSAVA CROQUETTES



SERVES 8



10 MINUTES



EASY

## Ingredients

Cassava (Yucca) 35 Oz  
Bell pepper 1  
Eggs 2  
Salt 1 Tablespoon  
Grounded pepper 1 Tablespoon  
Chinese onion 4.5 Ozl

## Directions

Wash and peel the cassavas or yuccas. Cook them with water in a pot until they are tender to the touch.

To make the accompaniment, julienne the onions and tomatoes, chop the cilantro, parsley, hot pepper and oregano, mix it well and save it.

Mix flour with salt dip the cassavas. Fry it in a hot pan until golden and season it with salt and ground pepper. Place it in absorbent paper to drain excess oil.

Cut the bananas and fry them in hot oil adding a bit of salt for flavor.





# STUFFED AVOCADO



SERVES 8



10 MINUTES



EASY

## Ingredients

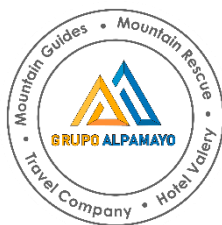
Avocado 5  
Carrot 2  
Green Peas 3.5 Oz  
Green Beans 3.5 Oz  
White Potatoes 3  
Paria cheese 3.5 Oz  
Mayonnaise To taste

## Directions

Clean and peel the avocados, cut them up and put them on a plate.

For the stuffing, peel the carrots and potatoes and cut them in medium cubes and fry them.

Cut the green beans into bite size pieces; cook them in water next to the carrots and green peas. Combine all the ingredients with mayonnaise, place them in the avocado, add salt and pepper to taste.







# STUFFED POTATOES



SERVES 8



10 MINUTES



EASY

## Directions

Cook one of the eggs in boiling water until hard-boiled and set aside. Reserve the other egg. Bring a large pot of salted water to a boil. Cook the unpeeled potatoes until they are tender when pierced with a fork. While the potatoes are cooking, cook the onions, garlic, and aji (not in ingredients list) pepper in the vegetable oil until soft and fragrant. Add

the cumin to the onions and cook for 2 minutes more, stirring often. Add the ground beef and cook until browned. Add the beef broth Not in list of ingredients and the raisins and simmer for 10 to 15 minutes more, or until most of the liquid is gone. Season mixture with salt and

pepper to taste. Remove from heat and let cool.

When the potatoes are cooked, drain them in a colander. When they are cool enough to handle, peel them, and then mash the potatoes thoroughly (or pass them through a potato ricer). Season the mashed

potatoes with salt and pepper to taste. Chill the potatoes uncovered for several hours, or overnight. Once the potatoes are very cold, stir the reserved egg into the mashed potatoes until well mixed.

Peel the hard-boiled egg and chop into about six pieces.

With floured hands, place about 1/4 cup of mashed potatoes in one hand, and make a well in the center.

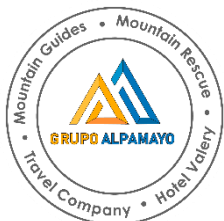
Fill the well with 1 to 2 tablespoons of the beef mixture and a piece of hard-boiled egg. Mold the potatoes around the beef, adding more potatoes if necessary, to fully enclose the filling, and shape the whole

thing into an oblong potato shape, with slightly pointy ends, about the size of a medium potato. Repeat with the rest of the mashed potatoes. Coat each stuffed "potato" generously with flour. Fry in a deep skillet or deep-fat fryer. Drain them on a plate lined with paper towels.



## Ingredients

- Carrots 2
- Broad beans 6 Oz
- Salt and pepper To taste
- Green peas 3.5 Oz
- Grounded meat 4 Oz
- Eggs 3



# GUACAMOLE (SMASHED AVOCADOS) WITH WONTON



## Ingredients

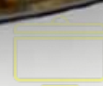
Fuerte avocado 5  
Wonton 1 pack  
Limo pepper 2  
Onion 1  
Lemon 2



SERVES 7



10 MINUTES



FRESH

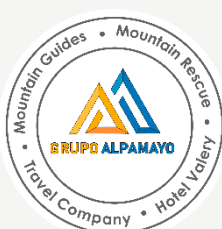


MEDIUM

## Directions

Peel the avocados and save them. Chop limopepper and onions, wash them and combinethem with the avocado smashing it. Add salt,pepper and lemon juice to taste.

On a hot pan heat some oil and fry the wontons, you can fry them in shapes as desiredServe together.



# HAWAIIAN PIZZA

## Ingredients

Regular flour 20 Oz  
Yellow pineapple ½  
Sugar 4.5 Oz  
Butter 5.30 Oz  
Yeast 17 Oz  
Red sauce 5 Tablespoon  
Ham 5.30 Oz  
Egg 1  
Orange juice 100 ml



SERVES 2



25 MINUTES



OVEN



MEDIUM

## Directions

In a container put flour, eggs and yeast with some water (500 ml approx), some sugar and some salt. Let it rest for about 15 minutes. Dust work surface with flour, put pizza dough on it and knead until smooth.

Cut the pineapple in cubes, do the same with the ham; sauté in butter and salt, adding cumin.

Put the dough in a pan and add red sauce; cover with mozzarella cheese; place some sautéed pineapples and ham. Add some more cheese and oregano. Let it cook for about 10 minutes in a covered pan



# MANGO CEVICHE

## Ingredients

Mango 35 Oz  
Limo pepper 2  
Cilantro 2 branches  
Onion 2  
Sweet potatoes 4  
Chullpi corn 5.3 Oz  
Celery 1 branch  
Ginger 1  
Garlic 2



SERVES 2



25 MINUTES



ROASTING



MEDIUM

## Directions

Sprinkle the red onion slices with salt and soak in cold water for about 10 minutes, rinse and drain.

Peel and dice the mangos. Reserve a few pieces (about ¼ of a mango or less) to blend. Place the diced mangos, the red onions, a little bit of chopped cilantro, and a pinch of salt in a large bowl. Add the juice from 2-3 limes, mix and let rest while you make the habanero orange juice.

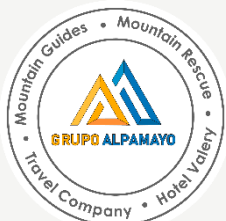
In a blender, combine the rest of the lime juice, 1 cup of orange juice, the reserved mango chunks, the limo pepper, salt + optional oil. Blend until you have a smooth juice or sauce.

If your blender has the ability to completely liquify all the ingredients then you can use the sauce as is. If you prefer it completely smooth or there are small chunks (of hot pepper) that don't fully blend then I recommend straining the sauce.

Pour the emon, mango, limo pepper sauce over the diced mangos and onions. Add the rest of the chopped cilantro.

Mix well. Taste and adjust salt if needed. For the best flavor let it marinate for at least 30 minutes in the fridge before serving.

Serve the mango ceviche with green plantains chips, either patacones (thick double fried green plantains) or thinly sliced chifles. Other sides/garnishes that you could serve include tortilla chips, popcorn, avocado, pickled red onions.



# QUINOA SOUP

## Ingredients

Celery 2 branches  
Leek 1  
Pumpkin 17 Oz  
Red Quinoa 3.5 Oz  
White Quinoa 18 Oz  
Spinach 13.5 Oz  
Carrots 1  
Eggs 2  
Cheese 3.5 Oz  
Milk 200 mls  
Huacatay 1 branch



SERVES 2



25 MINUTES



ROASTING



MEDIUM

## Directions

Wash the pumpkin and gather all the ingredients. Cut the pumpkin in small cubes and prepare a basic sauce made with the smashed garlic, onion and a bit of oil, add the yellow potatoes with the pumpkin and cover with water, cook until done; add the peeled beans, bouquet garni, salt, pepper and then the cheese. Optional - add milk and one egg is optional. Let them cook for a couple of minutes and it is done!



# PUMPKIN CREAM

## Ingredients

35 Oz Macre Pumpkin  
7 Oz Yellow potatoes  
4 Oz . Paria Cheese  
2.5 Oz Broad Beans  
1 spoon. Salt  
1 handful. Bouquet Garni  
(Herbs)  
3.5 Oz. Onion brunoise  
2 . Smashed garlic  
1 Egg (optional)  
1 can. Milk (optional)



SERVES 2



25 MINUTES



ROASTING



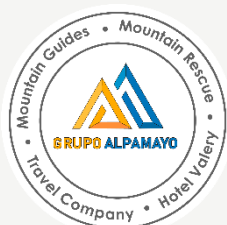
MEDIUM

## Directions

Heat the oil and add the onion and cook until soft and translucent, 3 to 5 minutes. Add the garlic and cook until fragrant, 45 to 60 seconds.

Add the grits there are no grits, stock, bay leaf or flour in the ingredients. I need to have amounts please and the flour and whisk to combine. Whisk in the warm chicken stock and add the bay leaf. Season with 1 teaspoon of coarse kosher salt and freshly ground pepper to taste.

Bring to a boil then reduce the heat to simmer. Cook, whisking occasionally until the grits are very tender, 45 to 60 minutes. (Thin with a bit of water or more stock, if necessary. It should be cream-of-soup consistency.) Whisk together the eggs in a small bowl. Remove 1 cup of soup and slowly whisk into the eggs. Add the spinach to the pot of soup and stir to wilt, about 45 to 60 seconds. Stir the egg-mixture to the soup. Taste and adjust for seasoning with salt and pepper. Remove the bay leaf, ladle into bowls and serv



# HOT VEGETABLES



SERVES 3



15 MINUTES



ROASTING



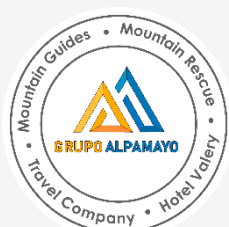
MEDIUM

## Ingredients

Carrots 3  
Broccoli ½  
Cauliflower ½  
Zucchini ½

## Directions

Cut the vegetables in medium pieces; using your imagination to create interesting and fun shapes. Boil them with salt putting them in the water as to the time necessary to cook each. Once boiled, sauté them with the onions and the French fries. Add pepper and more salt to taste.



# HOT PEPPER SOUFFLÉ

## Directions

To tame the heat of the rocoto peppers, cut the top off each one and, using a spoon, scrape the seeds and ribs from the inside. Be very careful, and it's wise to use gloves to protect your hands, and wash them well when you finish.

Put the rocotos in a pan with water to cover, a tablespoon of sugar, bring to a boil, turn off the heat, discard the water. Add more freshwater and repeat this operation

three times. Drain and cool the rocotos. Set aside. Meanwhile, in a saucepan over high heat, warm the oil, add the aji panca paste, beef and bay leaves. When cooked, add the onion, ¼ teaspoon sugar, salt and pepper. Add peanuts, oregano, olives, hard-boiled eggs, parsley, raisins, salt and pepper.

Fill the rocotos with this mixture. Accommodate in a rectangular or square glass dish or baking pan. In a bowl, beat one egg with one can of evaporated milk, salt and pepper, and pour over the rocotos. Beat two eggs until very thick and put a tablespoon over each rocoto. Then cover with the reserved tops. Bake for 15 minutes and serve

## Ingredients

Carrots 17.5 Oz  
Green peas 7.05 Oz  
Ground Peanuts 3.5 Oz  
Hot pepper 18  
Paria cheese 10.5 Oz  
Eggs 3



SERVES 3



25 MINUTES



COOKING



MEDIUM







## Ingredients

- 3 Eggs
- 1 cup torn baby spinach leaves
- 1 ½ tablespoons grated Parmesan cheese
- ¼ teaspoon onion powder
- ⅛ teaspoon ground nutmeg



SERVES 2



25 MINUTES



ROASTING

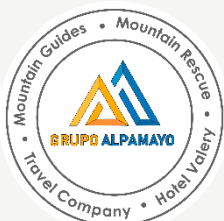


MEDIUM

# SPINACH OMELET

## Directions

In a bowl, beat the eggs, and stir in the baby spinach and Parmesan cheese. Season with onion powder, nutmeg, salt, and pepper. In a small skillet coated with cooking spray over medium heat, cook the egg mixture about 3 minutes, until partially set. Flip with a spatula, and continue cooking 2 to 3 minutes.



# BROAD BEANS SOLTERO



## Ingredients

Broad beans 17 Oz  
Carrots 17 Oz  
Onions 5.30 Oz  
Tomatoes 7.05 Oz  
Paria cheese 200 grs  
Vinegar 2 spoons  
Lemon 4  
Grounded pepper and salt To taste



SERVES 2



25 MINUTES



ROASTING



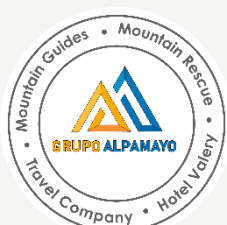
MEDIUM

## Directions

Cook the broad beans in water for about 5 minutes; do the same with the carrots. Add carrots, onions, broad beans, cheese, tomatoes and hot pepper (optional).

Season it with salt, pepper, vinegar and lemon juice.

Cook the ingredients for about 5 minutes and serve.







# MAIN COURSE

# MAIN COURSE





# TURKISH RICE



SERVES 8



10 MINUTES



EASY

## Directions

### Ingredients

Thin noodles 17 Oz  
Rice 4 Cup  
Green peas 17 Oz

Wash and dry the rice then put it in a dry pot and let it toast a little before adding water to cook. Toast the thin noodles and sauté the green peas. Add water to the rice, then add the noodles with the peas, wait until the water evaporates, and lower the heat, let it cook for another 10 minutes approximately. Let it cool and serve!





# ALPACA STROGANOFF WITH SMASHED POTATOES



SERVES 8



10 MINUTES



EASY



## Directions

Cut alpaca beef across grain in regular strips. Cook onions and garlic in butter in over medium heat, stirring occasionally until onions are tender; remove from pan.

Cook beef in the same pan until brown. Stir in 1 cup of the broth, where is broth in the ingredients? then add salt and pepper. Heat to boiling; reduce heat. Cover and simmer for 15 minutes. Serve with smashed potatoes.

## Ingredients

Yellow potatoes 3.5 Oz  
Butter 1 Oz  
Onions To Taste  
Alpaca beef 1 Steak  
Pepper and salt To taste  
Garlic 10 grs





# RICE WITH VEGETABLE



SERVES 8



10 MINUTES



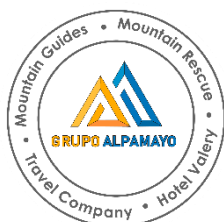
EASY

## Ingredients

Green peas 250 grs  
Carrots 250 grs  
Pumpkin 150 grs  
Bell Pepper 1 Und  
Smashed garlic 2 Unds  
Onion 100 grs  
Grated ginger ½ spoon

## Directions

First, wash the rice and let it dry, use this time to cut the carrots, pumpkin, and pepper in medium cubes. Once the rice gets dry, put it in a pot with the rest of the ingredients, cook it with the smashed garlic and the onion and let the water boil until the rice gets cooked. Add the grated ginger once the rice is about to be done and serve.





## Ingredients

Rice 4 Cup  
Bell pepper 1/2  
Sausage 2  
Eggs 5  
Onion 1/2  
Soy sauce  
4 tablespoons



# FRIED RICE



SERVES 2



25 MINUTES



ROASTING



MEDIUM

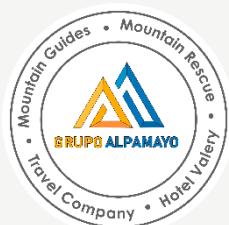
## Directions

Cook hot dogs and veggies. Preheat a large skillet or wok to medium heat. Pour sesame oil in the bottom. Add hot dogs, onion, and bell pepper. Add garlic and ginger.

Scramble the eggs. Slide meat and veggies to the side and pour the beaten eggs onto the other side. Scramble the eggs and then it all together.

Add rice and sauce. Add the rice and chicken and pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined.

Season with additional salt, if needed, to taste.







SERVES 8



10 MINUTES



EASY

# CHICKEN & SOY SAUCE

## Directions

### Ingredients

- 8 chicken pieces
- 3 tablespoon of grated ginger
- 1 teaspoon of anise liquor
- 1 teaspoon of garlic paste
- 1 teaspoon of Chinese cinnamon (Regular ground cinnamon also works well )
- 1 teaspoon of cumin
- 3 tablespoon of sesame oil
- 8 tablespoon of Sillao Peru sauce (Regular soya sauce might work as well)
- 1 teaspoon of sugar
- 1 tablespoon of cornstarch
- 1 tablespoon of oyster sauce
- Sesame seeds to taste
- 1 big red pepper
- 4 sticks of scallions
- Salt and pepper to taste

Season the diced chicken with 1 tablespoon soy sauce.

Heat 1 tablespoon oil in a wok or frying pan on medium heat. Add eggs and let cook without scrambling, to make a thin omelet. You can flip it so it can cook on both sides. Transfer to a plate and cut it into strips or squares.

In the same wok, heat up 2 tablespoons oil and sauté the chicken until it's completely cooked but not dry. Remove from the wok and set aside.

Heat up the last tablespoon of oil and sauté the garlic and ginger. Add carrots, celery and string beans. Add cooked quinoa and stir until it's heated thru. Add the remaining soy sauce and finely the cooked chicken, eggs, and green onions.

Serve immediately.





# FRIED QUINOA



SERVES 8



10 MINUTES



EASY

## Ingredients

4 tablespoons soy sauce  
4 tablespoons vegetable oil  
2 eggs, lightly beaten  
2 garlic cloves, chopped  
2 teaspoons ginger, grated  
1/2 cup carrot, coarsely grated  
1/2 cup celery, finely chopped  
1/2 cup string beans, sliced  
2 cups cooked quinoa, cold  
2 green onions chopped  
(white and green parts)

## Directions

Heat 1 tablespoon oil in a wok or frying pan on medium heat. Add eggs and let cook without scrambling, to make a thin omelet. You can flip it so it can cook on both sides. Transfer to a plate and cut it into strips or squares.

In the same wok, heat up 2 tablespoons oil and sauté. Remove from the wok and set aside.

Heat up the last tablespoon of oil and sauté the garlic and ginger. Add carrots, celery and string beans. Add cooked quinoa and stir until it's heated thru. Add the remaining soy sauce eggs, and green onions.



# STEAMED ROLLED TROUT

## Ingredients

| Ingredients     | Quantity  |
|-----------------|-----------|
| Trout           | 1 Kg      |
| Bell pepper     | 1/2 und   |
| Spinach         | 1 handful |
| Paria cheese    | 250 grs   |
| Salt            | 1/2 spoon |
| Grounded pepper | 1/4 spoon |
| Mustard         | 1 spoon   |
| Mayonnaise      | 1 spoon   |

## SAUCE

|                          |
|--------------------------|
| 100 grs cassava          |
| 1 tomato                 |
| 1/2 bell pepper          |
| 1/2 onion                |
| 100 grams green peas     |
| Salt and pepper to taste |



SERVES 2



25 MINUTES



ROASTING

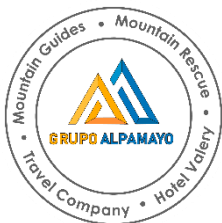


MEDIUM



## Directions

Clean the trout, take all the bones and then wash it. We need it very clean to start the seasoning with salt, pepper, mustard, mayonnaise and then fill it with spinach, bell pepper, cheese and we roll it. We need to steam it to get it cooked.





# GREENRICE



SERVES 8



10 MINUTES



EASY

## Directions

Peel and chop onion, peel and crush garlic and peel and dice carrot. Preheat a large pot over medium heat. Add coriander and water to the blender and blend until the coriander is completely liquified. Add onion, crushed garlic and diced carrot. Fry until the onion is translucent. About 3 minutes. Add rice, coriander water and wait until water boils.

Once it boils, immediately turn heat down to low and cover with a tight-fitting lid.

Cook for approximately 10 minutes, until all water, has been absorbed.

Add peas and fluff rice with a fork.

Sprinkle some chopped fresh coriander on top for decoration and serve immediately.

## Ingredients

Toasted rice 1 Kg

Carrots 150 grs

Green peas 250 grs

Grounded cilantro 200 grs





# GREEN SPAGHETTI



SERVES 8



10 MINUTES



EASY

## Directions

### Ingredients

|                 |          |           |
|-----------------|----------|-----------|
| Spaguetti       | 1 Kg     | Basil     |
| ½ handful       | Cilantro | ½ handful |
| Salt and Pepper | To taste |           |
| Onion           | 1 Und    |           |
| Smashed garlic  | 02 Unds  |           |

Heat olive oil in a saucepan over medium heat. Add onion and garlic and cook, stirring, for 6 minutes or until softened. Cool.

Meanwhile, cook spaghetti in a large saucepan of boiling salted water until al dente.

Place cooled onion mixture and remaining ingredients in a food processor and process to a thick purée. Season with salt and pepper, then set aside.

Drain pasta, reserving 60 ml cooking water. Return spaghetti, reserved cooking water and pesto to pan, stirring to coat pasta. Serve immediately.



# CORN & CHESS

## Ingredients

Beef 750 grs  
Bell pepper 1 Und  
Tomatoes 3 Unds  
Yellow pepper 2 Unds  
Salt ½ spoon  
Ground pepper 3 dashes  
Spy sauce 85 ml  
Vinegar 20 ml  
Parsley 3 dashes



SERVES 2



25 MINUTES



ROASTING



MEDIUM

## Directions

# PERUVIAN LOMO SALTADO



Heat 1 tablespoon of oil in a large pan over high heat. Add the steak, season with salt and pepper, and cook until browned, 5-6 minutes. Remove from the pan.

Heat the remaining tablespoon of oil in the same pan, then add the red onion and cook for about 5 minutes, until softened and browned. Add the tomato, garlic, and aji amarillo paste, and cook for another 5-7 minutes, until the tomatoes have released some of their juices, but are still intact.

Add the soy sauce and vinegar and stir to combine, let cook for 1 minute.

Add the steak, fries, and cilantro. Toss gently to coat the fries in the sauce.

Serve with rice



# CAKE IN A SKILLET

## Ingredients

Butter - Adds a depth of flavor  
Sugar - With the butter and sugar beaten together you will get a nice buttery tender crumb  
Milk - Acts as a sweetener, it adds moistness to the cake and creates a nice golden-brown crust  
Flour - this builds structure to the cake  
Baking powder - the makes the cake rise  
Salt - this adds flavor  
Egg whites - this will make your cake fluffy  
Vanilla Bean - flavor, flavor and more flavor  
Powdered Sugar & Cinnamon - a little sprinkling on top of the cake for a sweet flavor

## Directions

Take an 8-inch non-stick pan and grease it with some vegetable oil. Take another 10-inch pan and set these two aside.

In a bowl whisk cocoa, flour, salt, baking soda and baking powder into a bowl.

In another large bowl, beat together oil and sugar until the mixture is pale and light.

Add yogurt and mix well. Beat in vanilla using the mixer at low speed.

Add the flour mixture to the wet ingredients alternating with milk, starting and ending with the flour mixture. Mix till well combined. Don't overdo the mixing.

Pour the batter into the 8-inch non-stick pan. Take the 10-inch non-stick pan and place the pan with the cake batter in this bigger pan. Now put both these over the flame and bake at low heat. Let the cake cook for 5 minutes and then add some water in the 10-inch pan, making a water bath of sorts.

Put the 8-inch pan over it again and bake. for 40-50 minutes or until a toothpick inserted in the centre comes out clean. If you're using an induction, fix the temperature at 160°C and bake for 40-50 minutes.

