

Puré Andino

A special Peruvian taste adds zest to international dishes.

For many years the yellow-fleshed Tumbay potato has been the winner of the Potato Exposition in Crevan, France. Today, thanks to the joint work of different private actors, an exquisite brand of instant mashed potatoes has been developed that will delight the whole world with its Peruvian taste.

Potatoes are the most important crop in the Andean highlands, where farmers depend predominantly on this tuber.

Yellow-fleshed potatoes stand out among the many different potato varieties for their high marketing potential for exigent local and international markets.

The International Potato Center (CIP) and the Peruvian Ministry of Agriculture (MINAG), in a joint effort with various public and private actors, are particularly interested in developing new products that will aid in the capitalization of this valuable product, vital for the development of poor Andean communities. Thanks to a participatory project - in which producers, distributors, processors and researchers worked very closely - a highly promising product made of yellow-fleshed potatoes has been developed: Puré Andino, instant mashed potatoes of superior quality.

Delicious and Fast

Pure Andino responds to the needs of today's consumers. Made from 100% yellow-fleshed potatoes, these mashed potatoes have a unique delicious taste that can't be compared to other commercial brands, which tend to have a more artificial taste. On the other hand, it is fast and easy to prepare: it only takes 7 minutes from the moment the box is opened until it is served!



Left hand side:

Basic mashed potatoes

2 cups Puré Andino

2 cups milk

1 tbsp. butter

Salt



Instructions

1. Heat up milk, add salt and butter
2. Sprinkle the Puré Andino flakes beating with a wooden spoon until of creamy consistency

Combinations:

Add ¼ cup of cooked chopped broccoli.

Add ¼ cup of cooked chopped spinach, plus a pinch of nutmeg.

Add ¼ cup of mashed carrots plus your choice of fine herbs.

Stuffed Causa

Ingredients for the potato mixture:

2 cups hot water

2 cups Puré Andino

4 tablespoon vegetable oil

Salt

2 tablespoon chili powder

1 tablespoon lime juice



Instructions

Add Puré Andino flakes to hot water beating until a firm homogeneous mixture is formed. Let cool, then add salt, oil, chili powder and lime juice, mix together.

Place half the potato mixture on the bottom of a rectangular platter. Then spread the filling in a layer and place the other half of the potato mixture on top. Garnish with chopped parsley.

Fillings:

Chopped chicken with mayonnaise and celery

Shrimps with a golf sauce (mayonnaise and ketchup)

Sautéed octopus with an olive sauce (mayonnaise blended with black olives)

Tuna fish (canned) with mayonnaise or tartar sauce and chopped celery

Crabmeat with mayonnaise or tartar sauce

Natural and Nutritious

Unlike other instant mashed potatoes, **Puré Andino** is free of preservatives and artificial coloring. The natural taste obtained is result of careful processing that utilizes whole unpeeled yellow-fleshed potatoes grown in the Andes 3000 meters above sea level. And since these potatoes are not peeled, their skins provide higher levels of fiber and vitamins than other commercial brands.

Colorful and Versatile

Using unpeeled potatoes gives **Puré Andino** a different appearance: more natural and colorful. The natural yellow of the mashed potatoes complements any meat or vegetable dish. This visual advantage can also be used when preparing dishes where mashed potatoes constitute the main ingredient, such as gnocchi, stuffed causa, croquets and cream soups and sauces, among many other possibilities. A single dash of fresh herbs will boost flavors and enhance the presentation of many preparations.

Here and There

In Peru, **Puré Andino** is an excellent ingredient preferred by cooks since it saves the time and energy of boiling, peeling and mashing potatoes, especially in the preparation of stuffed causa, a typical dish popular all over Peru. Containing little water and air, **Puré Andino** is also a great product for exportation. Truly an ally who fits perfectly into today's lifestyle - providing healthy, nutritious and delicious dishes that are quick and easy to prepare, even on a large scale in restaurants.

Enjoy and Help

If you haven't yet tried Puré Andino, it is time to enjoy all aspects of it: **Puré Andino** doesn't only taste good, but it also makes you feel good! In addition to generating a direct source of income for its highland Andean farmers, the sale of this product helps preserve the biodiversity of native potatoes. Just as it has for its native producers, we hope **Puré Andino** brings a special taste into your life.



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<http://cipotato.org/papandina/incopa/incopa.htm>