



The **FOODIE CLUB** and the **LATAM CLUB** present  
the **7<sup>th</sup> virtual Cooking Class** of the serie **COOKING AROUND THE WORLD @LBS**

We will cook **Lomo Saltado** – Peruvian Lomo Saltado is an extremely popular fusion dish that mixes the Chinese stir-fry tradition with Peruvian ingredients. The entree is always accompanied by white rice and french fries.

**INGREDIENTS** (Serves 2 people):

Non-Vegetarian		
Ingredient	Quantity	Alternative
Red Meat	~300 gr of beef / sirloin steak (during the class will be cut in cubes)	
Tomatoes	2 medium	
Red Onions	2 medium	
Yellow chilli pepper / aji amarillo (optional)	1 fresh	Yellow chilli pepper paste
Parsley	1 tablespoon chopped	Coriander
Soy Sauce	4 tablespoons	
White Vinegar	2 tablespoons	
Oyster Sauce (optional)	2 tablespoons	
Salt	For seasoning	
Pepper	For seasoning	
Oil	2 tablespoon oil	

Vegetarian		
Ingredient	Quantity	Alternative
Portobello mushrooms	2 cup	
Tomatoes	2 medium	
Onions	2 medium	
Yellow chilli pepper / aji amarillo (optional)	1 fresh	Yellow chilli pepper paste
Parsley	1 tablespoon chopped	Coriander
Soy Sauce	4 tablespoons	
White Vinegar	2 tablespoons	
Oyster Sauce (optional)	2 tablespoons	
Salt	For seasoning	
Pepper	For seasoning	
Oil	2 tablespoon oil	



**EQUIPMENT NEEDED:**

1 Wok or 1 large frying pan

**BEFORE THE CLASS STARTS:**

1. Buy the ingredients
2. Prepare french fries and white rice

**Total Cooking and Prep time: 45 minutes**

We are ready to start the class!!!