



HARVARD
Alumni Travels

SCIENCE & COOKING IN PERU

A LIMA-BASED FOOD, ART, CULTURE SYMPOSIUM

MARCH 27-APRIL 1, 2020

The third edition of “Science and Cooking” travel will take place in the new gastronomic capital of South America: Lima, Peru! The main program will center on Lima in a symposium-style format consisting of lectures and hands-on activities in addition to the food, art, and cultural elements of the region. There will be optional extensions to the Amazon and Cusco & Machu Picchu.

Your study leader will be Pia Sørensen, senior preceptor in Chemical Engineering and Applied Materials at the Harvard John A. Paulson School of Engineering and Applied Sciences and co-teacher and manager of the course *Science and Cooking: From Haute Cuisine to Soft Matter Science*. Pia will give two lectures on the trip: *Diffusion: from Einstein to Ceviche* (on diffusion, random walks and the science of ceviche) and *Cooking with Microbes: The Science of Coffee, Chocolate and Chicha* (on food fermentations).

As with the previous “Science and Cooking” travel programs, the Peru trip will also feature high-profile guest chefs and top-rated restaurants.

SCHEDULE BY DAY

B=Breakfast, L=Lunch, D=Dinner

FRIDAY, MARCH 27

DEPART U.S. FOR LIMA, PERU

Upon arrival transfer to your hotel.

Overnight: *JW Marriott Hotel Lima*

SATURDAY, MARCH 28

BARRANCO'S BY FOOT / HEART OF THE MATER

After breakfast, meet your fellow travelers for a morning lecture with Harvard study leader, Pia Sørensen.

Discover the artistic, eclectic heartbeat of Barranco via a morning walk with visits to a prestigious ceramics studio and to view a folk-art collector's treasures, amassed over nearly half a century of living in Peru. Admire Republican Era mansions that shape the neighborhood's distinctive character. Many have been recently restored and repurposed as boutique hotels, art galleries, and restaurants.

Break for lunch at Isolina, a nostalgic tribute to Lima's criollo home cooking, and hailed as one of Latin America's best restaurants.

This afternoon, choose an organized adventure from the menu of options below, or feel free to enjoy some unstructured time to explore on your own,

Overnight: *JW Marriott Hotel Lima (B, L)*

SUNDAY, MARCH 29

SCIENCE OF CEVICHE / BEHIND THE SCENES AT THE LARCO

Visit the Surquillo market this morning to see a glimpse of Peru's remarkably diverse natural larder, which arrives daily from the coast, the Amazon, and the Andes. Afterward, transfer to a nearby private venue for a hands-on class delving into the science and cooking of *ceviche*.

Enjoy some unstructured time this afternoon before gathering for an early evening activity.

The Larco Museum houses the world's largest display of pre-Columbian ceramics (more than 40,000 pieces) along with magnificent jewelry and textiles from Peru's many pre-colonial cultures. The quality of its collection, its thoughtful design and peaceful grounds combine to make this one of South America's most compelling museum experiences.

Dinner this evening is on the terrace overlooking the museum's flowering gardens.

Overnight: *JW Marriott Hotel Lima (B, L, D)*

MONDAY, MARCH 30

SCIENCE & COOKING

Enjoy a one-of-a-kind lecture with Pia Sørensen, Chef Virgilio Martinez, and local culinary students this morning. Chef Martinez, owner of world-renowned Central, is hailed as one of the most influential chefs of his generation. His ecosystems-based philosophy extends far beyond the plate; tying biodiversity, living culture and ancient wisdom together into an inspiringly holistic, collaborative and inclusive vision of food.

Gather for a chef-hosted dinner this evening at Maido, voted the top restaurant in Latin America in 2017 and 2018, as well as one of the top ten restaurants on the planet. Chef Mitsuharu Tsumura is the undisputed king of Nikkei cuisine, a delicious fusion of Peruvian and Japanese cooking.

Overnight: *JW Marriott Hotel Lima (B, L, D)*

TUESDAY, MARCH 31

CALLAO / CELEBRATION AT CENTRAL

Join Pia Sørensen for an informal "office hour" this morning.

Later, transfer to the portside neighborhood of Callao for a guided visit through Casa Ronald and its surrounding streets. This early 20th-century building with cathedral-high ceilings and marble columns has been restored and transformed into an art and music hub, helping to reclaim the neighborhood which had been troubled by gangs up until recently.

The energy here is palpable, from the colorful mural-filled streets, to the artists in residence at work in their studios, a few of whom you'll have a chance to visit. Finish with a 'pop-up' picnic (weather permitting) on the rooftop of Casa Ronald, with views of the port of Callao—at one time the most important port of the vast Spanish empire.

Prior to dinner, meet Malena Martinez, Research Director at Mater Iniciativa. When Mater started about 6 years ago, it was with the idea of researching and bringing the edible biodiversity of Perú to Central. It has since grown, both in terms of its vision and its scope, and is now an incubator for many of Central's innovative projects. Malena leads a multidisciplinary team of specialists—biologists, anthropologists, ethnobotanists, artists—all working together to deepen and share their understanding, not only of Perú's ingredients, but also the stories, traditions and ancestral wisdom of the people and ecosystems where they are found.

This evening, gather for a celebratory farewell with Chef Virgilio Martinez and his team at Central. Hailed as one of the top restaurants on the planet every year for the last half decade, an unforgettable evening at Central will be infused with the experiences, stories, and newly formed friendships from your Peru Science & Cooking adventure.

Overnight: *JW Marriott Hotel Lima (B, L, D)*

WEDNESDAY, APRIL 1

HOMEWARD BOUND

Transfer to the airport in time for your return flights home. *(B)*