Lima, Peru has solidified its reputation as one of the gastronomic epicenters of Latin America. Its culinary traditions layer an abundance of indigenous ingredients from the coast, jungle, and highlands with savory influences from Europe, China and Japan.

On this unique program loosely based on the popular Harvard course and public lecture series, “Science and Cooking” you will savor unforgettable cuisine at top-rated restaurants and learn from high-profile guest chefs in a symposium-style format. In addition to lectures and hands-on activities you will also experience artistic, historic, and cultural elements of the region.

Your study leader will be Pia Sörensen, 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).

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**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 Sörensen.

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 lardar, 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 Sörensen, 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 inspiring 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 Sörensen 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)