

# 2022 Lima Peru Restaurants: The Food Enthusiast Long Weekend Guide

Welcome to the ultimate guide for food enthusiasts planning to visit Lima, Peru in 2022. Lima, known as the gastronomic capital of South America, is a haven for culinary delights. From traditional Peruvian dishes to international fusion cuisine, this city offers a wide array of options to satisfy even the most discerning palates. In this long weekend guide, we'll explore the best restaurants that Lima has to offer, allowing you to indulge in an unforgettable dining experience.

## Exploring Lima's Culinary Scene

Lima is home to a vibrant culinary scene, with numerous establishments showcasing the finest flavors and techniques. One cannot talk about Lima's food culture without mentioning its world-renowned ceviche. Seafood lovers will be pleased to find an abundance of fresh fish and shellfish prepared with expert skill and creativity. Whether you prefer a classic ceviche or a modern twist on this traditional dish, Lima's restaurants cater to all tastes.

For meat enthusiasts, the city boasts a thriving and diverse steakhouse culture. From succulent Peruvian parrillas to upscale Argentine grills, the options are endless. Sink your teeth into tender cuts of beef cooked to perfection, accompanied by indulgent sides and robust wines.

## 2022 Lima (Peru) Restaurants - The Food Enthusiast's Long Weekend Guide

by Rick Page(Kindle Edition)

★★★★☆ 4.2 out of 5

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## The Top Lima Restaurants to Visit

Now, let's dive into the must-visit restaurants that will make your long weekend in Lima an unforgettable gastronomic journey:

### 1. Central



Located in the vibrant district of Miraflores, Central consistently ranks among the top restaurants worldwide. With its focus on using native Peruvian ingredients sourced from diverse ecosystems across the country, Central offers a unique dining experience. Each dish tells a story, showcasing Peru's rich culinary heritage in a creative and modern way.

## 2. Maido



Maido, led by renowned chef Mitsuharu Tsumura, is the epitome of Nikkei cuisine, blending Peruvian ingredients with Japanese techniques. This culinary fusion results in a harmonious marriage of flavors and textures that will leave you craving for more. Immerse yourself in Maido's exquisite tasting menu, which takes you on a gastronomic adventure through Peru and Japan.

### 3. Astrid y Gastón



Housed in a beautiful colonial-style mansion in San Isidro, Astrid y Gastón is a gastronomic institution in Lima. Led by chef Gastón Acurio, this restaurant showcases the diversity of Peruvian cuisine with carefully crafted dishes that highlight local ingredients. From traditional recipes with a contemporary twist to innovative creations, Astrid y Gastón provides an unparalleled dining experience.

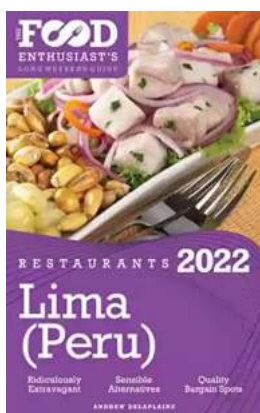
#### **Exploring Beyond the Top Restaurants**

While the above-mentioned restaurants are certainly a must-visit, Lima has countless other eateries that are worth exploring. From cozy neighborhood cevicherias to bustling street food markets, the city offers a variety of dining options for every budget and taste.



Make sure to venture into Lima's Barrio Chino, or Chinatown, where you can find delicious Chifa cuisine. This fusion of Chinese and Peruvian flavors creates mouthwatering dishes that are unique to Lima's culinary landscape. Don't miss out on trying classic Chifa dishes like Lomo Saltado or Chaufa Rice.

, Lima, Peru is a paradise for food enthusiasts and offers a culinary experience like no other. The diverse gastronomic scene, from traditional Peruvian dishes to innovative fusion cuisine, ensures that every palate is satisfied. Make the most out of your long weekend in Lima by visiting the top restaurants mentioned in this guide, and don't be afraid to venture into lesser-known culinary gems. Lima awaits you with open arms and a table full of deliciousness!



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There are many people who are enthusiastic about food—the cooking of it, the preparation of it, the serving of it, and let's not forget the eating of it.

But Andrew Delaplaine is the ultimate Food Enthusiast.

“This concise guidebook was exactly what I needed to make the most of my limited time in town.”

= Tanner Davis, Milwaukee

This is another of his books with spot-on reviews of the most exciting restaurants in town. Some will merit only a line or two, just to bring them to your attention. Others deserve a half page or more.

“The fact that he doesn’t accept free meals in exchange for a good review makes all the difference in his something brutally accurate reviews.”

= Jerry Adams, El Paso

“Exciting” does not necessarily mean expensive. The area’s top spots get the recognition they so richly deserve (and that they so loudly demand),but there are plenty of “sensible alternatives” for those looking for good food handsomely prepared by cooks and chefs who really care what they “plate up” in the kitchen.

For those with a touch of Guy Fieri, Delaplaine ferrets out the best food for those on a budget. That dingy looking dive bar around the corner may serve up one of the juiciest burgers in town, perfect to wash down with a locally brewed craft beer.

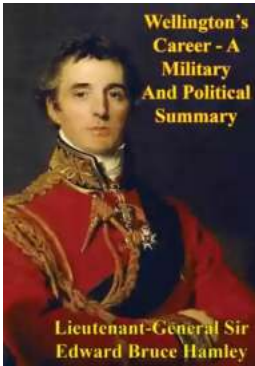
Whatever your predilection or taste, cuisine of choice or your budget, you may rely on Andrew Delaplaine not to disappoint.

“Unlike the ‘honest’ reviews on site like Yelp, this writer knows what he’s talking about. He’s a professional, with decades in the business, not an amateur.”

= Holly Titler, Los Angeles

Delaplaine dines anonymously at the Publisher’s expense. No restaurant listed in this series has paid a penny or given so much as a free meal to be included.

Bon Appétit!



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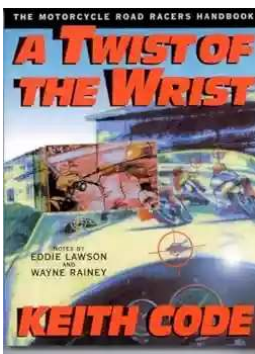
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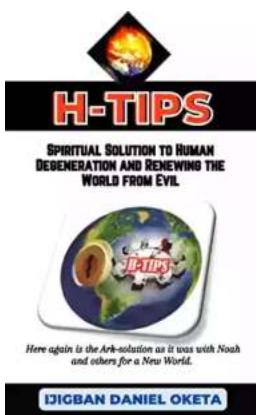
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