

Uchucuta / Aji Verde Sauce

In Peru's Andes Mountains, Indigenous Quechua people bake native potatoes in underground earthen ovens. To accompany the tubers, they make uchucuta—a green sauce with hot peppers and huacatay, a wild mint that grows at high elevations. This Pacific Northwest version uses North American ingredients, and the blend of cilantro, parsley, and mint reminds me of the aroma of herbs in the Andes Mountains. Uchucuta means “ground hot peppers” in Quechua. Instead of a blender, cooks use the batán—a large stone mortar and pestle—to grind the ingredients. Lime juice brightens the sauce, and plant yogurt makes the sauce vegan. Serve with roasted vegetables.

- [Nico Vera, Pisco Trail](#)

Yields 1 cup

Ingredients

- 1 cup cilantro leaves
- ½ cup flat parsley leaves
- ½ cup mint leaves
- 1 jalapeño pepper, seeded, deveined, and minced
- ¼ cup water
- ½ cup plain unsweetened plant yogurt
- 1 tablespoon creamy peanut butter
- 1 tablespoon lime juice
- ¼ teaspoon salt

Directions

In a high-speed blender, combine all the ingredients and purée until smooth.

Serve the aji verde sauce in bowls as a dip, or drizzle over roasted vegetables.

