CULINARY BATTLE

Chef Luis Castillo

Yanuk – Ancestral Ecuadorian Cuisine

Overview

A culinary journey from the heart of our roots.

With deep pride and a strong commitment to our cultural identity, we are delighted to present Yanuk – Ancestral Ecuadorian Cuisine, a project born from the soul of our communities as a living tribute to the rich culinary heritage of Ecuador.

Through a concept that brings together tradition and creativity, we present a selection of emblematic dishes that embody the spirit of our land: Pachamama, Mother Earth, the source of life, nourishment and culture.

Yanuk is more than cuisine. It is memory, roots, resilience and celebration.
Every preparation reveals the knowledge passed down by our grandmothers, the aromas of our markets, and the energy of our volcanoes, rivers and coastlines.

Through this initiative, we seek to introduce Europe to the depth and richness of Ecuadorian gastronomy, going beyond what is immediately visible—from its ancestral origins to its contemporary expression.

This culinary challenge represents an important personal and professional endeavor: transforming Ecuadorian ancestral gastronomy into a gluten-free interpretation, while preserving its essence through carefully selected ingredients and varieties.

Without further ado, it is my pleasure to warmly welcome you to this wonderful Mikuy—our menu.

Chef Luis Castillo

OUR MIKUY

Beginning with a Pamba Mesa

Why was this name chosen for the opening?

Because Yanuk Ancestral Cuisine is about the land and the origins of our people, and the expression Pamba Mesa comes from the Kichwa word pamba, meaning "land," combined with the Spanish word mesa, meaning "table."

Pamba Mesas are traditionally held during family celebrations or after mingas—community gatherings dedicated to collective work.

For a Pamba Mesa, a long cloth, traditionally white, is spread directly on the ground. Participants sit around it and traditionally share the food with their hands rather than using individual plates and utensils. Before eating, a community leader may give thanks for the food, and a portion of the meal may be returned to the earth as an offering to Pachamama, Mother Earth.

With this brief introduction, we begin our culinary journey:

1. PAMBA MESA

Potato chips served with vegan passion-fruit mayonnaise.



2. KITU CARA SALAD

Tricolor quinoa and a selection of 12 grains and Andean ingredients, including chocho (Andean lupin), melloco (Andean tuber), avocado, cherry tomatoes, goldenberries and white corn.

Served with a traditional Ecuadorian chili and chocho sauce.



3. SECO DE CHIVO

Goat marinated with rosemary, thyme and passion fruit, then grilled before being transferred to a pot and gently cooked over low heat to complete the preparation. Served with a potato and avocado tortilla, presented on a flat serving plate.



4. COME Y BEBE – FRESH FRUIT & PAILA ICE CREAM

This traditional preparation takes its name from the combination of fresh fruit and the juice naturally released by the fruit, creating both a refreshing drink and a fruit salad.

We conclude this culinary journey with a refreshing combination of watermelon juice and freshly diced fruits, including strawberries, pineapple, melon and grapes, finished with a subtle citrus touch.
A refreshing drink, perfect for warm moments at any time of day.



GUANABANA & CHOCOLATE PAILA ICE CREAM

This traditional Ecuadorian ice cream is characterized by its creamy texture and intense fruity flavor.
It is prepared artisanally in a large bronze vessel known as a paila, where fruit juices or pulps are continuously churned until they reach the perfect ice-cream consistency. This preparation is particularly characteristic of the Ecuadorian highlands.

We serve it with chocolate chips, adding a delightful crunch that creates an explosion of flavors on the palate.



We warmly invite everyone who wishes to be part of this culinary and cultural encounter, where flavor becomes a bridge between continents and cuisine becomes a universal language.
We look forward to seeing you soon on this gastronomic stage.

Chef Luis Castillo