

FLAVORS OF PARAGUAY

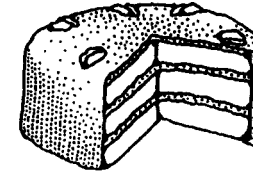
A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



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PAN DE MIEL DE NAVIDAD (Christmas Honey Cake)

2 cups honey (sugar cane, if possible)
3/4 cup of sugar
2 cups flour
2 heaping teaspoons of baking powder
1 pinch of ground cloves
1 teaspoon of cinnamon
1 egg
1/4 cup of toasted peanuts or nuts

Boil the honey and sugar. Cool. Sift the flour with the baking powder. Add the flour mixture, chopped peanuts, egg, cloves, and cinnamon to the lukewarm honey and sugar. Pour the mixture into a 9" x 12" pan. Cook in moderate oven (300 degrees) until a toothpick comes out clean. Remove the pan from the oven and place on the rack to cool. Cover with a slight coating of powdered sugar and lemon juice beaten until it looks like snow. Sprinkle with peanuts or nuts.

translated from: Aquino, Josefina Vellilla de. *Tembiu Paraguai: Comida Paraguaya* 11th ed., Asunslon, Editora Litocolor, 1995, p.129.

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