

FLAVORS OF PARAGUAY

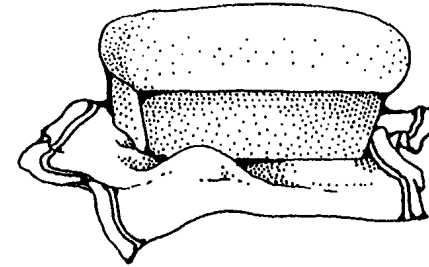
A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



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BUDÍN DE PAN
(Bread Pudding)

3 small loaves of bread without crust
3 cups of milk
3 eggs
½ teaspoon vanilla
1 cup of sugar
1 tablespoon of rum (optional)

Soak the bread in the milk. Cut bread into pieces. Add the eggs (beaten lightly), sugar, vanilla, and the rum. Mix. Caramelize ¾ cup of sugar. Pour caramel into casserole or mold and then add bread mixture. Set in another pan with water 1" from top of mold. Bake at 350 degrees for 1 hour 15 minutes or until knife leaves clean. Cool 30 minutes and then remove from mold.

translated from: Aquino, Josefina Velilla de. *Tembiu Paraguai: Comida Paraguaya* 11th ed., Asunsion, Editora Litocolor, 1995, p.108

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