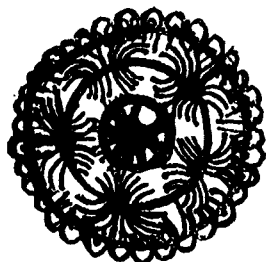



FLAVORS OF PARAGUAY

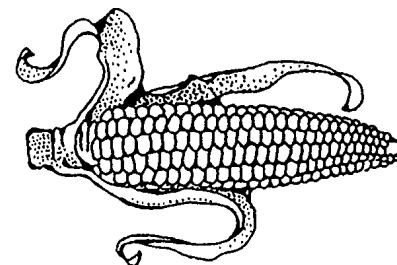
A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



WRITTEN AND EDITED
BY
LYNN VAN HOUTEN

ANTEATER .....PRESS
Petaluma, CA



POLENTA DE CHOCLO (Young Tender Corn Polenta)

3 tablespoons of oil
1 onion
1 teaspoon salt
1 cup water
2 cups milk
12 ears of corn (grated)
1 slice of Paraguay cheese (Farmers)

Heat the oil. Fry the onion. Add the salt, sugar, water and the grated corn in the milk. Stir continually allowing to boil 10 minutes. Remove from the heat. Add the crumbled cheese. Serve with roasted beef or tomato sauce.

translated from: Aquino, Josefina Vellila de. *Tembiu Paraguai: Comida Paraguaya* 11th ed., Asunsion, Editora Litocolor, 1995, p.47

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