

FLAVORS OF PARAGUAY

A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



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ANTEATER .....PRESS
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SOPA PARAGUAYA (Paraguayan Sopa)

This is neither soup nor stew, but a sort of Yorkshire pudding done in Latin-American style.

1 tablespoon fat
1 onion, chopped
1 tomato, chopped
1/2 cup boiling water
salt and pepper
2 cups corn meal
2 teaspoons baking powder
1 cup pot cheese or 1/2 cup grated cheese
3 tablespoons shortening, melted
1 cup milk

Heat fat and slowly fry onion until tender and golden. Add tomato and continue frying until tomato is ready to break up. Add boiling water and season. Simmer while mixing remaining ingredients. Mix corn meal, baking powder and 1/2 teaspoon salt. Stir in cheese, shortening and milk. Add onion-broth mixture and stir smooth. Spread in one end of a dripping pan in which poultry is roasting and bake until nicely browned. Serve like Yorkshire pudding with the meat.

from Brown, Bob, Cora, Rose. *The South American Cookbook*,
Dover Publications, 1971 p. 132.

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