

# FLAVORS OF PARAGUAY

## A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



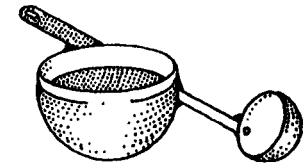
WRITTEN AND EDITED  
BY  
LYNN VAN HOUTEN

ANTEATER  .....PRESS  
Petaluma, CA

### **BORÍ-BORÍ** Paraguayan Dumpling Soup

*Bori-Bori*, a specialty of Paraguay, is, at its simplest, broth with dumplings. Sometimes, as in this recipe, chunks of meat are added as well. The dumplings are made with cornmeal and cheese. Although I have suggested Parmesan in this recipe, any good hard cheese will do.

2 pounds chuck or beef shank or brisket of beef  
1 teaspoon coarsely ground black pepper  
2 tablespoons olive oil  
4 ounces bacon, chopped  
1 large onion, unpeeled, cut into quarters  
1 head garlic, unpeeled, cut it half horizontally  
3 stalks celery, with leafy tops, washed and cut in half  
1 medium carrot, washed and cut in half  
1 bay leaf  
6 to 8 cloves  
1 tablespoon coarse salt  
Dumplings:  
1 cup white or yellow cornmeal  
1 cup grated Parmesan  
2 teaspoons coarse salt  
1 small onion, peeled and minced (about 1/2 cup)  
1/4 cup clarified butter  
1 egg  
1 egg yolk  
1/8 teaspoon saffron (optional)  
2 tablespoons chopped Italian parsley  
grated Parmesan



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Wipe the meat with a damp cloth and cut into 2-inch cubes. Sprinkle with black pepper. In a large saucepan or sauté pan, heat the olive oil and bacon over medium heat. Sauté until the bacon has re-released most of its fat, about 1 minute. Add the meat cubes and brown on all sides, about 8 to 10 minutes. Add the onion, garlic, celery, carrot, bay leaf, cloves, 1 tablespoon of salt, and 3 1/2 quarts of water and bring to a boil. Lower the heat, cover, and let simmer for 1 1/2 hours, or until the meat is tender. Remove the pot from the heat; remove the meat and set aside. Strain the stock through a fine sieve, pressing to extract all the juices from the vegetables; discard the vegetables. Let the stock sit for a few minutes. De-grease thoroughly, then pour the stock through a strainer lined with several layers of cheesecloth. Discard the cheesecloth and measure the stock; you should have 10 cups. If not, add enough water to make 10 cups. Set aside. Meanwhile, in a bowl, combine the cornmeal, Parmesan and 2 teaspoons of salt and mix well. Add the minced onion and butter and with your fingers or a fork, incorporate all the ingredients well. Make a well in the center and place the egg and egg yolk in it. Mix with a fork until the eggs have been thoroughly absorbed. With your hands, knead all the ingredients right in the bowl for a minute or so, until you have a smooth and compact dough. Tightly cover the dough with a piece of plastic wrap and let it rest at room temperature, undisturbed, for about 30 minutes or more. Divide the dough into 30 equal portions (each 1 scant tablespoonful), and with the palms of your hands, gently roll each portion into a small dumpling. In a large saucepan, bring 3 quarts of water to a boil. Lower the heat to a gentle simmer, drop

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the dumplings into the water, and let cook for 15 minutes. Remove them from the water with a slotted spoon and set aside. In a large pot or sauté pan, bring the reserved 10 cups of broth to a boil, adding saffron, if using. Lower the heat and add the meat; cook for 15 minutes and correct the seasoning with salt to taste. Gently place the dumplings into the broth and continue simmering 15 minutes more. Serve the soup at once sprinkled with chopped parsley. Pass Parmesan at the table. Serves 6 to 8.

from: Rojas-Lombardi, Felipe *The Art of South American Cooking*  
Harper Collins Publishers, 1991, pp. 157-158.

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