

FLAVORS OF PARAGUAY

A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES

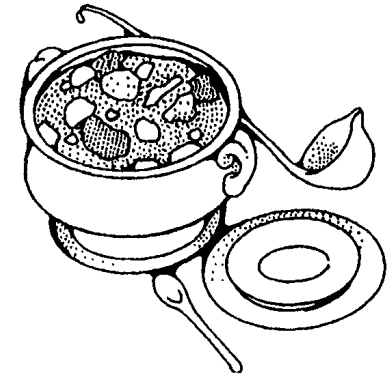


WRITTEN AND EDITED
BY
LYNN VAN HOUTEN

ANTEATER .....PRESS
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SO'O-IOSOPY' (Beef Soup)

1 lb. of ground beef
2 liters of cold water
2 tablespoons of rice
3 tablespoons of oil or fat
1 medium onion
1 green pepper
1 tomato
3 green onions
1 level teaspoon flour
salt to taste
oregano and parsley



In a mortar mash the meat and the rice, until they form a paste. Place in with the two liters of cold water and stir well. Or use a blender, blend the meat with the water and the rice until crumbled. Heat the oil. Add the onion and brown, then add the tomato, green pepper and finely cut green onion. Add the flour to this mixture and then the meat and rice mixed with the cold water. Stir continually until you bring it to a boil. Add the flour, meat and rice and the water mixture. Add the salt, oregano and parsley, finely chopped. Yields 8 plates of soup. Once cooked the soup could go again in blender.

Popularly called Soyo- it is a thick soup of meat pounded in mortar. If is not pounded, and only ground the broth will not be as flavorful. To serve always use a wooden spatula.

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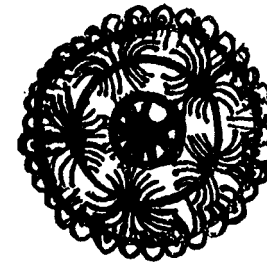
So'o' isopy means (so'o' meat) and iosopy derived from "sopyre" (international origin) which means pounded.

translated from Aquino, Josefina Velilla de. *Tembú Paraguai Comida Paraguaya* 11th ed., Asunción, Editora Litocolor, 1995 p.17.


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