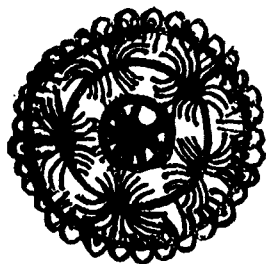



FLAVORS OF PARAGUAY

A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



WRITTEN AND EDITED
BY
LYNN VAN HOUTEN

ANTEATER .....PRESS
Petaluma, CA



HELADO DE PINA
(Pineapple Ice)

1 big ripe pineapple
1 tray of ice
1 ½ cups of sugar
1 teaspoon of lemon juice (optional)

Peel the pineapple. Remove the heart and cut it in small pieces. Crush the ice. Use the blender to puree the chopped ice, the pineapple, sugar and lemon juice. Freeze. For best results, the pineapple should be very cold.

translated from: Aquino, Josefina Velilla de. *Tembiu Paraguai: Comida Paraguaya* 11th ed., Asunsion, Editora Litocolor, 1995, p.123.

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