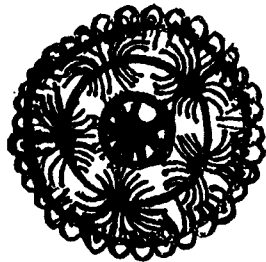


# FLAVORS OF PARAGUAY

## A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES

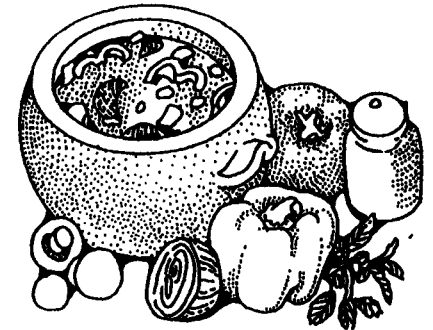


WRITTEN AND EDITED  
BY  
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ANTEATER .....PRESS  
Petaluma, CA

### GUISO DE DORADO (Fish Stew)

2 lb of fish  
½ cup of oil  
3 cloves of garlic  
2 sliced onions  
2 sliced tomatoes  
2 sliced green peppers  
herbs to taste  
3 finely sliced potatoes  
salt and pepper to taste  
1/4 cup white wine  
water



Remove the skin and cut the fish in slices. Baste with lemon juice, salt and pepper. Marinate for 1 hour. Heat the oil. Coat fish in flour and brown in oil. Put ½ of the fish in a fry pan and put a layer of chopped garlic, onion, tomato, green pepper, potato, salt, pepper and herbs. Repeat with rest of fish. Add wine and ½ boiling water to fry pan. Cover the pan and simmer for 20 minutes without stirring.

translated from: Aquino, Josefina Velilla de. *Tembiu Paraguai: Comida Paraguaya* 11<sup>th</sup> ed., Asunsion, Editora Litocolor, 1995, p.74.

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