

FLAVORS OF PARAGUAY

A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



WRITTEN AND EDITED
BY
LYNN VAN HOUTEN

ANTEATER PRESS
Petaluma, CA

Recipe Submission and Suggestion Form

If you would like to make suggestions, corrections or submit Paraguayan recipes to Flavors of Paraguay for future editions send the completed form below to:

Anteater Press
P.O. Box 750745
Petaluma, CA 94975-0745

Suggestions/Corrections:

To submit Paraguayan recipes for future editions please complete the form below and attach the recipe(s).

Name _____
Address _____
City _____ State _____ Zip _____

I give my permission for Anteater Press to publish the attached recipe(s) in future editions of Flavors of Paraguay. If the recipe(s) were obtained from a cookbook or another source, I will note the source in the space under my signature.

Signature _____
Date _____
Source: _____

XX 146 XX

Sources for Latin American Ingredients

Arizona

Mr.Ranchito Mexican Food Prod.
601 N. 43rd Avenue
Phoenix, AZ 85009
602-272-3949
Southwestern & Mex. Food products

California

Liborio Market
864 South Vermont Ave. (Near 9th)
Los Angeles, CA 90005
(213) 386-1485
A large Latin American supermarket.
They carry produce, meats, flours,
and seasonings.

Monterrey Foods

3939 Cesar Chavez Blvd.
Los Angeles, CA 90063
(213) 263-2143
Mall order catalog available.

El Camaguey Meat Market

10925 Venice blvd.
West Los Angeles, CA 90034
(310) 839-4037
Carries Latin American ingredients
in addition to meat.

Mercado Latino

245 Baldwin Park Blvd.
City of Industry, CA 91746
(800) 432-7266
(818) 333-6862
Mall order catalog available.
Specializes in a variety of Hispanic
food products.

Marquez Brothers Intl.

1670 Las Plumas Ave. #C
San Jose, CA 95133
(408) 272-2700
Product list is available. Specializes
in canned products, spices, chiles.

La Palma

2884 24th Street
San Francisco, CA 94110
(415) 647-1500

Casa Lucas Market

2934 24th Street
San Francisco, CA 94110
(415) 826-4334
Specializing in Latino and South
American Food. They carry cassava
flour. Sorry, no mail order.

On Paraguay

1724 Burgundy Court
Petaluma, CA 94954
(707) 763-6835
Specializing in mail order items
relating to Paraguay. Mandioca flour
can be ordered from this source.

Florida

Publix Supermarkets

13850 SW 8th Street
Miami, FL 33184
(305) 221-1924
Specializing in Caribbean and Latin
products, they are a supermarket
with 500 locations.

The Dell Burdine's

(305) 252-5200
They have 7 locations in the Miami
area. Call for information.

Georgia

Dekalb Farmers' Market

3000 East Ponce de León
Decatur, GA 30034
(404) 377-6401
Offers produce and local and
international foods.

Illinois

La Casa del Pueblo

1810 S. Blue Island Avenue
Chicago, IL 60608
(312) 421-4640
A grocery store specializing in
Mexican and Latin American
produce, groceries and meats.

La Preferida

117-118 W. South Water Market
Chicago, IL 60608
(773) 254-7200

New York

La Marqueta

112th to 116th Streets on Park Ave.
New York, NY
An enclosed market

Perrello, Inc

2585 Broadway
New York, NY 10025
Bitter oranges are sometimes
available here.

Ninth Avenue from about 38th Street
to the Fifties is a good source for root
vegetables, seafood, and so on.

Massachusetts

Star Market

625 Mt. Auburn Street
Cambridge, MA 02238
(617) 876-1450

Cardullo's Gourmet Shop

6 Brattle Street
Cambridge, MA 02138
(617) 491-8888

Texas

Taxco Produce

1801 S. Good Latimer Expressway
Dallas, TX 75226
(214) 421-7191
(800) 229-7191
A Hispanic food products and
produce distributor. Product listing
available.

Washington (State)

El Mercado Latino

1514 Pike Place
Seattle, WA 98101
(206) 623-3240
Latin American products, grocery
items, fresh produce, spices, and
seasonings.

Other Areas

To locate a grocery that
carries South American
products, it is a good idea to
call any Latino grocery. They
often can refer you to a
shop which specializes in
South American ingredients.
Usually you will have better
luck in larger cities.

XX 137 XX

XX 138 XX