

FLAVORS OF PARAGUAY

A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



WRITTEN AND EDITED
BY
LYNN VAN HOUTEN

ANTEATER .....PRESS
Petaluma, CA

POLENTA CON CUAJADA

Mbailipy Cuajada

(Polenta with Cottage Cheese)

3 tablespoons of oil
1 onion
1 cup of water
1 teaspoon of salt
1 cup of milk
2 cups of cottage cheese
2 cups of corn flour
1 slice of farmers cheese

Heat the oil. Fry the onion without browning it. Add the water, salt and milk. Let boil. Sprinkle the corn flour in slowly and then the cottage cheese. Stir continually boiling a few minutes. Add the crumbled Farmers cheese. Put in a serving bowl. Pour over it a rich tomato sauce made by boiling tomatoes, salt, pepper, onion and a taste of vinegar until thick.

translated from Aquino, Josefina Velilla de. *Tembú Paraguai Comida Paraguaya* 11th ed., Asunción, Editora Litocolor, 1995, p. 46.

XX 64 XX