



CALDO DE ZAPALLO TIERNO (Zucchini Soup)

This lovely simple recipe was given me by a friend, Josefina Velilla de Aquino, when I visited her in Asunción, Paraguay. She is a gifted cook and teacher of cooking, with a great feeling for traditional cuisine. I often leave the rice out of this recipe for a more purely vegetable flavor.

2 tablespoons vegetable oil
1 medium onion, finely chopped
1 clove garlic, chopped
5 cups chicken stock
3 tablespoons raw rice
1 pound zucchini, grated
salt
freshly ground pepper
1 egg
3 tablespoons freshly grated Parmesan cheese
1 tablespoon finely chopped parsley

Heat the oil in a fairly large saucepan and sauté the onion and garlic until the onion is soft. Add the chicken stock and the rice and simmer, covered for 10 minutes. Add the zucchini. Season to taste with salt and pepper

XX 31 XX

and simmer until the zucchini is very tender, about 15 minutes. In a soup tureen beat the egg with the cheese and parsley, then whisk in the soup, mixing well. Serves 6.

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XX 32 XX