

FLAVORS OF PARAGUAY

A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



WRITTEN AND EDITED
BY
LYNN VAN HOUTEN

ANTEATER .....PRESS
Petaluma, CA

DULCE DE MAMON (Green Papaya Sweet)

6 lb of green papaya (total weight after being peeled
and the seeds removed)
6 lb of sugar
water
vanilla

First step:

Peel the fruit. Thickly slice the papaya and scrape out
seeds with tablespoon. Weigh the papaya.

Second step:

Bring saucepan full of water to boil. After water is
boiling, add the fruit. The water should cover the fruit.
After water returns to boil, cook for 3 minutes. Drain the
fruit and rinse several times with cold water.

Third step:

Carefully place the pieces of fruit in a deep saucepan
and cover with cold water (3 fingers above the fruit).
Bring water to boil and add 6 cups of sugar, two cups at
a time while boiling. Boil slowly for 3 hours uncovered.
Remove from heat and cover allowing the fruit mixture
to rest until the next day.

Fourth step:

Heat the fruit mixture and add the rest of the sugar and
the vanilla. Boil in covered saucepan for one hour.
Uncover and boil until the fruit is brilliant and shiny
(approximately 4 hours). Remove from the fire. Cool.

XX 114 XX

Note:

1) The jam should remain brilliant and golden and have a firm consistency.

2) Don't add water to the fruit once it has begun to boil, it will soften the fruit.

3) If the fruit hasn't taken color after the fourth step, add a little more sugar (1/2 to 1 c.).

4) In case you want to make a smaller or larger amount, keep in mind that the amount of sugar will have to be equal to the amount of fruit.

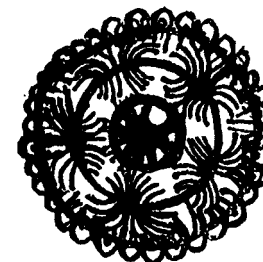
5) The fruit should be weighed after peeling and removal of seeds.

translated from: Aquino, Josefina Velilla de. *Tembu Paraguai: Comida Paraguaya* 11th ed., Asunsion, Editora Litocolor, 1995, p.116-7


FLAVORS OF PARAGUAY

A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



WRITTEN AND EDITED
BY
LYNN VAN HOUTEN

ANTEATER PRESS
Petaluma, CA

XX 115 XX