

FLAVORS OF PARAGUAY

A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



WRITTEN AND EDITED
BY
LYNN VAN HOUTEN

ANTEATER .....PRESS
Petaluma, CA



TALLARINES CHALACOS (Baked Spaghetti with Fish Sauce)

Paraguay was settled by many Italian immigrants, who naturally brought their native cuisine with them, to the delight of the local folk, who quickly adopted it as their own.

1 cup of olive or salad oil
1 ½ cups finely chopped onions
1 cup chopped red or green peppers
1 lb fillet of sole, snapper or other white-meat fish
2 teaspoons salt
½ teaspoon dried ground chili peppers
1 lb of spaghetti
½ cup grated Parmesan cheese
2 tablespoons butter

Heat half the oil in a skillet; saute the onions and green peppers for 10 minutes; add the remaining oil. Cut the fish in julienne strips and add to the vegetables with the salt and chili peppers. Cook over low heat for 10 minutes, stirring frequently. Taste for seasoning. Put the spaghetti in a casserole, spread the fish mixture over it, sprinkle with the cheese, and dot with the butter. Bake in a 400 degree oven for 15 minutes. Serves 4.

from: Waldo, Myra. *The Art of South American Cookery*, New York, Hippocrene Books, 1996, p.180.

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