

FLAVORS OF PARAGUAY

A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



WRITTEN AND EDITED
BY
LYNN VAN HOUTEN

ANTEATER .....PRESS
Petaluma, CA

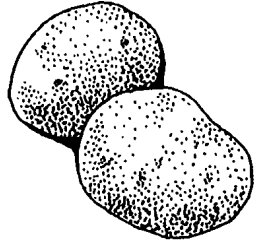
ÑOQUIS DE BATATA (Sweet Potato Gnocchi)

3 lb. of sweet potatoes
3 ½ cups of flour

Boil the sweet potatoes in salted water. Peel the potatoes and puree. Knead the sweet potatoes with sifted flour. Proceed the same as in other gnocchi recipe (see potato gnocchi recipe) Serve with butter or cheese or gravy.

translated from: Aquino, Josefina Velilla de. *Tembiu Paraguai: Comida Paraguaya* 11th ed., Asunsion, Editora Litocolor, 1995, p.91

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ÑOQUIS DE PAPA
(Potato Gnocchi)

3 lbs of potato
3 ½ cups of flour

Boil the potatoes in salted water. Peel and mash. Sift the flour and knead the potato with the flour. Shape rolls of ½ inch in diameter on a floury surface. Cut in ¾ inch pieces. Form the gnocchi by pressing with a fork. Boil the gnocchi in lots of salted water until they float to the surface. Serve with butter and grated cheese or with the sauce of the Beef Round stew recipe and grated cheese.

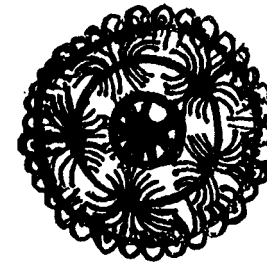
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