

FLAVORS OF PARAGUAY

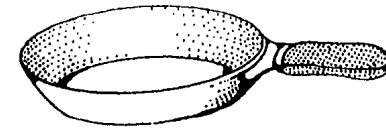
A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



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EMPLANADITAS DE CARNE

(Meat Empanadas)

1 lb of pork
1 lb of beef
4 hard-boiled eggs
1 whole onion, chopped
1 bell pepper, diced
2 cloves of garlic, minced
parsley
salt and pepper

Cover meat with water. Cook meat until tender. Save the stock. Fry the vegetables in a little oil. Add 1 cup of meat stock. Boil for 2 minutes. Add the meat which has been finely chopped. Boil until well mixed, for 5 minutes. Add the chopped, cooked eggs.

Dough:

1 lb flour
1 c. bacon fat
warm water and salt

Mix and knead until dough is smooth. Roll dough out until thin. Cut with round cutter (a tuna can is a good size). Add meat mixture. Moisten ends with water and fold in half. Deep fry until brown.

from *Cocinando con Las Amigas* Asunción, Las Amigas Norteamericanas del Paraguay, 1977 p. 34.

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