

FLAVORS OF PARAGUAY

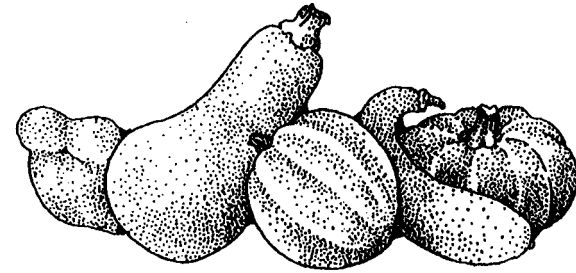
A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



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KIVEVÉ
(Traditional Paraguayan Pumpkin Polenta)

2 lb of pumpkin or squash
3 cups of water
2 tablespoons of oil
1 onion finely chopped
1 cup of milk
1 teaspoon of salt
1 tablespoon of sugar
2 cups of corn meal
1/3 lb. fresh cheese

Peel and cut the pumpkin in small chunks. Boil the pumpkin in a covered saucepan in three cups of water. Heat the oil and brown the onion. Add the milk, the drained pumpkin, the sugar, salt, and the corn meal. Add the corn meal slowly a small amount at a time. Cook stirring continually for 10 minutes or until the corn meal is cooked. Add the crumbled cheese and remove from heat. This dish is used to accompany barbequed beef. You can also serve it alone.

INTERNET
<http://www.uni-mainz.de/~lustlg/guarani/kiveve2.htm>

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