

FLAVORS OF PARAGUAY

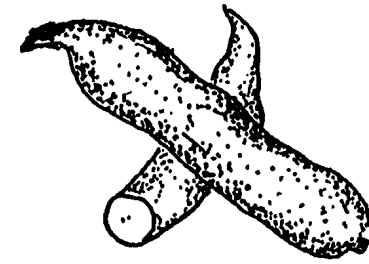
A COOKBOOK

101 AUTHENTIC PARAGUAYAN RECIPES



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PAYAGUA MASCADA
(Paraguayan Indian Tortilla)

3/4 lb cooked ground beef
2 lb of mandioca (cassava)
1 clove of garlic
4 tablespoons of fat or oil
1 tablespoon of salt
pinch of cumin
1 chopped small onion

Peel and boil the mandioca in salted water. When tender remove from heat and make a puree. Mix the cooked ground beef with the mandioca puree, chopped garlic, chopped and fried onion, salt, cumin and 2 tablespoons of corn starch. Mix well. Then with wet hands form a tortilla (or patty) and fry in hot oil. In the countryside, corn meal is added to the recipe.

From: <http://merece.uthscsa.edu/gram/guarani/cocina.htm>

XX 72 XX