

## Tallarín

Dolí Estela Cardozo de Vega *cocinagua*

Thick, wide spaghetti noodles, Salt to taste, Onion, Garlic if available, Red Peppers Green Peppers, Carrot, any vegetable on hand, Beef, Grated Parmesean cheese

Dice vegetables and cook together in pot with some water until they make a thick, soupy mixture. Add spaghetti noodles and just enough extra water to cook them in while preserving the soupy vegetable mixture's consistency. Add a spot of oil and salt to taste. Brown beef in another pot with oil until cooked through; combine with vegetable sauce and noodles. Serve with Parmesean cheese.

Tallarín is a dish enjoyed at holidays, weddings, birthdays, funeral dinners, etc., and depending upon the family income and whether or not they have access to the vegetables, the sauce can be thick and satisfying, or a pitiful bare noodle dish with lone specks of red pepper hanging on to each noodle.

## Sopa Paraguaya

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2 # Corn Flour, Several cups Whole Kernel Corn, Water or Milk, Salt to taste, Diced Onion, *Queso Paraguayo*, Salt to taste

Prepare oven heat to 350°F or brick oven with a roaring fire and when really hot, clear out wood and ashes and stop up one opening, leaving other opening to insert shallow pans. Combine all ingredients in a large bowl, stirring with hands until mixed and pourable. Pour into greased, floured shallow pans; bake until golden brown, cut into squares. Keeps for several days without refrigeration; excellent for road trips. \*Ña María's recipe called for anise seeds, as well as onion.

Sopa Paraguaya is the only variety of sopa, or soup, that is solid, and it is very Paraguayan. It is served at *quinceañeras*, weddings, *cumpleañokuéra hape*, (birthday parties), funerals, and other special events. Sopa, Tallarín, and Arroz Quesu are special event foods in Paraguay; all the women of the extended family get together to prepare huge dishes of each over open fires lighted on the brick floor in the back kitchen with the sun shining through cracks in the thatched black roof so low that they have to bend over to walk through the space. Other treats are drinks of soda mixed with equal parts beer or wine drunk out of one glass passed around a group of up to twenty. It is also served at *asados* and at Christmas and New Year's with that fruit and wine salad. Enramadita, Ca'azapa, Paraguay 2008

## Mandi'o Shyryry (Mandioca Frita) (Fried Mandioca)

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Mandioca, diced; Oil, Salt, Onion, (Eggs, Beef, diced; Cheese) not all necessarily in the same dish—perhaps eggs but not cheese; only beef and mandioca. 8/20/10  
w/potatoes  
great!

Dice boiled, cooled spears of mandioca; prepare frying pan with oil, water, and salt. Fry onion and beef if you're going to use it. Add mandioca and let brown for a while; then add eggs or cheese or both. Portion into soup bowls and serve with mandioca spears and spoon to eat it with.

Mandio' shyryry is a breakfast and dinner dish eaten four to five times a week and is prevalent *en el campo* where farming families can grow mandioca in their garden and field plots but cannot afford store-bought items such as bread, butter, marmalade, coffee, fruits, and international foods like omletes. The dish is not so common in the cities, since people have professional jobs, hence purchasing power and where a dish such as fried mandioca would be more suggestive of the "hillbills" culture it comes

## Chipa

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2 #Corn Flour, Salt to taste, Anis seeds, *Queso Paraguayo*, Water or Milk, Lard, Eggs  
Heat oven to 350°F just as you would for *sopa*. Combine all ingredients into large bowl and knead until texture and consistency are smooth. Prepare space on table to roll out dough: form into logs with tapered ends about six inches long and two inches wide; curl into doughnut shapes, place on cookie sheets, bake in oven until golden brown.

Chipa keeps for several days unrefrigerated, is excellent travel food, and is a popular item for fundraising *en el campo*. There are *chiperias* all over PY, especially in La Ciudad de la Virgen de Ca'acupe, south central region. A chipa seller (always a woman with a short skirt and matching short sleeved top ensemble, hose, tennis shoes, and a special apron designed to hold change while she balances her mammoth basket of chipa wrapped in layers of white cloths to keep it piping hot) climbs on board a cross-country traveling bus of passengers, calling, "Chipa Chipa! Chipa caliente!" She'll whip out a transparent slim bag, reach inside the basket, throw a many chipa as you're purchasing into it, fork it over, and take your money, all in the same smooth transaction, as she balances the heavy, giant basket of swaddled chipa on one shoulder and manages to remain upright against the jolting, careening bus. Fresh, hot chipa is to die for, especially when the ratio of dry ingredient to wet ingredient is relatively even. Chipa should be crunchy and dry on the outside and warm and cheesy on the inside. Thanks to tooth-sharpening foods like chipa and tortilla mestiza, biting my cheek now HURTS! Enramadita, Ca'azapa, PY

## Tortilla Paraguaya

Dolí Estela Cardozo de Vega *cocinagua*

Flour, Salt to taste, Oil, Water or Milk, Eggs; shredded Cheese, shredded Lettuce, deli sliced turkey, ham, meats if available

Mix all ingredients in a bowl, stirring with a wooden spoon until completely mixed and fairly wet but not soupy. The soupier the mixture, the crunchier the resulting tortilla, but should be a thinner batter than *reviro*, or the inside of the tortilla will not cook through. Prep a frying pan over a medium to high fire with enough vegetable oil for the tortillas to float. Spoon the batter in by tablespoons and fry on both sides until brown. A Paraguayan family would just eat tortillas for the morning or evening meal, nothing else. They could also serve a mid-morning or afternoon snack. Only better-off families can afford the deli meats.

*Tortilla Mestiza* is my favorite and prevalent *en el campo*. It is made with a half and half mixture of corn flour and wheat flour, and is crunchy, textured, and more filling.

Tortilla He'e (Dulce) (Sweet Tortilla) can be made adding sugar to the basic ingredients when special guests come to visit. I think they put sugar into the batter and also coat the piping hot, dripping tortilla with it when done frying. *Hetere'íl Demasiado rico es!* I so good!

Enramadita, Ca'azapa, Paraguay 2008

## Arroz Quesu Ryguazu rupi'a shyryry (Arroz con Queso y Huevo Frito)

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Rice, Cheese, Salt to taste, Egg

Boil rice until done; add a little extra water to make a bit more moist. Add chunks of cheese (Colby-Jack, Cheddar, or Provolone), let melt. Salt to taste. In separate skillet, fry egg—no beating, just crack into pre-heated, oiled skillet and fry on both sides until yolk is runny. Salt to taste. Serve a mound of Rice and Cheese with the egg on top as a garnish. This is a comfort food for me.