

# frozen meal.



TYPICAL PARAGUAYAN FOOD  
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# cassava cassava



## frozen peeled cassava

4,000 years ago and was one of the first domesticated crops in the Americas.

In Paraguay and the Northeast of Argentina<sup>4</sup> currently cassava is one of the species most consumed by the inhabitants (especially in rural areas, where its per capita consumption is one of the highest in the world),<sup>5</sup> and it may be present in most meals of the day (at breakfast, mid-morning, lunch and dinner), whether boiled, fried or in dishes based on its starch. Likewise, in many homes it accompanies the main meal every day (a function similar to that fulfilled in other places by bread),<sup>6</sup> and feeds cattle. In this country about 300 varieties of it are grown



# paraguayan SOUP



# frozen paraguayan soup

paraguayan style cornbread mix

Its origin, according to oral data transmitted from generation to generation, relates that Don Carlos Antonio López; Paraguay's first constitutional president, he was very fond of tykueti or white soup, which was made from milk, cheese, cornmeal and egg.

However, one day the cook (machú) added too much corn flour, resulting in a very thick culinary preparation and, not having enough time to prepare the dish again, she decided to finish cooking it in an iron pan in a tatauá ( fire pit) resulting in a solid soup[i]. When Don Carlos tried it, he found it so delicious that he decided to name it "Paraguayan soup"[ii]. Also, from the stories that date back to that colonial era is the Paraguayan soup "Palaciega" where the variant is ½ kg of onion cut into wheels and 4 to 5 hard-boiled eggs.



# chipa guazú



# chipa <sup>□ frozen</sup> guazú

The chipa guazú is a kind of corn cake cooked in the oven, and constitutes one of the seventy identified varieties of food called "chipa". It is the heritage of the Cario-Guarani-Spanish mestizo cuisine and is traditional in the gastronomy of Paraguay.

In Paraguay, chipa guazú, chipa or Paraguayan soup are present in almost every meal and especially when there is a social event.

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