

Charlotte's Sopa Paraguaya



“

My mother and her friends would make "Sopa" for special occasions. Though it has soup in the title, it's not soup, it's a hearty cornbread casserole and is the national dish of Paraguay. My mother's hand-typed recipe card has a very 1950's version with canned corn, "Delmonte or White Rose", and what must be a typo "1 cup of oil". I re-checked my own variation and it works fine without those ingredients."

**CHARLOTTE FLEETWOOD
TRANSPORTATION DEPARTMENT**

Charlotte's Sopa Paraguaya

CHARLOTTE FLEETWOOD

TRANSPORTATION DEPARTMENT

PREP TIME

10 mins

COOK TIME

40 mins

SERVINGS

4 oz

INGREDIENTS

- 2 tablespoons oil
- 1 large onion
- 2 tbsp butter
- 3 eggs, separated
- ½ cup milk (regular, oat, whatever you like)
- 1 cup cornmeal
- ½ cup cottage cheese
- 4 oz cheese, grated (cheddar, mozzarella, whatever you like)
- ½ cup corn kernels (frozen is fine)
- ½ tsp salt

PROCEDURE

1. Chop the onions and saute in oil until transparent (~10 mins). Add the butter to the pan to melt it. Set aside and allow it to cool while you move on to the next step.
2. In a large bowl, whisk the egg yolks, milk, salt, and cornmeal together; stir in the cottage cheese, grated cheese, corn kernels, and sauteed onions with butter.
3. In a separate medium sized metal bowl, whisk the egg whites until stiff. Do this almost last because if you do it early they may collapse.
4. Use a rubber or silicone spatula to fold the egg whites into the mixture in the large bowl. Don't overdo the mixing - you want it to be fluffy.
5. Use the spatula to transfer the mixture into a greased 1 quart baking dish.
6. Bake at 375 degrees for about 40 minutes, or until a knife in the center comes out clean.