

# Variety, Tradition Keynote "The Heritage Of Black Cooking"

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For the past decade, Kraft Foods has been researching the heritage of black cooking throughout the United States. While showing lots of regional variety, some dishes have been found to be traditional in many parts of the country.

The travels of the Kraft team have resulted in a series entitled, "The Heritage of Black Cooking." Areas of the country featured have included Charleston, SC, and the Sea Islands; New Orleans and Louisiana; the Prairie States; Texas; and the Pacific Northwest. Most recent in the series is a culinary look at Mem-

phis, TN, which appears in this section.

Among the Kraft discoveries: The Sea Islands off the coast of South Carolina and Georgia are home to a people with "almost pure African bloodlines" whose food "is prepared almost exactly in the style used in parts of West Africa."

New Orleans was home to about 11,000 free blacks at the beginning of the Civil War. The African influence combined with other cultural trends, notably French, to form both Creole and Cajun cuisine.

The 1870s and 1890s saw the arrival of thousands of blacks into the part of the country now made up of

Kansas, Nebraska, Oklahoma, and the Dakotas, in search of a better life. Known as the Exodusters, they had to adapt their old customs and dietary habits to meet the challenges of their new life.

One of the first four Europeans to explore what is now Texas was a black Spanish slave named Estevanico, who later discovered the Great Zuni Pueblo. Early Texas settler Aaron Ashworth, a free black, was a cattle baron and himself a slave owner. Joshua Houston arrived in Texas in 1836 with Sam Houston, his friend. A free black, Joshua adopted Sam's last name as protection against enslavement by renegades. His

descendants still live in Houston.

Marcus Lopez was the first black known to have landed on the northwest coast of this continent. A giant slave named York was the next black man to enter the Pacific territory. He was a member of the Lewis and Clark expedition and served as both blacksmith and Indian interpreter. After the expedition, York was freed. Legend has it that he returned West and became a chief of an Indian tribe.

So there's your history lesson for today. And here's a sampling of recipes, adapted by Kraft for the modern kitchen, from each of the regions visited by the Kraft team.



Educator and well-known Memphis caterer, George Blanchard, proudly serves barbecued pork ribs from his unique cooker.

## TEXICAN SALAD

(From Texas)  
1 lb. ground beef  
1 (16 oz.) can kidney beans, undrained  
2 qts. shredded lettuce  
2 c. chopped tomato  
2 c. chopped avocados  
2 c. (8 oz.) shredded Kraft sharp natural cheddar  
1 c. green onion slices  
1 (8 oz.) bottle Kraft thousand island dressing  
1 (8 oz.) bag tortilla chips, broken  
Brown meat; drain. Stir in beans; simmer 10 minutes. Combine lettuce, tomato, avocados, cheese, green onion, and meat mixture. Toss lightly. Add dressing and tortilla chips; mix lightly. Serve immediately. Makes 10-12 servings.

## COUNTRY CORNBREAD

(From the Prairie States)  
1 c. cornmeal  
1 c. flour  
4 tsp. baking powder  
1/4 tsp. salt  
1 c. milk  
2 eggs  
1/3 c. margarine, melted  
1/4 c. honey  
Combine dry ingredients. Add combined milk, eggs, margarine, and honey, mixing just until moistened. Pour into well-greased 9- or 10-inch skillet. Bake at 400 degrees for 20-25 minutes or until wooden pick inserted in center comes out clean. Serve warm. (Can bake in 8-inch square pan instead.)

## RED RICE

(From Charleston)  
1 (16 oz.) can tomatoes  
1 1/4 c. water  
1 c. rice  
1/2 lb. cooked smoked sausage, cut into slices  
1/2 c. Catalina brand French dressing  
1/2 c. chopped green pepper  
1/2 c. chopped onion  
1 tsp. salt  
Dash of pepper  
Combine ingredients and bring to a boil. Cover; simmer 20-25 minutes or till rice is tender. Stir occasionally. Serves 6-8.

## BANANAS ROYALE

(From New Orleans)  
1 (12 oz.) jar Kraft caramel topping  
1/4 c. banana liqueur or rum  
1/2 tsp. cinnamon  
6 small, firm bananas  
Vanilla ice cream  
Combine topping, liqueur, and cinnamon in chafing dish or 12-inch skillet. Cut bananas in half lengthwise and crosswise. Add to topping mixture; heat thoroughly. Spoon bananas into 6 dessert dishes; top each serving with scoop of ice cream. Spoon sauce over ice cream. Serves 6.

## MOLDED CORNSTARCH PUDDING

(From the Pacific Northwest)  
4 c. milk  
1/2 c. sugar  
1/4 c. cornstarch  
1/4 tsp. salt  
2 eggs, beaten  
1 tsp. vanilla  
1 (10 oz.) jar Kraft apricot or red raspberry preserves  
1/2 c. Kraft orange juice  
Scald 3/4 c. milk. Gradually add combined remaining milk, sugar, cornstarch, and salt. Bring to boil over medium heat, stirring constantly. Con-

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