

Hot Tamales Popular With Memphis Blacks

By Paula R. Materre
For Kraft, Inc.

Special To The Post

Eric Taylor surmises that about 80 percent of the people living in Memphis are first or second generation Mississippians, and thus the reason for the similarity in many of their cooking traditions. Taylor grew up in Mississippi, later moved to New York, and has been living in Memphis for the past 11 years. The Kraft team tracked him down through the Memphis Black Arts Alliance which last year sponsored a "Men Who Cook" fundraiser. Taylor's entry definitely left a lasting impression, hot tamales. "They're very popular here, and are sold on the street in the black communities," he told us. True enough, just as New York has its pretzel stands, the black communities of Memphis have their tamale wagons.



Eric Taylor's Hot Tamales

The director of a bustling medical clinic, Taylor is a dedicated young man who learned to cook as a child and continued cooking as

a bachelor. Now, the busy family man only has time to occasionally prepare his

specialty. He explains that tamales, deeply rooted in his family, were a cheap

source of good food borrowed from the large Mexican community. "My mother, aunt, and grandmother...all made tamales," he said. His own version, aside from being very hot and delicious, is wrapped in corn husks, giving it an even more authentic flavor and appearance.

Eric Taylor's Hot Tamales are especially appealing since they are not only served in homes but have become a popular vending item on the streets of Memphis. By using Kraft barbecue sauce in both the filling and basting, a hot and flavorful entree is obtained.

HOT TAMALES

- 1 1/2 c. cornmeal
- 1 c. water
- 3 Tbsp. Parkay margarine, melted
- 1/2 tsp. paprika
- 1 lb. ground beef
- 2/3 c. Kraft barbecue sauce
- 1/4 c. chopped red pepper
- 2 Tbsp. chili powder
- 1 garlic clove, minced
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 9 to 12 corn husks
- 1 8-oz. can tomato sauce
- 1/2 c. Kraft barbecue sauce
- 1/4 c. water

Combine cornmeal, water, margarine, and paprika; mix well. Combine meat and remaining ingredients; mix lightly. Soak

husks in boiling water 5 minutes or until pliable; rinse thoroughly. For each tamale, place three measuring tablespoonsful of cornmeal mixture in center of husk; spread to 4-inch square. Spoon three slightly rounded measuring tablespoonsful of meat mixture across center of cornmeal mixture. Roll up tamale, starting at long end; tie ends securely with string. In large skillet, simmer tamales in combined barbecue sauce, tomato sauce and water 30 minutes or until done. To serve, remove tamales from husks; serve with remaining sauce. Makes 9 tamales.

Turkey Leftovers Make Great Cold-Weather Soup

Almost everyone relies on some work-saving foods to speed meal preparation. In fact, most people have become time-conscious as well as money-conscious when it comes to cooking. Hearty Turkey n' Rice Soup is a one pot meal from the Kraft Kitchens that keeps both of these things in mind.

Many of the ingredients in this chunky cheese soup are staple items. With chopped vegetables, cooked rice, mushrooms, Velveeta pasteurized process cheese spread and any leftover holiday turkey or chicken you can fix a delicious meal with a minimum of effort. And most importantly you won't as-

crifice quality or flavor to the clock.

HEARTY

- TURKEY N' RICE SOUP**
- 2 chicken bouillon cubes
- 2 c. boiling water
- 1/2 c. celery slices
- 1/2 c. carrot slices
- 1 lb. Velveeta pasteurized process cheese spread, cubed
- 1 1/2 c. cooked rice

- 1 1/2 c. chopped, cooked turkey or chicken
- 1 4-oz. can mushrooms, drained

Dissolve bouillon in water; add celery and carrot. Cover; simmer 20 to 25 minutes or until vegetables are tender. Add remaining ingredients; stir until process cheese spread is melted. Makes five 1-cup servings.



Hearty turkey soup features cheese.

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