

RETRO RECIPE



1940s – Tamale Pie

CDKitchen <http://www.cditchen.com>
Serves/Makes: 8 | Ready In: 1-2 hrs

Ingredients:

Cornmeal Mush

- 1 cup cornmeal
- 1/2 cup cold water
- 3 1/2 cups boiling water or chicken stock
- 2 teaspoons salt

Tamale Pie

- 8 tablespoons butter
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 green bell pepper
- 1/3 cup chili powder or to taste
- 3 tablespoons butter or oil
- 4 cups cooked ground beef
- 2 pimientos, chopped
- 1 1/2 cup black pitted olives (or less), roughly chopped
- salt and pepper to taste

Directions:

To cook cornmeal mush: stir cornmeal into the cold water to moisten it, in the top of a double boiler. Then add boiling water or chicken stock and salt; mix well. Set the top over the bottom of the boiler, filled with 1 to 2 inches of boiling water, put a lid on the top and steam the cornmeal for 30 to 45 minutes until the water is all absorbed.

For tamale pie: Beat butter into hot cooked cornmeal; set aside. Fry onion, garlic and bell pepper with chili powder in butter or oil until vegetables are just slightly softened, 2 or 3 minutes. Add cooked meat, pimientos, olives and season to taste. Put a layer of cornmeal mush in a baking dish, add the layer of meat filling and cover with another layer of mush.

Bake in preheated 350 degrees F oven until the mush is crusty on top, about 30 minutes.

Recipe Location: <http://www.cditchen.com/jumpto/880/>
Recipe ID: 880

FLOUR