



Delta Hot Tamales: History, Stories & Recipes (American Palate)

Anne Martin

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Several theories surround the traditional Delta tamale. Some trace it back to Mexican and Italian immigrants, while others say the Delta version of the hand-held meal is a spin on the old African American food called “cush.” One thing not disputed is the popularity. From hot tamale legends Joe Pope, Shine Thornton and the Scott family to current chefs, the traditions and the secret recipes live on. Writer and historian Anne Martin showcases the stories behind the traditional Delta hot tamale, as well as the countless variations of the delicacy found within the region.

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