

Texans provide recipes

Along with its oil wells, the state of Texas is rich in black history.

Among the first Europeans to explore the area in 1530 was black slave Estevanico. Searching for gold he went on to discover the Great Zuni Pueblo of New Mexico. In 1836 the lone survivor of a Mexican siege called the Alamo was a slave named Joe who reported the inside story to the Texas army. By 1850, free black Aaron Ashworth owned 2,750 head of cattle, the largest herd in Texas. From explorer to successful businessman, Blacks have helped create the Texas we know today.

And what could be more Texan than a barbecue, where family and friends gather before the grill to enjoy their favorite foods. With more than 300 years to blend the unique influences, the Texas barbecue menu combines a dash of Mexico and a pinch of the Old South with a heaping helping of soul.

To accompany the traditional beef brisket and ribs black Texans serve up tasty dishes such as Texican Salad, second cousin to the taco. It features ground beef and beans with lettuce, tomatoes, avocados and cheese, topped with tortilla chips. Hot water cornbread, better known as Hoe Cakes, is another popular dish finished in a skillet and smothered with margarine. And no barbecue is complete without a sampling of Baked Bean Barbecue.

These are just a few of the recipes collected in a booklet called The Heritage of Black Cooking. The booklet spotlights the history and cooking traditions of black communities across America and offers popular food ideas adapted by the Kraft Kitchens for convenient consumer use.

For your free copy, send your name and address to:
Kraft Heritage of Black Cooking Booklet
P.O. Box 822 Dept BP
South Holland, IL 60473

BAKED BEAN BARBECUE

1 lb. dried pinto beans
Water
1 cup hot barbecue sauce
1 cup chopped onion
1/2 lb. salt pork, cubed

Wash beans; soak in 6 cups water overnight. Drain; rinse beans. In large Dutch oven, combine beans, 3 cups water and remaining ingredients. Cover; simmer 2 hours and 30 minutes or until beans are tender. Makes 10 to 12 servings.

Quick Soak Method: Combine beans and 6 cups water; boil 2 minutes. Remove from heat. Cover; let stand 1 hour. Continue as directed.

Book explains bankruptcy

Bankruptcy. Is it the ideal cure-all for a host of personal financial difficulties or a drastic step best reserved as the last resort?

The Oregon State Bar's new eight-page booklet entitled "Unpaid Debts and Bankruptcy Court — Know Your Rights" discusses bankruptcy options in-depth, and is available to the public free of charge.

According to the Oregon district office of the U.S. Bankruptcy Court, over 9,400 personal bankruptcy cases were filed in this state during 1981, and 8,500 cases in 1982. This represents a dramatic increase from the 3,000 or fewer cases filed in more typical years.

The newly released booklet discusses basic definitions of available bankruptcy options and more detailed subjects such as income and property exemptions, alternatives to filing for bankruptcy and methods for dealing with lawsuits filed against individuals by creditors.

Though the state bar's bankruptcy booklet is not meant to cover every possible situation or to be used as a substitute for specific legal advice, it serves as a general statement of the current laws and can help answer numerous questions about unpaid bills and bankruptcy court.

The booklet is available free through the Oregon State Bar by sending a self-addressed, number 10 business-sized, postage-paid envelope (use first-class postage) to: Bankruptcy Booklet, Oregon State Bar, 1776 S.W. Madison, Portland, Ore. 97205.

"Men tire themselves in pursuit of rest."
Laurence Sterne

HOE CAKES

1/4 cup boiling water
1 cup cornmeal
1 tablespoon sugar
1/2 teaspoon salt
Margarine
1 egg, beaten
1 tablespoon chopped parsley
Oil

Pour boiling water over combined cornmeal, sugar and salt; mix until blended. Add 1/4 cup melted margarine, egg and parsley; mix well. Drop by rounded tablespoonfuls into 1/8-inch of hot oil, spreading to form 2 1/2-inch patties. Fry over medium heat until golden brown, turning once. Drain on absorbent paper. Spread with additional margarine before serving. Makes 1 dozen.

TEXICAN SALAD

1 lb. ground beef
1 16-oz. can kidney beans, undrained
2 qts. shredded lettuce
2 cups chopped tomato
2 cups chopped avocados
2 cups (8 ozs.) shredded sharp natural cheddar cheese
1 cup green onion slices
1 8-oz. bottle 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 to 12 servings.



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