



Special Food section

On Sunday, look for our Thanksgiving Day food section, published early for all your holiday eating. We'll include a turkey primer, side dish suggestions and things to do with cranberries.

GROWING AUSTIN AUSTIN GENTE

Food is Familia



Addie Broyles
Relish Austin

Oh, the humble lessons of soup

With life or dinner, the only thing to do is learn and try it all again.

Last week, I seriously screwed up some soup.

It was Tuesday night, and I was using my leftover turkey from Friendsgiving to make a turkey dumpling soup. I got home from work a little early, cranked up some music and got to work chopping my mirepoix (with celery this time, like a big girl) and heating the stock I'd made on Sunday night after the feast.

The soup started to come together, and it was beautiful.

I have my grandmother's dumpling recipe, but it hasn't always worked out the past few times I've made it, so I went digging around for other options in my cookbook collection, looking for drop dumplings made with an egg and without Bisquick.

I couldn't really find what I was looking for but was feeling emboldened by my ability to recite just about every lyric from the Dixie Chicks' album "Wide Open Spaces" that accompanied me in the kitchen, so I tried to pull a Gaga (my grandma) and improvise from memory. I didn't need that much dough anyway, so into a bowl went a little flour, baking soda, salt, milk, egg and melted butter.

The texture of the dough seemed about right, so I dropped spoonfuls into the soup, covered the pot and set the timer for 10 minutes.

Broyles continued on D8



This Green Chile Pork Sausage Soup made for a nice family meal. ADDIE BROYLES / AMERICAN-STATESMAN



Local Latinos share why food helps shape identity



ABOUT AUSTIN GENTE

Austin Gente (a familial way of saying "Austin People"), our new video and story series, features Austin Latinos who explore what it means to be Latino in the U.S. in the midst of a changing cultural landscape. In this installment, we've focused on Latino identity through the food we eat, love and prepare. **Check out our video at statesman.com.**

By Nancy Flores
nflores@statesman.com

I've seen Mexican meatball soup, or albondigas, appear on a restaurant menu only twice in my life. Both times I've ordered it, while traveling in Mexico, and both times I've been disappointed.

My mother, who was born in the Mexican state of Tamaulipas and grew up in Coahuila, makes amazing albondigas. It's now the dish that usually greets me when I return to visit my parents in the border town of Eagle Pass. With one bite, I know everything's OK. I'm with familia.

In the second installment of Austin Gente, a new video and story series that explores what it means to be Latino in the U.S., we listened to our stomachs.

Does the food we eat help shape our identity? What does the food you love and grew up with say about you, your family and your culture?

With Latinos in the U.S. coming from diverse backgrounds and kitchens, we talked to three Austinites about how each of their different cultural influences and food experiences give them a unique perspective on who they are today.

Food for the generations

Adelaida "Lala" Garza remembers a time when biting into a taco wasn't hip or fashionable. It could actually feel shameful at times. Garza, 64, grew up in San Marcos and remembers how classmates at school would ridicule kids who brought homemade tacos for lunch instead of sandwiches.

Familia continued on D7

CLOCKWISE FROM LEFT:

Adelaida "Lala" Garza runs LaLa's Day Care in Austin. She grew up in San Marcos, Texas. Frederico Geib is a musician and teacher at the Griffin School in Austin. He grew up in São Paulo, Brazil. Ana María Tekina-eirú Maynard is the executive and artistic director of the Puerto Rican Folkloric Dance & Cultural Center in Austin. She grew up in a Puerto Rican neighborhood in the Bronx. KELLY WEST PHOTOS / AMERICAN-STATESMAN



FOOD MATTERS

Where to buy fried, smoked turkeys

Avoid the mess, let local businesses cook Thanksgiving birds.

By Addie Broyles
abroyles@statesman.com

Frying a single Thanksgiving turkey usually isn't worth the hassle, but a handful of local businesses and organizations are happy to do it for you. I also threw in a few options for buying a smoked turkey, if you want to go that route instead.

The Texas Association of Vietnam Veterans hosts an annual fried turkey fundraiser to support the group's other charitable turkey donations. The Cajun-injected turkeys cost \$35 each and can be ordered by calling 512-263-3512. Customers can pick up

their birds at 10 a.m., 1 p.m. or 3 p.m. on Nov. 26 at the VFW Post 856, 406 E. Alpine St. in South Austin.

Fatboy Fried Turkeys is the name of Dave and Annabelle Angenend's fried turkey business. He sells them for \$65 each, and they come in two flavors: Jack Daniels Cajun butter or half injected with Shiner Black and the other half with the Jack Daniels Cajun. You can order turkeys, as well as a number of side dishes, online until the Tuesday before Thanksgiving at fatboyfriedturkeys.com or by calling 512-699-5687. The turkeys can be picked up before 4 p.m. on Thanksgiving Day at 11906 Hornsby St.

Hyde Park Bar & Grill South, 4521 West Gate Blvd.,

Food Matters continued on D3



U.S. Army veteran Julian Calderon, Jr. and other members of the Austin chapter of the Texas Association of Vietnam Veterans use a fryer that holds up to eight turkeys at once. Proceeds will benefit their other charitable turkey donations. CONTRIBUTED BY ASHLEY LANDIS 2013

BONUS CONTENT

Only for digital subscribers: Food Extra. Six extra pages of bonus content on the Statesman ePaper and on MyStatesman.com.



GROWING AUSTIN AUSTIN GENTE

Familia

continued from D1

“They’d point at you and make fun,” she says. “It was embarrassing.” When Garza was hungry, she resorted to eating her lunchtime tacos in secret. She waited until she got off the bus and ate it before she got home.

Tacos had always been a staple in her family – it was what they ate during lunchtime while picking cotton in West Texas as migrant farm workers. The tacos weren’t fancy, maybe potato and egg or bean, but Garza’s mother had a special way of rolling them up like burritos. And after hours of laboring, Garza sat in the back of their truck and savored every bite.

Garza’s mother was known for her tamales, though, and people still talk about them, she says. As time passes, Garza wonders about her own legacy. She runs a daycare in South Austin now, and over the years has fed the children everything from chicken and rice to chorizo and beans. She’s had many parents ask for cooking advice because some children insist on Garza’s style of cooking when they are at home.

“Maybe years from now the kids won’t remember me, but they’ll remember my food,” she says with a smile.

A few years ago, Garza went back to her childhood home in San Marcos with her sister. They took a walk on the property and found themselves cutting cactus paddles to make nopalitos. They removed the thorns, diced and chatted. “It felt so natural,” Garza says. “I find myself doing things mama would have done.” Her heart fills with pride now, not the shame she was once made to feel as a child. She’s happy to keep the traditions alive throughout the generations.

“This is just like when we were kids, huh?” Garza told her sister while preparing the nopalitos. She replied, “Some things just don’t change, Lala.”

Food nourishes the soul

Celebrating anything from birthdays to holidays in Ana María Tekina-eirú Maynard’s childhood home in the Bronx often meant having about 100 guests, dancing, and, of course – food.

“When we had big family parties, dad would cook because he was in the Army during the Korean War and used to cooking for the masses,” she says. For their backyard luau in their Puerto Rican neighborhood in the Bronx, Maynard’s father would buy a whole pig that would go on a spit around 7 a.m. and roast for hours.

“Daddy was a party animal, and instilled in me a pride about Puer-



Food brings families together. Austinite Adelaida “Lala” Garza has fond memories of her family gathering around the table for meals. CONTRIBUTED LALA GARZA

‘Maybe years from now the kids won’t remember me, but they’ll remember my food.’

Adelaida “Lala” Garza



Austinite Ana María Tekina-eirú Maynard’s father headed off to the U.S. Army at 19 years old. He would later cook for the masses during the Korean War and inspire Maynard to celebrate her Puerto Rican roots. CONTRIBUTED BY ANA MAR A TEKINA-EIRU MAYNARD

COQUITO

No cooking needed. Mix in a very large bowl in the order indicated. “Daddy used to like to use an egg beater to get things really mixed,” Maynard says. After you have it mixed, you can pour it into an empty gallon container to refrigerate. When you are ready to enjoy, you will want to shake before serving.

- 2 quarts egg nog**
- 1 pint heavy cream**
- 1 can coconut cream**
- 1 quart dark rum**
- 1 tsp. ground cinnamon**

Combine ingredients in a large bowl and pour into a large plastic gallon-sized carton. Refrigerate and serve.

— Recipe courtesy of Ana María Tekina-eirú Maynard

NOPALITOS DE MAMÁ

- 4 large size nopales (cactus paddles)**
- 5 cups water**
- 1 Tbsp. oil**
- A pinch of salt**
- A pinch of black pepper**
- 1 ½ Tbsp. chili powder**
- 3 eggs**
- Tortillas**

Remove thorns with a sharp paring knife or single edge razor blade and dice nopales. Heat water in a medium saucepan and boil nopales until tender. Drain and rinse them in water, and rinse and drain them again. Heat oil in a skillet and sauté the nopales. Add salt, pepper and chili powder and stir well. Add eggs and stir. It’s ready to eat when eggs are cooked. Eat the nopales with warm tortillas.

— From Adelaida “Lala” Garza

to Rican culture,” says Maynard, who is now the founding executive and artistic director for the Puerto Rican Folkloric Dance & Cultural Center.

At Christmas time, Maynard’s father made an eggnog-like drink called coquito. When she left New York for graduate school at Carnegie Mellon in Pennsylvania, she asked her father for the recipe. She still has his handwritten note.

When he passed away, Maynard’s family didn’t have a typical service for him.

“We had a party, just the way he would have liked it, with food and music,” she says. “I remember sitting there thinking it was weird because it was a party, and I felt like if I turned around I’d see him somewhere. I definitely felt his presence there. It was a celebration of life.”

Food is important in Puerto Rican culture, she says. “It doesn’t just nourish your body, but also your soul.”

“It’s definitely about affection,” he says. “When my mom was cooking that dish it was pure love for me. My relationship with mom is not always rosy, but it’s wonderful that with

food, we don’t even have to say ‘I love you.’ When she cooks stroganoff it makes me feel loved.”

Contact Nancy Flores at 512-912-2559. Twitter: @latinoculture

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