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Authentic Traditional Memphis, Tennessee Recipes: Recipes from Beale Street That isn't just Southern Style Memphis Barbecue and Elvis Sandwiches (Regional Recipes) (Volume 5)

Laura Sommers

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Memphis, Tennessee is more than just Elvis Presley and Barbecue Ribs. Memphis is part of Shelby County Tennessee and sits on the Mississippi River as part of the Mississippi Delta on a bluff (high ground) called a "Chickasaw Bluff."

The cuisine consists of its own distinct version of BBQ along with blends of Southern styles and Soul Food. Celebrities such as Elvis Presley, Al and Tipper Gore and Tennessee Ernie Ford have also made their own contributions to the Memphis Style cuisine. Memphis style barbecue is one of the top four styles of barbecue popular in the United States, the other three being Carolina, Kansas City and Texas. The Memphis style of barbecue is distinguished by using pork that has been smoked in a smoker over a long period of time: usually several hours. The sauce is typically a dry rub for the ribs but wet sauce is also used for sandwiches and other nontraditional dishes such as pizza, spaghetti and nachos.

Memphis holds an annual Barbecue Festival on the banks of the Mississippi River blocks away from Beale Street.

Beale Street is a touristy street in the heart of Memphis that is a lot like a mini Bourbon Street in New Orleans, Louisiana. There are many restaurants and pubs located along Beale Street including the famous Rendezvous and Peabody Hotel where trained ducks come down the elevator every morning to festive music while a red carpet is rolled out to lead them to the large fountain in the lobby. The red carpet is again rolled out for them to go back to the elevator and led to the roof of the hotel where they are kept at night.

I lived in Memphis for over three years and spent lots of time studying the culture and cuisine there. I took cooking classes and learned much from the locals what the traditional dishes are that truly represent Memphis style cooking. It was inevitable that I would put together this book with all the recipes gathered from my time there. I hope that you enjoy!

Recipes Include:

Memphis Style Coleslaw
Tennessee Mud
Tennessee Whiskey Balls
Memphis Dry Rib Rub
Mississippi Delta Baked Chicken
Tennessee Cornbread
Tennessee Cornbread Salad
Memphis Baked Beans

Memphis Style Wet Barbecue Sauce
Tennessee Icebox Cookies
Memphis Sausage and Cheese Platter
Southern Fried Chicken
Memphis Fried Pork Chops
Memphis Country Ham and Red-Eye Gravy
Memphis Barbecue Shrimp Chili
Beale Street Fried Chitterlings (Chitlins)
Memphis Red-Eye Gravy
Elvis Presley Peanut Butter Banana and Bacon Sandwich
Elvis Presley Blue Hawaiian Cocktail
Elvis Presley Clam Bake
Shelby County Southern Fried Green Tomatoes
Southern Fried Catfish
Southern Remoulade Sauce
Mid-South Hush Puppies
Memphis Style Pizza
Memphis Style Barbecue Spaghetti
Beale Street Buttermilk Biscuits
Roast Beef Memphis Melt
Memphis Pork Butt on a Stick
Memphis Pulled Pork Nachos
Memphis Pulled Pork Sandwich
Memphis Barbecue Smoked Ribs with Dry Rub

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