

FOOD&DINING

Catch The Holiday Tamale Trolley



Ask anyone of Latin American descent "Who makes the best tamales in L.A.?" and the answer is always, "Mom." Ask where the second best tamales are found and be prepared for a litany of conflicting answers. Everyone is an expert and everyone has an opinion. The good news is that many of the best tamale sources are in East L.A. and many can be reached by the new Metro Gold Line. Add a couple of buses and you can find a whole bunch more.

Tamale hunting becomes sport this time of year because tamales are a Christmas Eve tradition for thousands of Latin Americans in Los Angeles, as well as others with good taste and imagination.

Typical options include pork in red or green chile sauce, chicken, cheese with strips of

chile and a sweet tamale containing raisins and pineapple.

Order tamales now or face the possibility of disappointment. Lines form at the most popular places and as Christmas draws near and outlets are overbooked, orders are rejected. Two weeks in advance can be cutting it close for advance orders.

If buying more than a few days before serving, wrap the tamales in air-tight, resealable plastic bags and freeze.

Here is a list of Eastside tamales places that are accessible via Metro. They are well regarded, if not unanimously supported, although as we said there is no such thing as unanimous when it comes to the topic: best tamales.

The following tamale vendors are within walking distance of Gold Line stations.

SOTO STATION

El Rinconcito del Mar Bakery
(bakery only; not sold at restaurant)
2908 E. 1st St.
Los Angeles, 90033
323-269-8723

Los Antojitos
2122 E. 1st St.
Los Angeles, 90033
323-264-4750

INDIANA STATION

Cinco Puntos Mexican Foods
(market only; no restaurant facilities)
3300 E. Cesar Chavez Avenue
Los Angeles, 90063
323-261-4084

Tamales Lilianas
3448 E. 1st St.
Los Angeles, 90063
(also at 4629 East Cesar E Chavez Avenue,
Los Angeles; 323-780-0989)
323-780-0829

El Gallito Restaurant
(in El Mercadito)
3425 E. 1st St.
Los Angeles, 90063
323-266-0127

MARAVILLA STATION

King Taco
4504 E. 3rd St.
Los Angeles, 90022
323-264-4067

ATLANTIC STATION
Las Delicias
287-A S. Atlantic Blvd.
Los Angeles, 90022
323-980-9904

Accessible with a transfer from the Metro Gold Line to a local bus, here are a few more:

SOTO STATION

La Mascota Bakery
2715 Whittier Blvd.
Los Angeles, 90023
323-263-5513

La Indiana Tamales
1142 S. Indiana St.
323-262-4682

MARAVILLA STATION

Juanito's Tamales
4214 E. Floral Drive Los Angeles, 90063
323-268-2365

ATLANTIC STATION

Sandra's and Lolita's
(to go only; no restaurant facilities)
5390 Whittier Blvd. Los Angeles, 90022
323-722-2961

Want more dining suggestions for the Eastside? Metro has a new brochure, the

Eastside Dining Guide, that lists dozens of restaurants near the Gold Line. Also available is a Metro Gold Line Coupon Booklet that contains discounts for many Eastside businesses, including restaurants. To get copies of either, go to the Customer Relations department on the first floor of Metro headquarters, adjacent to Union Station in downtown Los Angeles at One Gateway Plaza, Los Angeles 90012. For more information on getting to any of the tamale locales, go to the Metro Trip Planner at metro.net or call 1-800-COMMUTE.

Are you the picture of health?

Photo by Arlene Scott

"Colorectal cancer often has no symptoms, so please get tested. I did."
Katie Couric, Co-Founder
EIF's National Colorectal Cancer Research Alliance

If you're over 50, get screened.

EIF ENTERTAINMENT INDUSTRY FOUNDATION

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Meatloaf hash	Once again serving Breakfast 8am-2pm	Omelet
Ham Steak	12-24 to 12-27 and 12-31 to 1-03-10	Waffles
N.Y. Steak	Dinner Served Daily 5pm-9:30pm	Scrapple
Biscuit and Gravy	Check our menu www.bigjohnscafe.com	Spam and a lot more
Fresh Fruit	310-376-4881	

Huge Parking Lot in the rear west on Vanderbilt from Mackay
2302 Artesia Blvd. Redondo Beach

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Birthdays • Presentations • Business Lunches or Dinners
Wedding Receptions & Rehearsal Dinners

2101 Rosecrans Avenue - El Segundo - Reservations Recommended: (310) 416-1123
We are located on the Northwest corner of Rosecrans Ave. & Nash St. directly across from the Pacific Theater