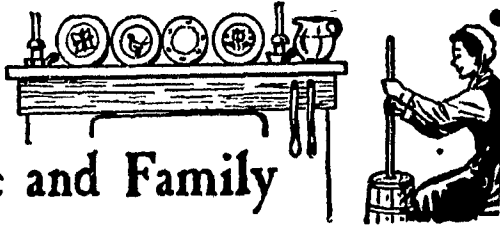


For the Farm Wife and Family



A Good Time For Pork

By Mrs. Richard C. Spence

Fresh pork, which is rich in nutritional value, is an especially good buy this fall. Pork ranks high in thiamine and is a good source of other B vitamins (riboflavin and niacin). Like other meats it rates high for protein and iron.

Compared to other meats, fresh pork has a relatively short storage life — a few days in the refrigerator and 3 to 6 months in the freezer. When refrigerated it should be loosely wrapped and placed in the coldest part of the refrigerator.

Now is a good time to buy pork in quantity for the freezer. Buying a full pork loin gives considerable saving over individual cuts from the loin. Ask your meat man to remove the backbones by sawing through the ribs high enough to leave a half-inch layer of meat on the backbones. Have these chopped "country-style" into serving-size pieces and cook as you would spareribs.

Cut as many chops as you want from the remaining

pieces to cook as pork roasts. The retailer will cut the chops for you, too; but this is easily done after the backbones are loosened and you may get a better price by doing it yourself.

If you have room in your freezer, buying a side of pork or a whole pork carcass is economical. From 150 pounds of pork carcass you can expect about 112 pounds of retail cuts and about 30 pounds of lard.

When buying a quantity of pork, have it frozen quickly by your retailer or locker operator. Slow freezing at home may result in poor quality.

Before freezing, excess fat should be carefully trimmed from the meat. The meat

should then be packaged in moisture-and-vapor-resistant wrappings to prevent "freezer burn" and rancidity. Wrap the meat tightly, getting out as much air as possible and seal any edges with tape. Separate chops with layers of freezer paper so you can get them apart for thawing.

Cooked pork can be frozen satisfactorily but is not as desirable as pork frozen uncooked.

Fresh pork sausage, like most ground meats, is highly perishable and loses quality when kept in the refrigerator for longer than a day or two. It will keep well in a freezer at zero for a few weeks, however.

Uncooked cured pork cannot be frozen as successfully as fresh pork out can be kept somewhat longer in a refrigerator. Half hams have the best eating quality if used within 5 days and whole hams are best when eaten within 2 weeks.

Pork shoulder, both fresh and cured, can be used in many thrifty ways. The two shoulder cuts commonly sold at meat counters are the picnic and the Boston butt. A shoulder containing bone furnishes 2 to 3 servings per pound, and one with the bone removed furnishes 3 to 4 servings per pound. Either can be roasted whole or cut in slices for pan frying or braising.

Fresh pork shoulder—either butt or picnic—with bones removed can be roasted and bread-crumbed for an attractive and

flavorful main dish.

Roast Fresh Pork Shoulder with Savory Stuffing.

Select a 5- to 6-pound fresh pork shoulder, skin it, and remove the bones. Make Savory Stuffing as directed below. Sprinkle the meat on the inside with salt and pepper, and pile in some of the stuffing. Begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing, but do not pack tightly.

Sprinkle the outside of the stuffed shoulder with salt and pepper, and if desired with flour also. Place the roast, fat side up, on a rack in a shallow pan. Do not add water and do not cover. Cook until tender at 325 degrees (slow oven). Allow about four hours for a 5 pound picnic shoulder of pork. Turn the roast occasionally for even cooking. Make gravy with the pan drippings. Remove the strings before serving.

Savory Stuffing

¼ cup chopped celery and leaves
1 tablespoon chopped onion
1 tablespoon chopped parsley
2 tablespoons fat
2 cups soft breadcrumbs
¼ teaspoon savory seasoning

Salt and pepper to taste
Cook the celery, onion, and parsley in the fat for a few minutes. Then add the breadcrumbs and other seasonings and stir until well

mixed and hot

A "Boiled" Dinner
2 pounds spareribs
1½ cups hot water
4 medium-size potatoes pared and halved
1½ cups canned green beans and liquid
Salt and pepper

Brown spareribs in a pan without added fat. Add water and simmer about 1 hour. Add potatoes and cook until tender, 25 minutes. Add beans and liquid the last 10 minutes of cooking. If raw beans used, add with potatoes with salt and pepper. Skim off excess fat. Serves 4.

For variety, meat hock or ham bone may be used in place of the ribs. Cover with water and simmer above 3 hours until tender. Omit salt, continue as above.

A variety of vegetables may be used in a dinner. In addition to the above, use onions, large carrots, and cabbage. Add cabbage 20 minutes before serving. It cooks more quickly than the other vegetables.

Sausage With Sweet and Apple

½ pound sausage
2 medium-size sweet potatoes
3 medium size apples
½ teaspoon salt
1 tablespoon flour
2 tablespoons sugar
½ cup cold water
1 tablespoon sausage drippings

Cut link sausage into 1-inch pieces. Fry until done. If bulk sausage, shape it into small links before frying or breaking it into pieces. Pare and slice sweet potatoes and apples. Mix salt, flour, and sugar with water. Arrange layers of potatoes, apples, and sausage in a baking dish. Top with apple-sausage mixture. Bake at 350 degrees for 1 hour.

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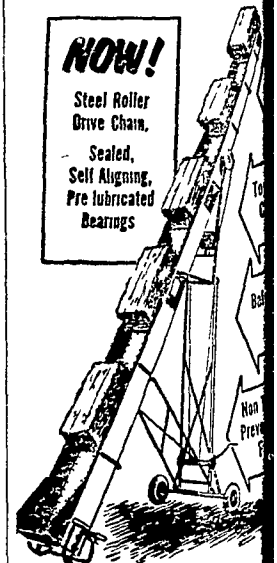
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