

For the Farm Wife and Family

Please With Pork

by Mrs. Richard C. Spence

There are probably more cuts and ways to prepare pork than there are for any kind of meat. This versatility exists because pork may be prepared from fresh cuts or from cured-and-smoked cuts.

A new, lean look is evident in all cuts of pork these days due to new breeding methods, marketing of young porkers, and trimming of rear tail pork cuts so that the outside covering of fat is no more than 1/4 inch thick. Modern trimmed pork compares favorably with the caloric value of beef and other

meats and is exceptionally high in thiamin. Pork even becomes a low calorie meat if visible fat is removed after cooking.

All fresh pork roasts are prepared in a similar way. An open roasting pan, a rack or trivet, and a roast meat thermometer are all the equipment needed. A slow

oven (325 degrees) is the temperature recommended for even cooking and little shrinking. The roast meat thermometer should read 185 degrees to indicate the doneness of fresh pork roasts.

T-bone chops often referred to as center cut pork chops come to mind when anyone mentions fresh pork. But equally tasty and usually more economical are the rib bone and round-bone chops and the bladebone steaks. As a rule, braising of these chops and steaks is recommended but there is a growing interest in broiling some of the choicer thick cuts. This may be done if care is taken to broil them to well-done. Though pork chops and steaks are delicious seasoned only with salt and pepper and braised there are a multitude of recipes using many seasonings and combinations of various vegetables and fruits.

Here are some ways to make tasty pork chops—

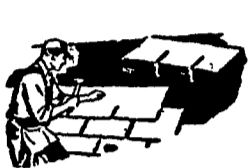
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SAUCY PORK CHOPS
4 loin pork chops (1 inch thick)
Salt and pepper
Flour
3 tablespoons chopped onion
2 tablespoons chopped green pepper
3/4 cup pineapple juice
1/2 cup catsup
5 drops tabasco sauce
Season and flour pork chops. Brown in a heavy skillet. Add onion and green pepper. Combine pineapple juice, catsup, and tabasco sauce. Pour over meat. Cover and cook slowly about 1 hour or until chops are thoroughly done.

2 cups milk
1 tablespoon butter or margarine

Brown pork chops in skillet and season. Pare potatoes and slice thin. Combine flour, salt, and pepper. Alternate layers of potatoes and flour mixture in a buttered 1 1/2-quart baking dish. Dot with butter and pour milk over all. Top with pork chops. Cover and bake in a moderate oven (375 degrees) 45 minutes. Uncover and bake about 15 minutes or until potatoes are browned.
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PORK CHOPS AND SCALLOPED POTATOES
4 pork chops (1/2 inch thick)
4 medium boiling potatoes (4 cups sliced)
2 tablespoons flour
2 teaspoons salt
1/8 teaspoon pepper



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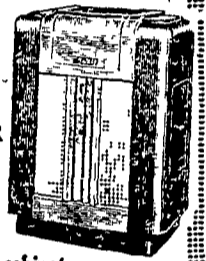
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