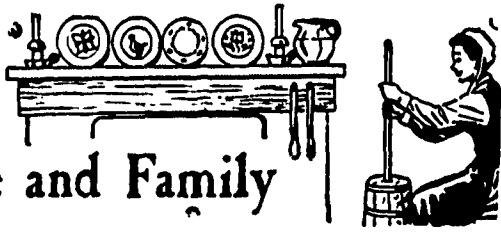


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

To Get The Best Out Of Pork . . .

Following a few simple pointers to storing and cooking pork can mean a delicious product every time. Since pork is rather an expensive food item these days you will want to be sure that it is at its best every time you serve it.

Store fresh pork uncovered or loosely covered in the coldest part of the refrigerator — preferably in the meat compartment. The loosened wrapper allows the cold air to circulate and chill effectively. You can keep cured and smoked pork in its original wrapper in the refrigerator from one to two weeks. Canned pork is usually stored in the refrigerator in the unopened container. Check the label for storing instructions.

After serving store leftover cooked pork in a covered container to prevent drying. Put it in the coldest part of the refrigerator.

If you're planning to freeze fresh pork have the meat cut and wrapped in serving portions. Shape ground pork into patties and place a thickness of paper between them for easy removal. Because freezing intensifies flavor of seasonings you may want to wait until the pork is thawed to add spices. When freezing pork or any other meat remember to use moisture vapor proof wrapping and seal it tightly. Don't forget to label each package including date, cut, weight, and number of servings. Freeze quickly at zero degrees. You can store frozen pork up to six months. It can be detested in the refrigerator at room tempera-

ture or as it cooks.

Remember, to allow more cooking time if the pork is frozen to begin with. A frozen roast may take one and a half times as long to cook as an unfrozen one. The important point about cooking pork is to be sure it's done. The easiest way to check doneness when cooking a roast is to use a meat thermometer and cook to 170 degrees internal temperature. When braising or pan broiling pork, cook at a moderate temperature long enough to be well done.

Place sausages or pork patties in an unheated frying pan. Add a couple of tablespoons of water, cover tightly, and cook slowly for five minutes. Then pour off drippings, and cook uncovered until brown.



SPENCE

PORK ROAST AND CORN PUDDING

- 5 pound pork loin roast
- 1 pound can whole kernel corn, drained
- 2 cups milk
- 3 eggs
- 1/4 cup chopped onion
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped pimiento
- 1/2 cup bread cubes
- 1 tablespoon butter or margarine
- 1 teaspoon salt
- 1 teaspoon sugar

Place roast fat side up in an open roasting pan. Roast in slow oven (325 degrees) for approximately 2 3/4 hours to 170 degrees F internal temperature as indicated by roast meat thermometer. Combine corn and remaining ingredients in a bowl. Fill well greased custard cups with corn mixture. Place in a shallow baking pan containing 1 inch water. Place in 325 degree oven for 1 hour or until knife inserted comes out clean. Let corn pudding stand 5 minutes before removing from cups. Serve as an accompaniment with roast pork loin. 8 servings.

SPICY FRUIT PORK CHOPS

- 4 shoulder pork chops about 1 inch thick
- 3/4 cup water

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- 1/4 cup vinegar
 - 1/4 cup firmly packed brown sugar
 - 1 teaspoon salt
 - 1/4 teaspoon ginger
 - 1/8 teaspoon pepper
 - 1/4 cup sliced dried apricots
 - 1/4 cup sliced dried prunes
 - 1 cup cold water
 - 1 tablespoon cornstarch
 - 1 tablespoon light brown sugar
 - 2 teaspoons liquid beef extract (optional)
 - 8 ounces medium noodles
 - 1/2 cup chopped parsley
- Set out 2-quart serving dish. In large saucepan break up meat. Cover and cook over medium heat, stirring occasionally, about 10 minutes, or until well browned. Drain excess fat, water, vinegar, brown sugar, and seasonings. Mix well. Pour over chops. Add apricots and prunes. Cover, continue cooking about 40 minutes or until chops are tender. Remove from skillet. Add water slowly to cornstarch, stirring to blend. Gradually add to pork chop skillet. Stir until thickened and well combined, about 5 minutes. Serve over chops. 4 servings.

PORK NOODLE SUPREME

- 1/2 pound ground beef or pork
- 1 can (10 ounces) condensed cream of celery soup
- 1 can (10 ounces) condensed onion soup

PORK FRIED RICE

- 1 pound pork shoulder, cut into 1 inch cubes,
- 2 tablespoons fat
- 1 bouillon cube
- 1 cup hot water
- 3 cups unsalted cooked rice

(Continued on Page 15)

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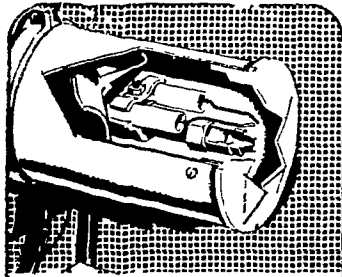
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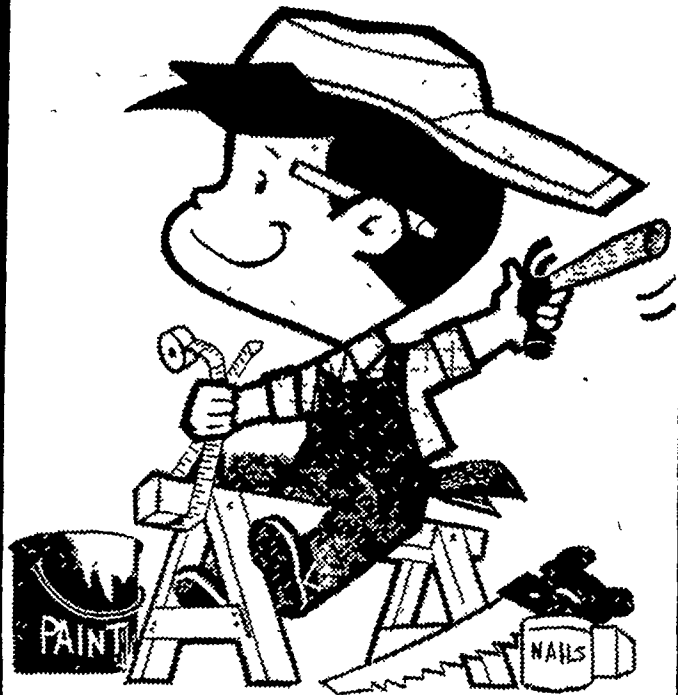
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