

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

MEAT TEMPTERS

Pork chops aren't getting smaller but many times they seem to be getting thinner. These thin-cut lean 'n tender chops have advantages. They brown nicely and are cooked through by the time the flavors in the sauce have mingled. Furthermore, chops can match the appetites. Serve one pork chop to the little children and 2 or 3 to the big folks. No matter the size of the appetites, all will enjoy Mini-Chops in a sweet-sour sauce garnished with a twist of lemon.

MINI-CHOPS WITH A TWIST

- 6 loin or bladebone pork chops 1/2 inch thick
- 2 tablespoons fat
- 1 medium onion, chopped
- 1 bay leaf
- 1 teaspoon salt
- 3/4 cup water
- 1 tablespoon brown sugar
- 2 tablespoons vinegar
- 3 tablespoons catsup
- 1 cup raisins
- 3/2 cup cold water

- 1 tablespoon cornstarch
- 1 lemon

Melt fat in a skillet. Add pork chops and brown well on each side. Add onion, bay leaf, and salt. Mix together water, brown sugar, vinegar, catsup, and raisins, and add to pork chops. Cover and simmer about 1/2 hour or until chops are tender. Remove chops to warm

platter. Skim off excess fat from sauce remaining in skillet. Gradually combine 1/2 cup cold water with cornstarch. Mix until smooth. Add to sauce and stir until gravy is clear and thickened. Serve over pork chops. Cut lemon into thin slices. Cut each slice from center through the rind and twist for a garnish around the platter. Serve with rice, if desired. 4 servings.

FAMILY CITRUS PORK CHOPS

- 6 loin pork chops, 1 to 1 1/2 inches thick
- Salt and pepper
- 2 eggs
- 3 tablespoons milk
- Cracker meal or finely crushed corn flakes
- Shortening or oil
- 2 tablespoons brown sugar
- 2 lemons, thinly sliced
- 1 orange, sliced into half cartwheels
- 2 8-ounce cans tomato sauce
- 1 teaspoon Worcestershire sauce

Dash hot sauce, if desired. Steamed rice or noodles. Season pork chops on both sides with salt and pepper. Beat eggs with milk, dip chops into egg batter, then in cracker meal to coat completely. Brown chops on both sides in small amount of shortening. Place chops in a single layer in large shallow baking pan

(9x13x2-inches). Top each chop with 1 teaspoon brown sugar and several overlapping lemon and orange slices. Combine tomato sauce with Worcestershire sauce and hot sauce and pour over chops. Bake at 350 degrees, 45 minutes, or until tender. Serve with hot rice or noodles to 6 people.

These Barbecued Meat Loaves can be made ahead of time, covered loosely and refrigerated. If they go directly from refrigerator to oven, remember to add about 5 minutes to the baking time.

BARBECUED MEAT LOAVES

- 2 pounds ground beef
- 2 eggs
- 2 cups oven toasted rice cereal
- 2 tablespoons chopped onions
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 3/4 cup barbecue sauce

Combine all ingredients; mix lightly but thoroughly. Shape mixture into 12 balls and place in 3-inch muffin cups or arrange in shallow baking pan. Brush meat balls with additional barbecue sauce. Sprinkle with rice cereal. Bake in hot oven (400 degrees) about 30 minutes. 68 servings.

ORIENTAL MEAT BALLS

- 2 cups herb-seasoned stuffing croutons
- 2 cups (2 8-oz. cans) tomato sauce with mushrooms
- 1 pound ground beef
- 1 egg
- 1 tablespoon soy sauce
- 1 cup (5-oz. can) water chestnuts, drained and coarsely chopped
- 1/2 cup water

Combine stuffing croutons and 1 cup of the tomato sauce in medium sized bowl. Let stand until soft; beat well. Add beef, egg, soy sauce and water chestnuts, mix thoroughly. Shape level tablespoonfuls of meat mixture into small balls; place in shallow baking pan. Combine remaining sauce with water; pour over meat balls. Bake in moderate oven (350 de) about 40 minutes. Serve with fluffy rice or hot noodles. Makes about 6 servings.

VEAL CUTLETS IN MUSHROOM GRAVY

- 3/4 cup flour
- 1 teaspoon salt
- 3/8 teaspoon pepper
- 6 veal cutlets, 1/2-in thick
- 1/4 cup (1/2 stick) butter
- 3/4 cup chopped onion

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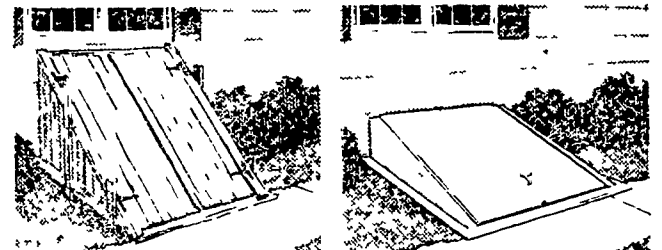
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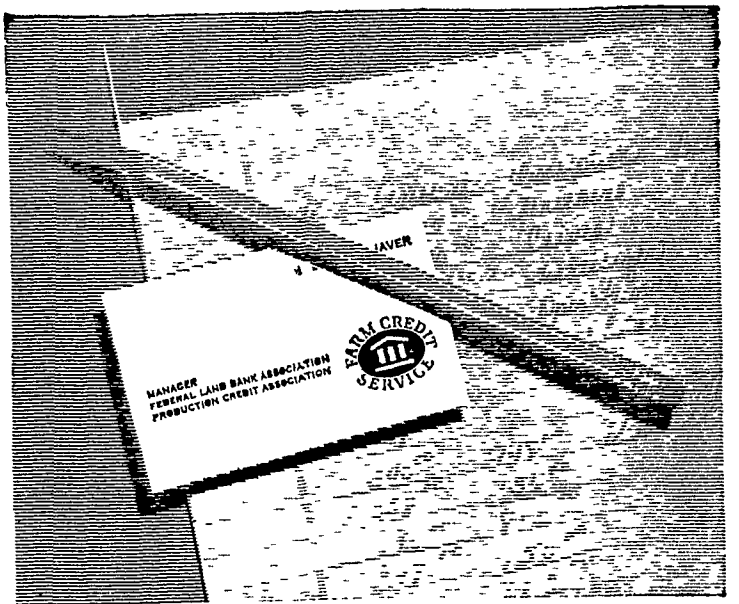
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