



FOR THE
FARM
WIFE
AND
FAMILY

COOKING PORK

by Mrs. Richard C. Spence

Meat cooked at low to moderate temperatures is generally more tender, juicy, and flavorful than meat cooked at higher temperatures. In addition, there will be more meat to serve because of less loss through evaporation, shrinkage, and drippings. An oven temperature setting of 325 degrees is suggested for pork.

Pork should be cooked long enough to allow heat to penetrate into the center of the meat. Pork heated to 137 degrees is safe to eat but it's more tender and flavorful when cooked to higher temperatures.

Fresh pork should be heated to an internal temperature of 170 degrees for loins and 185 degrees for shoulder and ham cuts for best flavor. Cured hams labeled "cook before eating" should be heated to an internal temperature of 160 degrees and cured picnic shoulders to 170 degrees. Fully cooked cured pork can be eaten without further heating but reheating to an internal temperature of 130 degrees enhances the flavor.

A good test for "doneness" of meat is to make small cuts next to the bone and into the thicker part of the meat. If the juice is still pink, it's not done. For thick cuts, a meat thermometer helps eliminate guesswork.

BRAISED PORK CHOPS — Brown meat slowly on all sides in a small amount of fat. Use a heavy pan. Season meat. Add a small amount of liquid (about 1/2 cup) if necessary. Cover pan tightly. Cook slowly over low heat or in a 350 degree oven until tender.

Directions for making gravy: For a thin gravy, use 1 tablespoon each of flour and drippings to each cup of liquid; for a medium gravy, use 2 tablespoons of flour and 1 or 2 tablespoons of drippings, as desired. If drippings are scant, add a bouillon cube or a little meat extract to the liquid.

Method 1 — Use this method with drippings containing only fat and browned crusty bits. Measure drippings. Stir in flour, brown over low heat. Add liquid slowly, stirring constantly. Cook

until thickened, stirring occasionally. Season to taste.

Method 2 — Use this method with drippings containing a considerable amount of liquid. Measure drippings; if necessary add water to make desired amount of liquid. Heat. Combine flour with a small amount of cold water by stirring or shaking until smooth. Stir slowly into hot liquid. Cook until thickened, stirring occasionally. Season to taste.

ORIENTAL PORK CHOPS

- 6 to 8 loin pork chops
- 1/2 cup molasses
- 1/2 cup vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon ginger
- 1/2 teaspoon soy sauce
- 1 tablespoon cornstarch
- 1 can (13 1/2 ounces) pineapple chunks
- 1 green pepper, cut in coarse pieces

Trim some of the fat from chops. Wipe with damp paper towels. Rub the fat from the sides of chops in bottom of large skillet; brown chops about 5 to 8 minutes on each side. Pour off excess fat. Combine molasses, vinegar, salt, ginger and soy sauce. Pour over chops and cover. Simmer about 40 to 45 minutes, or until chops are fork-tender. Remove chops to warm platter, reserve liquid in skillet. Blend cornstarch and 1 tablespoon pineapple syrup. Stir pineapple and syrup, green pepper and cornstarch mixture into liquid in skillet. Bring to a boil; reduce heat, cover and simmer about 5 to 8 minutes until sauce is slightly thickened, and peppers are cooked. Pour over chops. Serve with rice, if desired. 6 to 8 servings.

PORK CHOP SUEY

- 2 pounds boned pork shoulder, cut in strips
- 1 can (20 ounces) mixed Chinese vegetables

- 2 bouillon cubes
- 1/4 teaspoon salt
- 2 medium onions, sliced
- 2 medium green peppers, cut in strips
- 1/4 cup molasses
- 1 tablespoon soy sauce
- 1/4 cup vinegar
- 1 tablespoon cornstarch
- 1/2 cup cold water

Brown meat in large skillet. Drain Chinese vegetables. Add enough water to liquid to make 2 1/2 cups. Add this liquid to skillet with bouillon cubes and salt; bring to boil. Cover; reduce heat and simmer 45 minutes. Add onion slices, green peppers and Chinese vegetables. Mix together molasses, soy sauce and vinegar. Add to skillet and cook, stirring occasionally, 10 minutes longer. Blend cornstarch and water; stir into hot mixture. Cook, stirring, until thickened. Serve with hot cooked rice and canned Chinese noodles if desired. 8 servings.

PORK SHOULDER — This delicious stuffed boned shoulder roast is good hot and what's left over can be served as sliced cold pork roast. Here's an apple stuffing recipe to make this roast one you'll proudly serve to family and friends.

Sprinkle the inside of a 4-pound boned fresh pork shoulder.

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PENNA.'S VEGETABLES

Late summer rains did not come soon enough to benefit the Commonwealth's fall vegetable crops. The Penna. Crop Reporting Service makes the following production forecasts based on its October 1 survey.

Broccoli — An estimated 5,000 hundredweight, the same as last year, but the crop is below normal and only light supplies are now reaching market.

Cabbage — Down 17 percent from last year to 200,000 cwt. The decrease in yield per acre resulted from dry summer weather that retarded development and September rains causing bursting.

Spinach — Production level the same as a year ago — 25,000 cwt. Although acreage was down 10 percent, yield was up 10 percent.

The PCRS reports that supplies of fall vegetables should be available through October.

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