

FOR THE  
**FARM  
WIFE  
AND  
FAMILY**

*The Roast Is The Thing*

By Mrs. Richard C. Spence  
Lancaster Farming Food Editor

An especially easy meal to serve is one that uses modern boneless roasts that are delicious served either hot or cold. Three easy to carve roasts are the boneless pork loin roast, the corned beef oven roast, and the fully cooked boneless ham. All are free of fat and bone. All go into a 325 degree oven, the pork and corned beef for roasting and the ham for heating only. The glaze and garnish for each give them the distinction they deserve. The Vegetable Marinade can be made ahead. It is an easy substitute for a salad and remains fresh and tasty during an extended serving time. Parsley, buttered potatoes and crisp hot rolls complete the main course. Cookies or fruit are usually the only sweet touch needed for dessert along with coffee.

**ORANGE GLAZED BONELESS PORK LOIN ROAST**

- 5-pound lean boneless pork loin roast
- 1/2 cup orange marmalade
- 4 orange slices, 1/4 inch thick
- Parsley

Place roast on a rack in a shallow, open pan. Roast in a slow oven (325 degrees) for approximately 2 3/4 hours or to 170 degrees internal temperature as indicated by a roast meat thermometer.

**TO GLAZE:** During the last half hour of roasting time, spoon orange marmalade over the top of the pork roast. Serve hot or cold. Garnish platter with orange twists and parsley.

**OVEN ROAST OF CORNED BEEF**

Corned beef for oven roasting

- 1 14 1/2 ounce can sliced pineapple, drained (reserve juice)
- 1 cup brown sugar
- 1/4 cup pineapple juice
- 1/4 cup water
- 1 tablespoon dry mustard
- 1/4 teaspoon ground ginger
- Paprika or finely chopped parsley

Follow directions on the package for oven roasting corned beef. Meanwhile, combine brown sugar, pineapple juice, water, and seasonings in a saucepan. Boil 10 minutes. Brush corned beef with pineapple-ginger glaze during the last half hour of the roasting time. Garnish with pineapple slices. For a festive touch, coat edges of pineapple slices with paprika or chopped parsley by rolling slices over the paprika or chopped parsley. Serve hot or cold.

**HOSTESS HAM WITH CHERRY SAUCE**

Hostess Ham

- 1 pound can tart cherries, drained (reserve juice)
- 1 tablespoon plus 2 teaspoons cornstarch
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 tablespoons lemon juice
- Few drops red food coloring

Serve ham cold or use package directions for heating. Measure drained cherry juice and add water to make 1 cup juice. Combine cornstarch, sugar, and cinnamon in saucepan. Gradually add cherry juice to cornstarch mixture. Add lemon juice. Bring to a boil, stirring constantly until mixture thickens and becomes transparent. Simmer 10 minutes. Add cherries (reserve a few for garnishing) and food coloring. Serve over ham.

**VEGETABLE MARINADE**

- 1 small head cauliflower
- 9 ounce package frozen artichoke hearts
- 1/2 cup Italian salad dressing
- Whole pimiento
- 1/2 teaspoon oregano

Remove leaves and core from cauliflower. Place on a rack in a large saucepan. Add water to



**THE VEST IS BEST** in fashion this season. Ladies may love the look, but this double-breasted style is strictly for men, in sizes 38-44. The front sections are knit in a light-dark houndstooth pattern. The darker is used alone for the back piece and to bind all of the edges. It is done with knitting worsted. Free instructions are available by sending a self-addressed, stamped envelope to the Needlework Editor of this newspaper along with your request for Leaflet A. 311.

one inch in depth. Bring to a boil. Cover and simmer about 25 minutes or until cauliflower is tender. Prepare artichoke hearts according to package directions. Place cooked cauliflower and drained artichokes in a large bowl. Pour salad dressing over vegetables. Refrigerate 2 to 3 hours. Arrange artichoke hearts around cauliflower. Garnish

cauliflower with pimiento. Sprinkle oregano over vegetables.

**RIB ROAST OF PORK WITH HERB RUB**

- 4 pounds lean pork rib roast
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon rosemary
- 1/4 teaspoon leaf thyme

Combine salt, pepper, and herb seasonings. Rub generously over the surface of the roast. Place roast, rib side down, on a rack in a shallow pan. Do not add water. Insert a roast meat thermometer into the thickest portion of the meat. Do not touch bone.

Roast in a slow oven (325 degrees) for 2 1/2 hours or until roast meat thermometer indicates 170 degrees. Remove the pork roast from the oven and allow it to stand about 15 minutes before carving. Count approximately 240 calories for each one-rib (3 1/2 ounce) serving.

**ORANGE STUFFED ROAST DUCKLING**

- 3 1/2 to 5-pound duckling
- 1 cup finely chopped celery
- 1/4 cup butter or margarine
- 3/4 cups prepared herb seasoned stuffing croutons
- 1 cup (11 ounce can) drained mandarin orange sections
- 1/4 cup syrup from mandarin oranges

Cook celery in butter until (Continued on Page 15)

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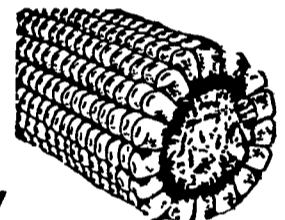
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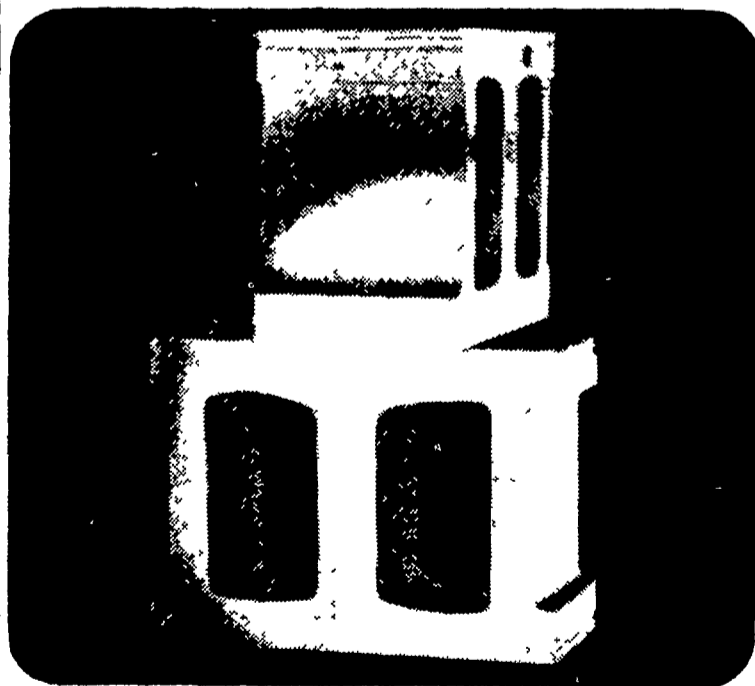
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