

# 'Polynesian Ham Dinner' top dish at state fair

TIMONIUM, Md. — The judges ignored the fact that it was the Maryland State Fair here at Timonium and chose a Claymont, Del., woman's "Polynesian Ham Dinner" recipe as the first place dish in the sixth annual Maryland Porkcucue Cookoff recently.

For Flossie Cushing it was a sweet victory, since she was the only entrant from Delaware and was returning to the contest for the second time after spending the past year perfecting her recipe and cooking technique.

The Maryland Porkcucue Cookoff, sponsored by the Maryland Pork Producers Association, in cooperation with the Maryland Department of Agriculture, drew a record number of entries this year from which the 10

finalists were chosen for the cookoff. A crowd of several hundred persons, many of them lured by the tempting aroma of cooking pork, viewed the contestants as they prepared their dishes over gas grills.

Finishing second was May Brown of Salisbury, Md., who prepared a dish titled "Pork Sub Surprise"; third place honors went to WBAL Radio (Baltimore) talk show host Alan Christian, who cooked up some old-fashioned western style "Frontier Pork Ribs;" fourth place went to Rosabelle Anos' "Phillipine Oriental Native Barbecue" (Baltimore); and fifth place was awarded to Ocean City Convention and Visitors Bureau executive director,

Gary Fischer, who cooked a "Pork Feast."

The special "Chefing Award" for style and cooking showpersonship was won by a Montgomery County, Md., woman, Kathleen May of Kensington, who prepared a "Grilled Stuffed Pork Chops" dish without soiling or ruffling her crisp pink and white cooking station and ensemble.

The award winning pork recipes were:

- POLYNESIAN HAM DINNER**
- 1 thick (1-2 inches) ham slice - small canned ham maybe used
  - 1 15-ounce can yams or sweet potatoes
  - 1 13-ounce can pineapple chunks with juice

**Wine Sauce:**

- 1 tablespoon butter
- 1 tablespoon cornstarch
- 1 cup Apricot wine+
- ½ cup peach halves or pieces
- ½ cup seedless raisins

Melt butter in small saucepan, add cornstarch and remove from heat. Stir until smooth; then, add other sauce ingredients. Place ham on large piece of foil (large enough to fold over and seal around ham). Pour wine sauce over ham. Place yams or sweet potatoes around ham and pour pineapple chunks and juice over top of ham. Fold foil

over ham and other ingredients and seal so juice cannot seep out. Place package on grill or in 400 degree oven and cook for 30 minutes until the ham is good and hot. Serve with hot biscuits, mint peas, white rice and Apricot wine. Serves 4-6.

+Peach wine may be substituted for apricot if available.

**XXX PORK SUB SURPRISE**

- 1 pound lean pork
- 2 sub rolls (small)
- Lettuce leaves

**Marinade Sauce:**  
one-third cup olive oil  
2 cloves garlic, minced  
1 tablespoon dried oregano  
1 tablespoon red table wine (dry)

½ teaspoon Accent (MSG)  
Salt and Pepper

Cut pork into one inch cubes. Combine sauce ingredients, or mix in a blender. Pour over pork cubes and let marinate about 6 hours - overnight is best. Thread cubes on skewers leaving small space between each cube. Cook over medium heat on grill. Baste

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## Canning ignorance shown

HYATTSVILLE, Md. - One out of three American families canned fruit and vegetables at home in 1975, many of them using questionable procedures, according to a national survey conducted by the U.S. Department of Agriculture.

About one out of two households canned less than 50 quarts, while one out of four canned more than 100, and one out of 10, more than 200 quarts. Tomatoes were the most popular, with three out of four households canning this food, and one out of two households canning other vegetables, pickles, and fruit.

Twice as many households canned fruit and vegetables in the West as in the Northeast, and two to three times as many in rural areas as in large cities. Four out of five who canned in 1975 also canned in 1974, and only one out of 20 do not plan to can this year. Six out of 10 home canners said they got information on canning from friends or relatives.

The survey revealed that many people were not following procedures recommended by food scientists of USDA's

Agricultural Research Service. For example, although most households used jars designed for home canning, one out of three also used peanut butter, coffee, and other kinds of jars, contrary to USDA recommendations. Most canners used two-piece lids with new flat metal disks; one in 10, however, were reusing some flat disks, a practice also contrary to USDA recommendations.

The open-kettle method of canning, recommended only for jellies and as an initial step in preparing jams before water-bath processing, was used by nearly half of those canning fruit and pickles, one third of those canning tomatoes, and one out of seven canning vegetables. Also, many home canners were filling jars too tightly, a practice that can result in underprocessed foods.

In addition, contrary to USDA recommendations, one out of five households were serving home-canned vegetables with no further heating.

Most home canners seemed to be aware of signs indictating spoilage in

canned foods - bulging lids, leaks, spurting liquid when a container is opened, off-odor, and mold. Although deadly botulinum toxin may be present in improperly canned foods without any visible signs of spoilage, two out of five home canners thought there would always be some obvious signs if the food were spoiled.

About a fourth of those surveyed reported they had spoilage in home canned fruit and vegetables. While the survey did not reveal the actual causes, three out of four households thought it was due to lids that failed to seal properly.

ARS officials stress the need for home canners to follow reliable instructions to reduce the risk of spoilage and avoid illness. Such instructions are found in USDA home canning publications:

- HG-8 - "Home Canning of Fruits and Vegetables";
- HG-56 - "How to Make Jellies, Jams, and Preserves at Home";
- HG-92 - "Making Pickles and Relishes at Home";
- HG-106 - "Home Canning of Meat and Poultry".

## Cathy Brubaker

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classes in high school was "tailoring."

Besides 4-H and home ec projects, Cathy has done a large amount of sewing on her own. She has six brothers and one sister, and has had a hand in making the gowns and outfits for several of the weddings in the family. Plus, there are the run-of-the-mill requests heard by every seamstress.

"My brothers keep hounding me to make them shirts and jackets," she says.


At the present time Cathy has a full-time job to save money for college. She's not sure what her major will be when she does attend in a year or so, but she "likes the farm a lot," so this will be sure to influence her decision. As a farmer's daughter, she has helped her father, Glenn Brubaker, work on the land they farm.

Crops they raise are tobacco, barley, corn, and wheat, plus they run a beef and pig operation.

This summer, however, there has been little time in Cathy's routine for helping out. Between work and her 4-H activities, she's had a tight schedule. And, right not, she has her thoughts oriented to November 26 and Chicago.

As was mentioned, she will be judged on her 4-H career as a whole at the national convention. Just a few of the activities she will have listed are: co-president of Lancaster County 4-H Council, exchange delegate, meats judge, secretary of the Red Rose Baby Beef Club, past-president of the Landisville Sewing Club, and teen leader. And, that's only naming a few.

With this reputation behind her, Cathy will represent the county well in November



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