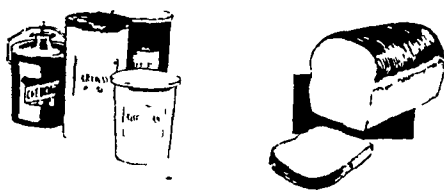
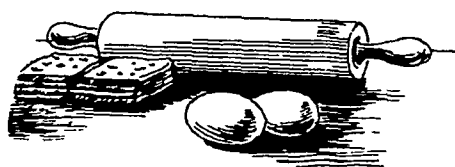


# Home on



# The Range

The recipe files for "Home on the Range" don't offer many recipes with continuity this week. So, in order to give the files a rest so that they can slowly build up again with all the new Spring themes in mind (check the calendar of recipe themes published in this section of Lancaster Farming in case you missed last week's announcement), we will publish a variety of pork recipes sent into us in pamphlets and cookbooks from the National Livestock and Meat Board, Pork Committee.

Pork Producers tell us that

this meat is higher in the "nerve vitamin", Thiamin, than any other known source of food, and that is as high in protein as any other red meat. They also stress that with today's "new pork", (which is leaner and meatier and has more protein and fewer calories than ever before) pork is a great weight watcher's food. One ounce of lean cooked meat has about 70 calories in it, which is a cheerful thought for dieters.

So, considering this, why not try out some of this week's pork recipes on your family.

And, as a second reminder, don't forget that with our new system of weekly recipe themes, we will need all recipes about 10 days in advance of publication. The theme calendar, which will be printed every week from now on as a reminder of what's coming up, will also carry the deadline date so you are sure to get your recipes in on time.

Also, we will be carrying a "Recipe Swap" column as the demand warrants, for those recipes that you would like someone to furnish, or a special recipe that you really enjoy and would like to share but which doesn't follow the recipe theme for the week. Right now for "Recipe

Swap," we are receiving answers to the pleas for snow ice cream, Swedish Meatballs, and several other requests we have published in the past weeks. If you have any requests, send them into Lancaster Farming under "Recipe Swap" and we will see that those requests get printed as well as the recipes.

### Golden Pork Nuggets

- 2 pounds ground pork
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 6 medium-sized hard-cooked eggs
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 3/4 teaspoon salt



ground pork. Place egg in each nest and press the meat around each egg to close nest and evenly cover egg. Place on rack in roasting pan and bake in moderate oven (375 degrees F.) for 35 to 40 minutes. For sauce, melt butter or margarine; stir in flour, 3/4 teaspoon salt and mace. Gradually add milk and cook, stirring constantly until thickened. Cook five minutes, stir in parsley and serve with pork nuggets. Six servings.

### PORK SAUSAGE REUBEN SANDWICHES

- 1 pound pork sausage
  - 2 tablespoons water
  - 4 slices rye bread with caraway seeds
  - 1/4 cup Thousand Island dressing, if desired
  - 1/2 cup sauerkraut, well drained
  - 2 slices (2 ounces) Swiss cheese, cut diagonally to make 4 triangles
- Shape sausage into four oval patties, 1/2 inch thick. Place in a cold frying-pan, add water, cover and cook slowly, five minutes. Pour off drippings. Cook patties slowly with one tablespoon dressing, if desired. Top each with two tablespoons sauerkraut, a cooked sausage patty and a triangle of cheese. Broil three inches from heat until cheese melts. Yield: four sandwiches.
- If closed sandwiches are desired, toast four additional slices of rye bread and use to top sandwiches when removed from broiler.

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and pepper. Pour mixture over spareribs, cover and marinate in refrigerator 10 to 12 hours, turning 3 or 4 times. Place ribs, rib ends down, on a rack in a baking pan. Cover tightly and cook in a moderate oven (350 degrees F.) one hour. Remove cover, turn spareribs and spoon half of the marinade over ribs. Return to oven, cook 15 minutes, turn spareribs, spoon remaining marinade over ribs and continue cooking 15 minutes or until browned. Makes four to six servings.

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### PORK TENDERLOIN ROYALE

- 1 1/2 pounds pork tenderloin, cut into 6 patties
  - 3 tablespoons lard or drippings
  - 3/4 teaspoon salt
  - 1/2 teaspoon pepper
  - 1/4 teaspoon garlic salt
  - 2 cups cooked rice
  - 1 cup chopped cashew nuts
  - 1/4 cup finely chopped onion
  - 1/2 cup chopped celery
  - 3 tablespoons soy sauce
  - 1/4 teaspoon ginger
- Brown patties in lard or drippings. Season with salt, pepper and garlic salt. Grease a 12 x 8-inch baking dish. Combine rice, nuts, onion, celery, soy sauce and ginger. Pour into baking dish. Arrange patties on top. Cover tightly and bake in a moderate oven (350 degrees F.) 45 minutes or until done. Makes four to six servings.

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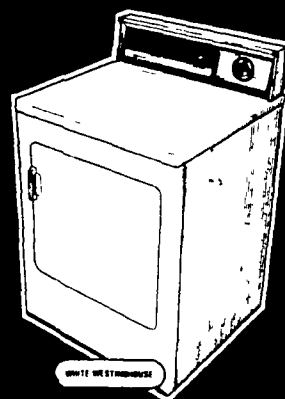
### PORK STEAKS AND APPLE KRAUT

- 4 pork shoulder steaks, cut 1/2 inch thick

[Continued on Page 46]

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- 1/4 teaspoon mace
  - 2 cups milk
  - 2 tablespoons chopped parsley
- Sprinkle 1 1/2 teaspoons salt and the pepper over ground pork. Lightly combine and divide into six equal portions. Remove shells from eggs and pat with paper towel to dry completely. Form a nest the size of an egg with each portion of

- ### MANDARIN SPARERIBS
- 2 to 3 pounds spareribs
  - 1/2 cup soy sauce
  - 1/2 cup orange marmalade
  - 1 clove garlic, minced
  - 1/2 teaspoon ginger
  - 1/4 teaspoon pepper
- Have spareribs sawed across rib bones so individual servings may be carved easily after cooking. Combine soy sauce, orange marmalade, garlic, ginger

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