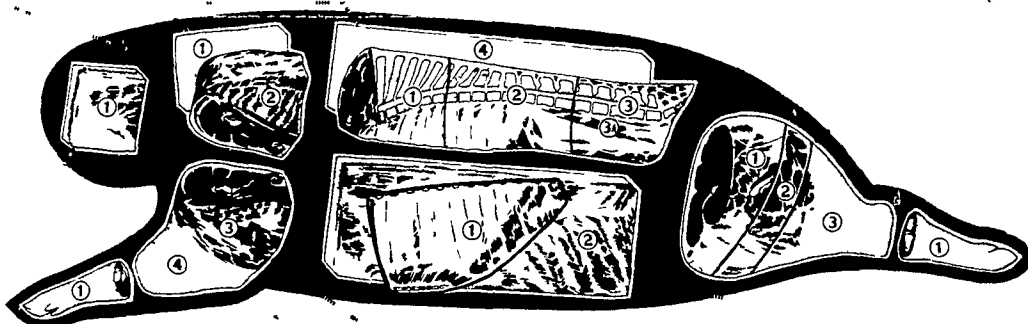


# PORK CHART

RETAIL CUTS OF PORK — WHERE THEY COME FROM AND HOW TO COOK THEM

<p>Cubed Steak* — Braise Cook in Liquid — Broil</p>	<p>Pork Cubes</p>	<p>1 Blade Chop</p>	<p>2 Rib Chop</p>	<p>2 Loin Chop</p>	<p>3 Sirloin Chop</p>	<p>1 2 3 Boneless Leg (Fresh Ham) — Roast —</p>	<p>1 2 3 Sliced Cooked Boiled Ham — Heat or Serve Cold —</p>
<p>2 Blade Steak — Braise — Panfry</p>	<p>2 Smoked Shoulder Roll — Roast (Bake) Cook in Liquid —</p>	<p>2 3 Cubed Steak*</p>	<p>2 Butterfly Chop</p>	<p>2 Top Loin Chop</p>	<p>3 Sirloin Cutlet</p>	<p>1 2 3 Boneless Smoked Ham — Roast (Bake) —</p>	<p>1 2 3 Canned Ham</p>
<p>2 Boneless Blade Boston Roast — Braise Roast —</p>	<p>4 Fat Back — Panfry Cook in Liquid —</p>	<p>1 Country Style Ribs</p>	<p>1 2 Back Ribs</p>	<p>2 Smoked Loin Chop</p>	<p>2 3 Canadian Style Bacon</p>	<p>2 Boneless Smoked Ham Slices — Broil Panfry —</p>	<p>2 Center Smoked Ham Slice</p>
<p>2 Blade Boston Roast — Braise Roast —</p>	<p>1 4 Lard — Panfry Cook in Liquid —</p>	<p>1 2 3 Boneless Top Loin Roast</p>	<p>1 2 3 Boneless Top Loin Roast (Double)</p>	<p>2 3 Tenderloin — Roast (Bake) Braise Panfry —</p>	<p>1 Blade Loin</p>	<p>2 Center Loin — Roast —</p>	<p>3 Sirloin</p>



<p>1 Smoked Jowl — Cook in Liquid Broil — Panfry</p>	<p>3 Fresh Arm Picnic</p>	<p>3 4 Smoked Arm Picnic</p>	<p>3 Arm Roast</p>	<p>— Roast (Bake) Panfry — Panfry</p>	<p>1 Spareribs</p>	<p>2 Slab Bacon</p>	
<p>1 Pig's Feet — Cook in Liquid Braise —</p>	<p>2 Fresh Hock</p>	<p>2 Smoked Hock</p>	<p>2 Neck Bones</p>	<p>3 Arm Steak</p>	<p>— Bake Broil Panfry — Panfry Cook in Liquid</p>	<p>1 Salt Pork</p>	<p>2 Sliced Bacon — Bake Broil Panfry — Panfry</p>

\*May be made from Boston Shoulder Picnic Shoulder Loin or Leg

This chart approved by  
**National Live Stock and Meat Board**

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## Home on The Range

Recipe Theme Calendar	
12	"Holiday Vegetable Dishes" Deadline October 29
19	"Cranberry Creations" Deadline November 5
26	"Left-over Turkey Recipes" Deadline November 12
DECEMBER	
3	"Christmas Candy Favorites" Deadline November 19
10	"Holiday Puddings" Deadline November 26
17	"Christmas Stuffings" Deadline December 3
24	"Gelatin Whip-ups" Deadline December 10
31	"Party Appetizers" Deadline December 17

This week's recipe theme is "pork surprises." And, many cooks who have stayed away from creating with pork for several years may be surprised to find out that today's "new pork" is leaner and meatier with more protein and fewer calories than ever before. Pork has only about 70 calories per ounce of lean cooked meat, which is a cheerful thought for weight watchers.

Pork is also an important food for providing the essential B vitamins in our daily diet. It is an excellent source for Thiamin, Riboflavin, and three other necessary B vitamins which are necessary for a healthy nervous system, healthy skin, and hair.

Pork is an excellent source of high quality protein, and it is rich in mineral iron which teams with the high quality protein to play a vital role in the formation and maintenance of red blood and the prevention of anemia.

Pork also comes in a wide variety of cuts. It may be purchased fresh, cured, smoked, and canned. Pork is also processed alone or in combination with other meats as sausage and ready-to-serve meats.

Pork rib chops, loin chops, butterfly chops, sirloin chops, blade steaks, tenderloin, pork cubes, boneless loin roast, sirloin roast, rib roast, center loin roast, blade loin roast, spareribs, back ribs, country style ribs, bacon, and smoked ham are only a few of the pork cuts from which to choose.

After you've picked your cut, why not try one of the following recipes to go with it

### CHOP SUEY

- 3 large onions, diced
- 1-1/2 pounds beef

(Continued on Page 52)

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