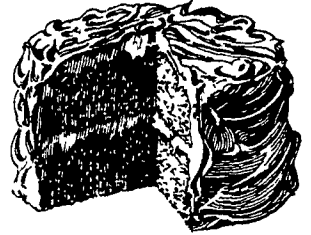


Home On The Range



Now's a perfect time to try pork

October is pork month — a perfect time to try delicious pork for its nutrition and its taste.

Pork is a rich source of thiamine, protein and other vitamins. And if you still live under the adage which says that pork is too full of fat, take another look at the pork display at your favorite supermarket. You will be surprised that pork cuts in the meat case are just as lean or leaner than some other kinds of meat.

In honor of this month, we have provided you with some recipes from the Pork Producer's Council and the Extension service.

FOXY PORK

1 recipe of cooked basic porkballs
1 small jar of mustard
1 small jar of current jelly

In a skillet melt jelly using low heat. Add the mustard to the melted jelly. Stir until well blended. Add the porkballs. Cook for fifteen minutes, until the balls are heated thoroughly. Serve balls in the sauce.

PARTY PLUM PORK

1 recipe of cooked basic porkballs
1 c. chili sauce
1 ten-ounce jar plum preserves

In a skillet stir together plum preserves and chili sauce. Heat for ten minutes stirring frequently. Add porkballs. Cook for ten to fifteen minutes until balls are heated thoroughly.

BASIC PORKBALLS

1 lb. fresh ground pork
1 c. all purpose-seasoned stuffing mix
1/4 c. milk
1/4 c. chopped onion
1 egg
1 T. parsley flakes
1 t. lemon juice
1 t. sweet basil
1/8 t. nutmeg
1/4 t. pepper
1/2 t. salt

In a bowl, pour the milk over the all-purpose seasoned stuffing mix. Let this stand for 15 minutes or until all of the milk has been absorbed. Combine all ingredients together, blend well. Shape into one-inch diameter balls. Brown meatballs in an electric skillet or in a frying pan on top of the range. Turn the balls frequently to insure even browning. Put a lid on the pan and continue to cook 12-15 minutes more until porkballs are done.

JELLIED PORKBALLS

1 recipe of basic porkballs
1 c. crabapple jelly, apricot or strawberry jam
4 T. mustard

In a skillet or electric skillet, melt the jelly over low heat. Add the mustard. Blend well with the jelly. Cook together five minutes, stirring occasionally. Add porkballs and heat fifteen to twenty minutes. Serve the balls in the sauce.

TROPICAL PORK SALAD

1 1/2 c. cubed cooked pork roast
2 c. chilled cooked rice
1/2 c. chopped green pepper
1/2 c. sliced celery
1 8-oz. can pineapple chunks in juice
1/2 c. salad dressing
1/4 t. ginger
1/4 t. salt
crisp salad greens
mint or watercress garnish, optional

Combine pork, rice, green pepper and celery in bowl. Drain pineapple chunks; reserve 2 T. juice. Add pineapple chunks to salad ingredients. Combine salad dressing, 2 T. juice, ginger and salt; mix well. Pour over other ingredients; toss lightly to coat evenly. Cover. Chill well. Serve on salad greens. Garnish with mint or watercress.

SWEET & SOUR PORKBALLS

1 recipe of cooked basic porkballs
1 bottle of sweet and sour salad dressing

Place porkballs in a rectangular pan. Pour sweet and sour dressing over the balls. Marinate for at least one hour, the longer the better. Bake in a pre-heated 350-degree oven for fifteen to twenty minutes.

(Turn to Page B8)



QUESTION — Does anyone make their own cough drops or throat discs? I would like a recipe and would like to know if the ingredients can be found in a drug store?

Ida Keeny, New Freedom

QUESTION — I would like a recipe for jiffy pizza. Can anyone help?

Mrs. Edwin Rissler, New Enterprise

ANSWER — To the reader who wanted to know what to use when a recipe calls for sweet milk: Mrs. Hilda Gemmill of Airville writes "1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda."

ANSWER — Find answers for marshmallow creme and buttermilk biscuits at the end of the recipe section.

Recipe Topics

October

24

Pumpkin Pleasers

31

Halloween Treats

November

7

It's pie season!

14

Nuts to you

21

Cakes promote friendship.



Mealtimes can be adventures in good eating when tasty and nutritious pork highlights the menu. October is pork month - so try some recipes and enjoy!