

Celebrate pork month

Pork pleasers

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ORANGE GLAZED PORK ROAST

4 to 5 pound boneless pork loin roast
 1 1/2 t. ginger
 1/4 c. frozen orange juice concentrate
 1/4 c. honey
 orange and lime slices
 fresh pineapple spears
 watercress
 optional garnish
 Rub surface of roast with 1 teaspoon ginger. Place roast on rack in shallow roasting pan. Insert meat thermometer so bulb is in center of thickest part of meat. Roast, uncovered, in 325 degree oven about 2 1/2 hour or until thermometer registers 170 degrees.

Meanwhile combine orange juice concentrate, honey and remaining 1/2 t. ginger. Bring to boil; boil 1 minute. Cool slightly. Brush sauce over roast several times during the last 30 minutes of cooking time. Let stand 15 minutes before slicing. Garnish with orange and lime slices, pineapple spears and watercress, if desired.

MARSHMALLOW CREAM

2 c. sugar
 2 1/2 c. corn syrup
 1 c. water
 Cook to 242 degrees; while this is cooking, place the following in a mixing bowl:
 1/2 c. warm Karo
 3 or 4 egg whites
 Beat slowly, till mixed. Then beat hard until light and fluffy.

Pour the first mixture into this — in a fine stream. When all mixed, beat hard three minutes. Add 1 teaspoon vanilla. Store in cans or jars. Don't cover until cold.

Elizabeth Smucker, Millerstown

BUTTERMILK BISCUITS

2 c. minus 2 T. flour
 2 1/2 t. baking powder
 1/3 t. salt
 1/4 t. baking soda
 1/3 c. shortening or lard
 3/4 c. buttermilk
 Sift together flour, baking powder, salt and soda. Cut in shortening until mixture resembles coarse crumbs. Add buttermilk all at once. Stir until dough follows fork around bowl.

Turn out on lightly floured cloth or board. Knead 8 to 10 times. Roll 1/2 inch thick. Cut with 2 1/4 inch round cutter. To bake:

In skillet — Place 4 to 6 layers of aluminum foil on bottom of electric fry pan. Preheat, cover on, to 400 degrees. Place biscuits on foil. Cover. Bake 10 minutes. Uncover, turn, cover again, open vent and bake 10 minutes more.

In oven — fluffy high biscuits: Place biscuits in ungreased heavy skillet. Brush with melted butter. Bake in very hot oven for 15 minutes.

Ivan Auker, Ephrata

LANCASTER — This is National Pork Month — a perfect time to buy and eat pork. Many stores are currently featuring pork in their ads, which makes this meat a good investment now.

The production and marketing of pork and pork producers has changed drastically over the last 20 years, says University of Delaware, extension home economist Sally Foulke. If you've tended to shy away from this tasty meat because of the old myth that it's too full of fat, take another look at the pork display at your favorite supermarket. You may be surprised to discover the pork cuts in the meat case are just as lean or leaner than some other kinds of meat. They may also cost less.

Back in the early days of our country, hogs were valued not only for the meat they produced, but for their lard as well. They were bred and fed to be fat.

"Today," says Foulke, "changes in both eating patterns and the marketplace have dictated changes in the breeding and raising of hogs. Genetic selection has resulted in pigs that are leaner, meatier, and more uniform than their ancestors."

Pork of the eighties is 60 percent leaner than pork of the fifties.

In addition to scientific breeding, new methods of pork production have resulted in a better quality product. Many pigs today are

raised in a controlled environment which keeps animals healthier and increases production. Up to 75 percent of today's hogs go to market before they're six months old. Meat from these young animals is leaner and more tender than meat from older ones. Each hog is fed a balanced diet, high in nutrient value. This ensures that it will gain weight rapidly to desired market standards. "Today's pork is nutritious, lower in fat content, more tender, juicy and flavorful than its ancestor," says Foulke.

This new pork is a nutritionally dense food. This means it offers a lot of nutrition per calorie. It's a rich source of thiamine, one of the B vitamins. These are necessary for healthy skin, hair, and nerves. Pork also contains iron, phosphorus and zinc.

It's a good source of quality protein. This is needed to build, maintain, and repair body tissue as well as to increase resistance to infection and disease.

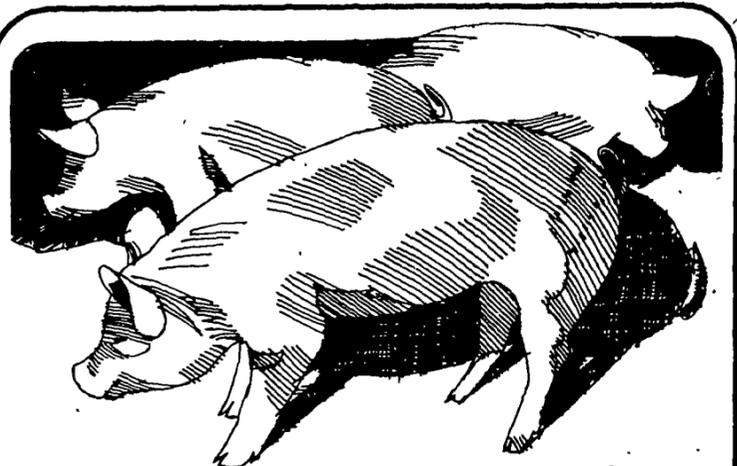
Because today's new pork is so lean, an increasing number of weight reduction plans and diets now include it in their menus.

Besides being moderate in calories, lean pork cuts also have only a moderate to low amount of cholesterol. A loin cut of average size compares favorably with beef and chicken.

Pork is available in many forms—fresh, cured (pickled), cured and smoked, canned, or formed. When buying fresh pork, look for pieces with as little exterior fat as possible, advises Foulke. To be tender, however, select cuts with at least a little marbling (flecks of fat with in the lean). Choose fresh pork that's firm and grayish-pink in color.

When deciding what cuts to buy and how much you'll need, shop on the basis of servings per pound. Figure three to four servings per pound from lean boneless pork cuts or two to three servings from cuts with some bone. When buying cuts with a lot of bone, figure one to one and one-half servings per pound.

Thrift-minded consumers have found that they can save time, energy, and money by cooking a large pork cut such as a roast and serving part of it at one meal and the rest at another.



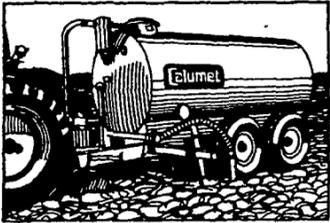
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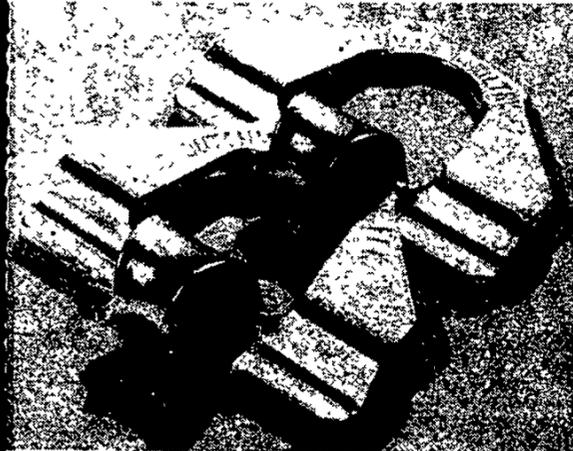
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