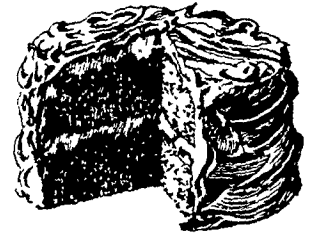


# Home On The Range



## October is Pork Month!

October is pork month and many cooking-with-pork contests are being held throughout the state. With them come a variety of new recipes, so now is a good time to experiment with pork.

In addition to its ability to be cooked in a wide variety of ways, pork is rich in vitamins and nutrients, especially B vitamins such as thiamin. Iron is also abundant in pork.



Fruit also compliments pork roasts as featured in the Fruited Glazed Shoulder Roast recipe.

### Cook's Question Corner

**ANSWER** - Whoopie pies must be a favorite treat! We got many answers to the request for spice and vanilla whoopie pies. The vanilla and pumpkin recipes comes from Elaine Horst, Lebanon. The spice recipe comes from Bertha Sharp, Middleburg.

#### Vanilla Whoopie Pies

- 1/2 cup butter or margarine
- 1 1/2 cups brown sugar, firmly packed
- 2 eggs
- 2 1/2 cups sifted flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup sour cream
- 1 teaspoon vanilla

Cream butter, adding brown sugar gradually. Add eggs and beat thoroughly, then add remaining ingredients and mix again. Drop by teaspoon on cookie sheet and bake at 350 degrees until done. Fill with your favorite frosting.

#### Spice Whoopie Pies

- |                          |                     |
|--------------------------|---------------------|
| 2 cups shortening        | 3 teaspoons cloves  |
| 4 cups sugar             | 1 teaspoon allspice |
| 4 eggs yolks             | 2 teaspoon salt     |
| 2 cups sour milk         | 2 cups hot water    |
| 4 teaspoons cinnamon     | 2 teaspoons vanilla |
| 1 teaspoon baking powder | 4 teaspoons soda    |

Bake at 375 degrees. Use the same filling as for chocolate whoopie pies.

#### Pumpkin Whoopie Pies

- |                     |                          |
|---------------------|--------------------------|
| 2 egg yolks         | 1 teaspoon salt          |
| 2 cups brown sugar  | 1 teaspoon baking powder |
| 1 cup vegetable oil | 1 teaspoon baking soda   |
| 1 teaspoon cloves   | 1 teaspoon vanilla       |
| 1 teaspoon cinnamon | 2 cups cooked pumpkin    |
| 1 teaspoon ginger   | 3 cups flour             |

Beat egg yolks, brown sugar, vegetable oil together until smooth. Combine remaining ingredients and bake at 350 degrees for 12 minutes. Cool. Fill with filling.

#### Filling

- 2 teaspoons vanilla
- 4 tablespoons flour
- 2 tablespoons milk
- 1 1/2 cups vegetable shortening
- 2 unbeaten egg whites
- 1 box confectioner's sugar

Combine all ingredients for filling and spread between two cookies. Wrap in wax paper. Store or freeze.

#### Recipe Topics

#### October

- |    |                        |
|----|------------------------|
| 15 | Say Cheese!            |
| 22 | Plan a Halloween party |
| 29 | Warm Up with Soup      |

#### FRUIT GLAZED SHOULDER ROAST

- 3 to 4 pounds pork shoulder roast
- 2 lemons
- 2 oranges
- 1 grapefruit
- 1 cup sugar
- 1 cup water
- garlic salt

In saucepan, place unpeeled lemons, oranges and grapefruit; cover with water; bring to boil. Boil 30 minutes. Drain, reserving liquid; allow to cool. Cut fruit into sections. In saucepan, stir together reserved liquid, sugar and one cup water; boil five minutes. Place fruit sections in a baking dish; pour syrup over fruit. Cover; bake for 1 1/2 hours at 325 degrees.

Rub roast with garlic salt. Insert meat thermometer at an angle so the tip is in center of roast, but not touching bone. After 10 to 15 minutes of cooking, begin to brush on glaze. Roast at 350 degrees for 2 1/2 hours or until meat thermometer registers 170 degrees. Serve fruit glaze with roast.

Wade Jorgensen  
1980 Arkansas Pork Cookout King

#### SCALLOPED PORK AND SAUERKRAUT

- 1 pound ground pork
- 1 onion, diced

- dash salt
- 1 small can sauerkraut
- 1 tablespoon shortening
- 1 teaspoon paprika
- 1 cup rice
- 1/2 pint sour cream

Melt shortening. Add onions, brown slightly. Add paprika, pork and salt to taste. Cook until meat is done, about 1 hour. Add water to keep meat from burning. Cook rice in boiling salted water. In a casserole, arrange a layer of sauerkraut, rice and meat. Continue this until all ingredients are in casserole. Pour sour cream over all. Sprinkle with bread crumbs. Bake in 350 degree oven for about one hour, until top is brown.

Betty Blehl  
Mertztown

#### BREAKFAST PORK SANDWICH

- 2 pieces toast
- 2 slices pork roll
- 2 slices cheese
- 1 egg

Fry pork roll in saucepan next to egg. Take one piece toast, add one piece pork roll, then one piece cheese, then egg, other piece cheese and the second piece of pork roll.

Marlene Bomgardner  
Annville

#### APPLE-ORANGE STUFFED PORK CHOPS

- 6 pork loin chops, cut 1 1/2 inches thick
- 1/2 cup chopped celery
- 1/2 cup chopped unpeeled apple
- 2 tablespoons butter
- 1 1/2 cups toasted raisin bread cubes
- 1 orange, sectioned and chopped
- 1 beaten egg
- 1/2 teaspoon grated orange peel
- 1/4 teaspoon salt
- 1/8 teaspoon ground cinnamon

Cut a pocket in each pork chop by cutting to center of chop from rib side parallel to rib bone and surface of chop. Cook celery and apple in butter; toss with remaining ingredients. Spoon about 1/4 cup stuffing into each slitted chop; secure opening with toothpicks. Grill over medium coals about 20 minutes. Turn and grill until done, about 15 to 20 minutes more.

Ray Davenport  
1980 Illinois Pork Cookout King

(Turn to Page B8)

## Featured Recipe

You read her column in Lancaster Farming every week and now you can try one of her recipes. After reading last week's column we all know how many recipes Joyce Bupp has in her kitchen, so this week, we asked her to share a pork recipe with us.

In less than half an hour, Joyce rounded up one of those stray recipes. Here is her sure-to-please recipe for barbeque sauce that can be used for oven-baked pork chops or ribs.

- 1/3 cup vinegar
  - 1/3 cup brown sugar
  - 1/3 cup ketchup
  - 1 tablespoon prepared mustard
- Mix and pour over enough pork for four servings. Bake at 325 degrees, covered until the last 15 minutes, when the cover can be removed, if crispiness is desired.

Joyce said the sauce can be used to baste the meat while baking or as Joyce said she does, you can put it on the meat, place in oven and "forget about it."