

Porkettes Say 'No' To Name Change

BY KIMBERLY HERR

CAMP HILL — While the name Porkettes often brings a chuckle to those who are not familiar with it, the Pa. Porkettes voted against changing it.

It is that unusual name, some members said, that aids them in their promotion of pork. People laugh at the name, but they always ask for an explanation. And then, any Porkette worthy of the name can advertise for Pennsylvania pork.

The Porkettes, largely composed of the wives of Pa.'s pork producers, are a support and advertising group. They made the decision to keep their name during the sixth annual Keystone Pork Congress held last Thursday at the Penn Harris Motor Inn, Camp Hill.

In addition to the name change, the women also discussed hosting the National Pork Congress in

Pennsylvania. The members were asked to indicate their interest in helping on a sign-up sheet.

The women also heard from Joan Liesau of the Pa. Livestock and Livestock Products Marketing Program who explained the educational and promotional events which had taken place during the previous year and what was expected in the year to come.

Concluding the business meeting was a report by Vice President Mollie Geise, Northumberland County, on the 4-H swine projects and what could be done to improve them. She also spoke on getting more pork recipes into the 4-H cooking projects.

After the business part of the program was completed, the Porkettes moved on to more tasty items, namely a cooking with pork demonstration by Frances Horst.

Mrs. Horst is a freelance home



Members of the Pa. Porkettes await their chance to taste the ground pork dishes prepared by Frances Horst, a free lance home economist.



Frances Horst, a free lance home economist, prepared three pork recipes for the Pa. Porkettes.

economist from Palmyra, Lebanon County. She graduated from Mansfield State College and worked for 15 years as a home economics teacher.

Mrs. Horst, who demonstrated wok cooking at last year's Porkette meeting, featured recipes with ground pork this year.

She told her audience, made up of more than 40 Porkettes, that pork could be ground in a food processor, however, it is necessary to use loin meats. In addition to demonstrating how easy it was to ground pork, Mrs. Horst made three ground pork recipes, Barbecue Pork Heroes, Pork Apple Bites and Tasty Taco Salad. At the conclusion of her demonstration the women who had smelled the mouthwatering aromas during the presentation were eager to sample Mrs. Horst's recipes.

In the afternoon the women saw slides of the pork promotion which took place this summer in Lancaster. Each woman also did a candlewicking project in the afternoon, which featured a pig in a keystone.

There was no lard recipe contest sponsored this year.

The recipes for the three dishes Mrs. Horst prepared follow:

BARBECUE PORK HEROES

- 1 1/2 pounds ground pork
- 1 loaf (1 pound) Vienna bread
- 1 small onion, chopped
- 1 rib celery, chopped
- 1 clove garlic, minced
- 1/2 cup barbecue sauce
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon salt
- 1 cup shredded cheddar cheese

Cut a shallow slice, 2 1/3 inches wide, from top of loaf of bread. Remove bread to hollow inside of loaf until sides are 1/2 inch thick. Brown ground pork, onion, celery and garlic in large frying pan. Pour off drippings. Add barbecue sauce, chili powder and salt, stirring to combine. Line bottom of inside of loaf with 1/2 cup shredded cheese. Add meat mixture; sprinkle remaining cheese on meat. Place top on loaf and wrap in foil, sealing top and ends. Place on jelly roll pan and bake in 450-degree oven for 20 minutes. Let stand for 10 minutes before slicing.

PORK APPLE BITES

- 1 pound ground pork
- 1 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/8 teaspoon pepper
- 1/2 cup shredded pared apple
- 1/4 cup soft rye bread crumbs
- 1/4 cup chopped walnuts
- 2 tablespoons water
- 1/2 cup apple jelly

Sprinkle salt, cinnamon and pepper over pork; add apple, bread crumbs and walnuts. Mix lightly but thoroughly. Shape mixture into 40 balls (1 scant tablespoon each). Brown balls in large frying pan. Pour off drip-



A member of the Pa. Porkettes samples some of the taco salad which features ground pork during the Keystone Pork Congress held last Thursday.

pings. Add water, cover tightly and cook slowly 15 minutes. Remove balls to warm chafing dish. Stir 1/2 cup apple jelly into cooking liquid and cook until melted. Pour sauce over meatballs. Serve hot.

TASTY TACO SALAD

- 1 pound lean ground pork
- 1 8-ounce can tomatoes, cut up
- 1/4 cup chopped onion
- 2 to 3 teaspoons chili powder
- 1/4 teaspoon garlic powder
- salt and pepper
- 1 head iceberg lettuce
- 2 tomatoes cut in wedges
- 1/4 cup shredded cheddar cheese

In 9-inch skillet, brown ground

pork over moderate heat. Drain. Stir in undrained canned tomatoes, onion, chili powder and garlic powder. Bring to boiling; reduce heat and simmer, uncovered, until most liquid evaporates, about 15 minutes, stirring occasionally. Season to taste with salt and pepper. Meanwhile, line four individual salad bowls with large lettuce leaves; tear remaining lettuce into bite-size pieces. Divide among four salad bowls. Spoon about 1/2 cup pork mixture onto lettuce bed in each salad bowl. Arrange tomato wedges atop salad; sprinkle with cheese and crushed corn chips, if desired.

SALUTE!
to Pork Producers



Pork Apple Bites were a hit during the Porkettes meeting at the Keystone Pork Congress last Thursday. Above, two members taste the recipe that features ground pork.