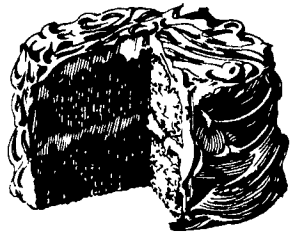


Home On The Range



October is Pork Month!

October is Pork Month and what better time than the crisp, cool days of fall to include pork in your menus?

With only 206 calories in each serving, pork provides an abundance of essential proteins, vitamins and minerals - and it tastes good too!

Cashew Stuffed Pork Chops, featuring pork chops filled with stuffing and cashews and cooked in mushroom soup, tops the list of this week's recipes.

CASHEW STUFFED PORK CHOPS

- 6 pork rib chops, cut 1 to 1½ inches thick
- 2 cups herb bread cubes (use prepared stuffing mix)
- ½ cup hot water
- ⅓ cup chopped celery
- ⅓ cup chopped onion
- 2 tablespoons butter or margarine
- 1 egg, slightly beaten
- ½ cup chopped cashew nuts
- 2 tablespoons shortening
- 1 10½-ounce can condensed cream of mushroom soup
- ½ cup water

Cut a pocket in each pork chop by cutting into the center of the chop from the rib side, parallel to rib bone and surface of chop. Combine bread cubes and hot water in a small bowl. Cook celery and onion in butter or margarine until tender. Add egg, celery and onion mixture and cashew nuts to bread cubes; mix well. Fill pocket in pork chops with stuffing. In a large frying pan, brown chops in shortening; pour off drippings. Combine mushroom soup and water and pour over chops. Cover tightly and simmer 1 hour or until done. Serves 6.

PORK AND CHERRY PIE

- 1 16-ounce can pitted tart red cherries
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- 1 pound ground pork
- 1 medium onion, chopped
- ½ cup fine dry bread crumbs
- ½ cup chicken broth
- ½ teaspoon ground sage
- Pastry for 2-crust 9-inch pie

Drain cherries; reserve ½ cup liquid. In skillet, combine reserved liquid, sugar, and cornstarch. Cook and stir till bubbly. Cook 2 minutes more. Remove from heat. Stir in cherries. Set aside. Cook pork and onion till pork is brown. Drain off fat. Stir in crumbs, broth, sage, 1/8 teaspoon salt and dash pepper. Line a 9-inch pie plate with half the pastry. Press in meat mixture. Spoon cherry mixture atop. Adjust top crust; seal and flute edges. Cut a design in top crust. Bake in 375°F. oven for 50 minutes. Let stand 10 minutes. Serves 6.

Donna Lencoski
Latrobe

STUFFED CROWN ROAST OF PORK

- 6 to 8 pound pork crown roast (about 20 ribs)
- 2 teaspoons salt
- 1 teaspoon pepper
- Bread stuffing

Heat oven to 325°F. Season meat with salt and pepper. Place meat bone ends up in open shallow roasting pan; wrap bone ends in aluminum foil to prevent excessive browning. To hold shape of roast, place a small oven-proof bowl or cup in crown.

Insert meat thermometer so tip is in thickest part of meat and does not rest on fat or bone. Do not add water. Do not cover. Roast 30 to 35 minutes per pound or until meat thermometer registers 170°F.

One hour before meat is done, remove bowl from center of crown; fill crown with your choice of bread stuffing. Use about 8 cups of stuffing for an 8-pound crown. Cover just the stuffing with aluminum foil during first 30 minutes.

When roast is done, remove foil from bone ends and replace with crab apples or paper frills. Optional: garnish stuffing with sliced water chestnuts. To carve, remove stuffing to serving bowl; cut between ribs. Serves 12.

HAM WAFFLES

- 2 cups Bisquick baking mix
- 2 tablespoons salad oil or melted shortening
- 1½ cups milk
- 1 egg
- 1 3-ounce package smoked pressed ham, cut up

Beat baking mix, oil, milk and egg with rotary beater until smooth. Stir in ham. Pour batter from cup or pitcher onto center of hot waffle iron. Bake until steaming stops. Lift off waffles carefully with fork. Makes three 9-inch waffles.

MANHATTAN MEATBALLS

- 1 pound ground pork
- 1 pound ground beef
- 2 cups soft bread crumbs
- 2 eggs
- ½ cup chopped onion
- 2 tablespoons chopped parsley
- Little salt
- 2 tablespoons margarine
- 1 10-ounce jar apricot preserves
- ½ cup barbecue sauce

Combine meat, bread crumbs, eggs, onion and seasonings. Mix lightly. Shape into medium meat balls. Brown in margarine. Place in casserole. Combine preserves and barbecue sauce. Pour over meat. Bake at 350°F. for 30 minutes. Makes 4 to 5 dozen meat balls.

Betty Biehl
Mertztown



This regal Stuffed Crown Roast of Pork is an attractive and nutritious idea for Sunday lunch.

CHOP SUEY

- 1 pound pork
- 1 pound veal
- 1½ pounds beef
- 3 large onions
- 2 tablespoons soy sauce
- 6 stalks celery
- 3 tablespoons molasses
- Salt and pepper
- 1 can bean sprouts
- Enough flour to thicken juices

Cube meat and brown; cut celery into ½-inch pieces and combine with diced onion. Brown while adding salt, pepper and flour. Add molasses. Just before serving add 1 can bean sprouts, 2 tablespoons soy sauce and mushrooms, if desired. Serve with rice and Chinese noodles.

Betty Biehl
Mertztown

TROPICAL PORK SALAD

- 1½ to 2 cups cubed (¾-inch) cooked pork roast
- 2 cups chilled cooked rice
- ½ cup chopped green pepper
- ½ cup sliced celery
- 1 8-ounce can pineapple chunks in juice
- ½ cup salad dressing
- ¼ teaspoon ginger
- ¼ teaspoon salt
- Crisp salad greens
- Mint or watercress garnish, optional

Combine pork, rice, green pepper and celery in bowl. Drain pineapple chunks; reserve 2 tablespoons juice. Add pineapple chunks to salad ingredients. Combine and mix salad dressing, 2 tablespoons pineapple juice, ginger and salt; mix well. Pour over salad ingredients; toss lightly to coat evenly. Cover. Chill well. Serve on salad greens. Garnish with mint or watercress. Makes 4 servings, about 4 cups salad mixture.



Pork is also delicious served cold like in the Tropical Pork Salad pictured here.

PORK BURGERS

- 2 pounds pork
- ½ cup catsup
- ½ cup minced onion
- ½ teaspoon grated lemon peel
- 2 tablespoons lemon juice
- Little salt

Combine all ingredients and beat with a fork until lightly and well mixed. Shape gently into 6 patties and grill over hot coals.

Betty Biehl
Mertztown

(Turn to Page B8)

Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

- | | |
|-----------------|------------------------|
| October | |
| 20 | Cheese Dishes for Fall |
| 27 | Perfect Potatoes |
| November | |
| 3 | Dinner for Two |

Featured Recipe

This week's featured recipe comes from Jane Eshleman, who is coordinating the Ag in the Classroom program in Lancaster County. Jane and her husband, Guy, live on a potato farm and shared their knowledge about vegetables with youngsters in the Penn Manor School District this week. To learn more about Jane and about the Ag in the Classroom program, see the story featuring them in this section.

Baked Potatoes

Bake 4 medium Pennsylvania baking potatoes until done. Cut top edge off lengthwise and scoop it out. Add ½ cup butter, ½ cup grated sharp cheddar cheese, ½ cup milk, 2 tablespoons chives, and ¼ teaspoon salt. Mix well with electric mixer and refill skins. Sprinkle with paprika. Place in a preheated oven for 325° to 350°F. for about 20 minutes.