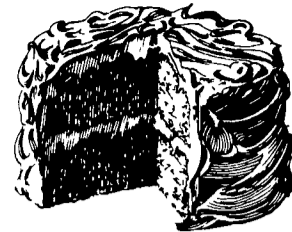


Home On The Range



Savor the flavor of pork this October

Pork is an excellent menu choice any time of year, but fall (and especially October Pork Month) is a particularly good time to enjoy it.

Pork contains many of the essential nutrients needed in a balanced diet. Its high-quality protein contains all the essential amino acids needed to build, maintain and repair body tissue and to help fight infection and disease.

Food iron is vital in forming and maintaining red blood and in preventing anemia. Heme iron, a more easily absorbed form of food iron, is supplied by pork and other animal tissue. Zinc, especially available in animal foods, hastens wound healing, bone growth and tissue development and enhances taste and smell.

The list of pork's important nutrients continues to include thiamin, riboflavin, niacin, and vitamins B-6 and B-12.

Below are some taste-tempting ways to prepare this nutritious meat for your family.

COCA-COLA BARBECUED RIBS

- 2 tablespoons butter
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 cups catsup
- 1 12-ounce can Coca Cola
- 1 tablespoon Worcestershire sauce
- 1 teaspoon prepared mustard
- 2 teaspoons vinegar
- Salt and pepper to taste

Heat to boiling, turn heat down, then simmer for 1 hour.

Put ribs in 13 x 9-inch pan, add 2 cups water, bake at 375°F. for 1 hour. Cover pan with foil. Then place ribs on broiler rack, slather with sauce and broil until edges crisp. Or place on grill and char until done to your liking. Chicken can be done the same. Sauce ingredients make approximately 2 cups of sauce.

Donna Lencoski
Latrobe

HAM CROQUETTES

- 2 cups ground cooked ham
- 1 cup mashed potatoes
- 1 tablespoon chopped onion
- 1 tablespoon chopped parsley
- Salt and pepper to taste
- 1 tablespoon water
- 1 egg, beaten
- Fine dry crumbs
- Fat or oil

Combine ham, potatoes, onion and parsley, add salt and pepper. Chill.

Shape into eight croquettes. Add water to egg, dip croquettes into egg mixture and roll in crumbs. Brown croquettes in small amount of hot fat, turning to form a good crust over all. Makes 4 servings.

Colleen Shields
Jersey Shore

BAKED PORK CHOPS

- 4 pork chops, 1½ pounds
 - 1 8-ounce can tomato sauce
 - ½ cup water
 - ½ cup finely diced celery
 - 2 tablespoons sugar
 - Little salt and pepper
 - ½ teaspoon mustard
- Brown pork chops in fat. Place in shallow greased baking dish. Combine ingredients and pour over chops. Bake 1¼ hour at 350°F. until tender.

Betty Biehl
Mertztown

LEFTOVER HAM PIE

- Combine:
- 2 cups diced baked ham
 - 4 cups corn
 - 4 eggs, beaten
 - 1 teaspoon salt
 - 1 teaspoon sugar
 - ¼ teaspoon pepper
 - 2 tablespoons flour
 - ½ cup melted butter

Pour into a pastry-lined pie pan and cover with top crust. Using a fork, prick top crust so steam can escape. Bake at 350°F. for 1 hour and 15 minutes.

Makes 2 10-inch pies. Freeze one to reheat in microwave.

Mrs. Kitty Wagner
Elizabethtown

SAUSAGE DROP COOKIES

- 1 pound bulk pork sausage
- 1½ cups all-purpose flour
- ½ cup brown sugar
- 1 teaspoon baking powder
- ¾ teaspoon salt
- 1 beaten egg
- ⅓ cup orange juice
- 1 teaspoon grated orange peel
- ¼ cup chopped walnuts

In skillet, break up sausage and cook until lightly browned. Drain sausage on paper towels, reserving ¼ cup drippings. In a bowl, combine flour, brown sugar, baking powder and salt. Add egg, orange juice, orange peel, reserved sausage drippings, browned sausage and walnuts. Stir just until mixed. Drop mixture by spoonfuls onto baking sheet or form into small balls and place on baking sheet. Bake in a 400°F. oven about 12 to 14 minutes or until done. Serve warm if desired. Refrigerate any leftovers. Makes 1 to 2 dozen cookies.

HAMSTEAKS WITH PINEAPPLE SAUCE

- 2 4-ounce slices cooked ham
 - 1 8¼-ounce can chunk pineapple in syrup
 - 1 tablespoon butter
 - ¼ cup pineapple-apricot jam
 - ¾ teaspoon prepared mustard
 - ½ teaspoon cornstarch
 - Dash of ground cloves
 - 1½ tablespoons white wine vinegar
- In a large skillet, brown ham slices in butter. Combine undrained pineapple and all remaining ingredients except vinegar and add to ham; simmer 5 to 10 minutes until sauce thickens. Stir in vinegar. Makes 2 servings.

PORK STUFFED MUSHROOMS

- ½ pound ground pork
- 1 egg, beaten
- ½ cup finely chopped onion
- ½ cup soft bread crumbs, about 1 slice
- 1/8 teaspoon ground nutmeg
- Salt
- Pepper
- 20 medium mushroom caps
- ½ cup yogurt

In medium bowl, combine ground pork, egg, onion, bread crumbs and nutmeg. Season to taste with salt and pepper. Shape pork mixture into 20 balls. Place pork balls on rack in broiler pan. Broil 3 to 4 inches from heat until browned, about 5 minutes, turn; broil until pork balls are done, about 5 minutes. Keep warm. Place mushroom caps on rack in broiler pan. Broil 3 to 4 inches from heat until heated through, about 2 minutes. Spear pork balls with wooden picks and place inside or on top mushroom caps. Spoon about 1 teaspoon yogurt on top each appetizer. Serve at once. Makes 20 appetizers.

HAM AND CHEESE LOAF

- 1 pound ground "fully cooked" smoked ham
- ¾ pound ground pork
- ¾ cup milk
- 1 egg
- 4 teaspoons catsup
- 1 teaspoon dry mustard
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1½ cups crushed cracker crumbs
- ¼ cup minced onion
- 1 tablespoon snipped parsley
- Sliced Swiss cheese
- 1½ cups medium white sauce
- 1 cup grated Swiss cheese
- 1 tablespoon prepared mustard
- 1/8 teaspoon pepper

In a bowl, combine milk, egg, catsup, dry mustard, salt and ¼ teaspoon pepper; stir in cracker crumbs. Add ham, pork, onion, and parsley; mix well. Divide meat mixture into thirds. Press ⅓ into bottom of a loaf pan. Place a layer of thinly sliced Swiss cheese over meat. Repeat with meat and cheese and end with meat. Combine white sauce, grated Swiss cheese, prepared mustard, and 1/8 teaspoon pepper. Heat until cheese melts. Pour half the sauce over ham loaf. Bake in a 350°F. oven for 70 to 75 minutes. Serve with remaining cheese sauce.

BACON CHEESE BALL

- 1 pound bacon
- 1 8-ounce package cream cheese, softened
- 1 8-ounce package shredded Cheddar cheese
- ¼ teaspoon onion salt
- 1/8 teaspoon garlic salt
- 1 teaspoon Worcestershire sauce
- Cream Cheese Topping (recipe follows)
- Assorted crackers

Cook bacon until crisp; drain and crumble. Combine bacon, cream cheese, Cheddar cheese, onion salt, garlic salt and Worcestershire sauce. Mix thoroughly. Shape into a ball; chill. Frost with Cream Cheese Topping. Serve with crackers. Makes 12 to 16 servings.

CREAM CHEESE TOPPING

- 1 3-ounce package cream cheese, softened
 - 1 teaspoon horseradish
- In bowl, combine ingredients, mix well.



This Roast Pork Jubilee is basted with an apple cider mixture served with sweet potatoes, peaches and pineapple.

ROAST PORK JUBILEE

- 4 pound pork loin roast
 - 1 29-ounce can whole sweet potatoes
 - 1 29-ounce can peach halves (reserve ¼ cup syrup)
 - 1 8-ounce can pineapple (reserve ¼ cup juice)
 - 1 cup apple cider
 - ½ cup maple syrup
 - 1 tablespoon salt
 - ¼ cup brown sugar
- Place pork roast on rack in roasting pan. With sharp knife, score roast approximately ½ inch deep across the narrow side of roast, making cuts about 1 inch apart. Cover with aluminum foil. Roast in 350°F. oven for 2 hours. Remove roast from oven and remove from pan; remove rack. Drain off drippings and place roast in pan. Drain potatoes, peaches

and pineapple, reserving ¼ cup peach syrup and ¼ cup pineapple juice. Place sweet potatoes and peach halves alternately around roast. Combine the cider, maple syrup, reserved peach syrup, reserved pineapple juice and salt. Brush mixture over roast. Replace foil and return to oven at 350°F. for 20 minutes.

Remove roast from oven and place pineapple on top of roast. Brush potatoes, peaches, pineapple, and roast with cider mixture. Reduce oven temperature to 325°F. and return uncovered roast to oven for 40 minutes longer. Baste with cider mixture every 10 minutes, using up all the mixture. Sprinkle brown sugar over meat, fruit and vegetables 5 minutes before roast is done.

(Turn to Page B8)

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543

- October 19 Healthy Heart Recipes
- 26 Pumpkin Recipes
- November 2 Stir-Fry Favorites

Featured Recipe

This week's featured recipe comes from Joanne Smoker, an active 4-H leader in Lancaster County. Joanne says her kids really enjoy this Turkey Curry Indienne recipe, especially during the holidays when leftover turkey is especially a bountiful.

To learn more about Joanne and her 4-H work, turn to Homestead Notes on page B2.

Turkey Curry Indienne

- ½ cup butter
 - 2 tablespoons chopped green pepper
 - 1 tablespoon minced onion
 - ¼ cup flour
 - 1 teaspoon salt
 - 2 to 3 teaspoons curry powder
 - 3 cups milk
 - 4 cups diced, cooked turkey
- Melt butter in saucepan. Lightly brown green pepper and onion. Blend in flour, salt and curry powder. Gradually blend in milk. Cook, stirring constantly, until sauce thickens and boils 1 minute. Add turkey and heat. Serve over rice. Makes 6 servings.