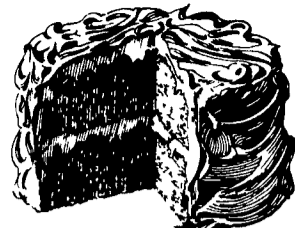


Home On The Range



Spruce Up Menus With Pork

Pork can add endless variety to menu planning. Available in a wide array of forms, including smoked, fresh, cured and canned, pork can be prepared in a host of delicious ways.

The good news is that today's pork is much leaner than what was available 25 or 30 years ago. Over the past quarter century, 60 percent of the fat has been removed from market hogs through the use of better genetics and feeding programs.

So go ahead and indulge in the flavor of pork. You may want to try the Orange Ginger Pork Chops pictured here that boast a slightly oriental flavor. Or, if you've something a bit more traditional in mind, Pork Chops Supreme may be more to your liking.

PORK CHOPS SUPREME

- Pork Chops
- Ketchup
- Sliced onions
- Thinly sliced lemon
- Brown sugar
- 1/2 cup water

Place chops in baking pan. Top with ketchup, onion, lemon slice and a tablespoon brown sugar. Pour water down side of pan. Cover with foil. Bake at 350°F. for 45 minutes covered and 15 minutes uncovered.

Betty L. McLaughlin
Leola

PORK PEPPER BOATS

- 3 large green peppers
- 1 pound ground pork
- 1/2 cup chopped onion
- 1/2 cup chopped carrot
- 1/2 cup chopped celery
- 1 1/2 cups herb seasoned stuffing mix
- 1/2 cup hot water
- 1/2 chicken bouillon cube
- 1 1/2 cups shredded Monterey Jack cheese
- 1 tablespoon butter, melted
- 1 tablespoon grated Parmesan cheese

Cut peppers in half lengthwise. Remove stems, seeds and membranes. Drop in boiling salted water and cook for 5 minutes. Drain on paper towels. Combine pork, onion, carrot and celery in heavy skillet. Cook slowly until pork is done and veggies are tender. Drain off fat.

Blend 1 cup stuffing mix into pork mixture. Combine hot water and chicken bouillon. Stir to dissolve. Add to meat mixture. Mix well. Stir in cheese and heap mixture into pepper shells. Place in greased baking dish. Combine remaining 1/2 cup stuffing mix with butter and Parmesan cheese. Sprinkle over peppers. Bake at 350°F. for 30 to 35 minutes or until peppers are tender and stuffing is browned. Serves 6.

Betty L. McLaughlin
Leola

ORANGE GINGER PORK CHOPS

- 6 lean pork chops
- 1/2 cup orange juice
- 1/2 teaspoon salt
- 1 teaspoon ground ginger
- 6 orange slices (1 large orange)
- 3/4 cup dairy sour cream

Brown chops well in skillet over medium heat (about 10 minutes per side). Add orange juice, cover and simmer about 30 minutes. Uncover, sprinkle chops with salt and ginger and top each with an orange slice. Cover and cook 10 to 15 minutes more or until chop are fork-tender. Remove chops to an oven-proof platter and top each with sour cream. Place under broiler about 1 minute; serve immediately.

BANDIT PORK

- 2 pounds pork shoulder lean, cut into 1-inch cubes
- 1 bottle Italian salad dressing
- Potatoes, unpeeled, scrubbed and chunked
- Carrots, pared and chunked
- Celery, sliced
- Onion, chunked

Any other veggies your family likes (turnips, squash, sweet potatoes, peppers, etc.)
Marinate pork in Italian dressing overnight. Put pork and veggies on 14-inch squares of double thickness of aluminum foil. Add 2 tablespoons Italian dressing to each packet. Use "drugstore" folds to seal. Bake at 350°F. for 1 hour, turning once or twice. Can also be done on the grill outside, but turn every 10 minutes or so. Do not puncture foil.

Betty L. McLaughlin
Leola

PORK MUSHROOM LOAF

- 1 4-ounce can mushrooms, chopped
- Milk
- 1 slightly beaten egg
- 1 1/2 teaspoons Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon dry mustard
- Dash of pepper
- 1 1/2 cups soft bread cubes
- 1 1/2 pounds ground pork
- 2 tablespoons ketchup
- 1 tablespoon brown sugar

Drain mushrooms, reserving liquid. Add enough milk to liquid to make 1/2 cup. Combine liquid, egg, Worcestershire sauce, seasonings and bread crumbs. Let stand 5 minutes. Stir in ground pork and mushrooms. Shape into loaf and bake 1 hour at 350°F. Combine ketchup and brown sugar and spoon over meat loaf. Bake 15 minutes more.

Vanita Martin
Savannah, N.Y.



Dine at home in exotic Oriental style. Ginger, orange and sour cream provide a new way to dress up tender pork chops.

TOURTIERE FRENCH-CANADIAN PORK PIE

- Crust:**
- 1 cup lard or vegetable shortening
 - 4 cups sifted flour
 - 1/2 teaspoon salt
 - 1 cup ice water
- Cut lard or shortening into flour with salt. Add water and mix with fork. Refrigerate at least 2 hours. Roll out half the dough to medium pie crust and line a deep 9-inch pie plate. Fill and cover with top crust.

- Filling:**
- 1 1/2 pound ground lean pork
 - 1 small onion, minced
 - 1/2 cup boiling water
 - 1 clove garlic, chopped
 - 1 1/2 teaspoons salt
 - 1/4 teaspoon celery salt
 - 1/4 teaspoon pepper
 - 1/4 teaspoon sage
 - Pinch of ground cloves
 - 3 medium potatoes, boiled and mashed

Combine all filling ingredients except potatoes in a 3-quart saucepan. Cook over low heat, stirring constantly until meat loses its red color and liquid is half evaporated. Cover and cook 45 minutes longer. Add mashed potatoes, cool. Fill deep 9-inch pie plate lined with crust. Cover filling with top crust. Flute and seal edges; slash top crust. Bake in preheated 450°F. oven for 10 minutes. Reduce heat to 350°F. and bake 30 to 40 minutes longer. Serves 6.

Betty L. McLaughlin
Leola

APPLESAUCE PORK CHOPS

- 4 shoulder pork chops
 - 1 quart applesauce
 - Garlic salt
 - 2 tablespoons oil
 - Ground cinnamon
 - Ground cloves
 - Dash of nutmeg
- Sprinkle chops with garlic salt. Brown in oil in skillet. Drain off fat. Return chops to skillet. Pour on applesauce. Sprinkle with cinnamon, cloves and nutmeg to taste. Simmer 1 hour on low heat.

Betty L. McLaughlin
Leola

BAKED CABBAGE AND PORK

- 1 pound ground pork
 - 1 onion, chopped
 - 1/2 cup uncooked rice
 - 1 teaspoon salt
 - Dash of pepper
 - 5 or 6 cups shredded cabbage
 - 2 cups tomato juice or soup plus 2 cups water and bouillon cube
- Spread half of cabbage in large buttered baking dish. Fry pork, onion, rice and salt and pepper together, but do not brown, about 10 minutes. Spoon meat mixture over cabbage. Top with remaining cabbage. Heat tomato juice or soup with water and bouillon cube until boiling and pour over all. Cover and bake at 350°F. for an hour or until cabbage is tender.

Vanita Martin
Savannah, N.Y.

PEPPERS STUFFED WITH PORK SAUSAGE

- 1 pound bulk pork sausage
- 3/4 cup raw rice (I use minute rice)
- 1 medium onion, chopped
- 1 egg
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 can tomatoes
- 8 medium peppers

Clean and prepare peppers. Parboil for about 5 minutes. Stuff above mixture into peppers. Place in buttered baking dish so peppers touch. Pour tomatoes over all and bake at 350°F. for 1 1/2 hours. Last 10 minutes put mozzarella cheese on top of each pepper.

Note: In place of tomatoes, I use my home canned spaghetti sauce.

Hilda M. Blatt
Jonestown

BREADED PORK CHOPS

- 8 pork chops
- 1 cup fine bread crumbs
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 beaten egg
- 1/2 cup milk
- 1/2 cup boiling water

Add seasoning to bread crumbs. Beat egg and add milk. Dip chop in liquid and roll in crumbs. Brown chops in skillet. Place chops in baking dish, cover with boiling water. Bake at 350°F. for at least hour.

Charlene Gingrich
Mercersburg

(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

- 11- Hearty Autumn Breakfasts
- 18- Pumpkin & Squash Recipes
- 25- Breads and Muffins

Featured Recipe

James "Mike" Payne of Lewisberry has been making turtle soup for 20 years. About six years ago he decided to write down the recipe. Making it is not an exact science — you need to add seasonings, water and butter to taste. The following recipe gives the proportions for about 7 snapping turtles. Look for a story on turtle soup and wild horse and burro days in this section.

Turtle Soup

- 7 snapping turtles
- 1 stalk celery, diced
- 2 pounds carrots, diced
- 1 pound soup beans, soaked overnight
- 1 pound rice
- 6 hard-cooked eggs, mashed
- 20 potatoes, diced
- 1 one-pound package noodles
- 6 onions, chopped
- Butter
- Chicken fat
- Salt and pepper
- Old Bay Seasoning
- Parsley flakes

Prepare and cook the turtles in water until tender. Remove the turtles from water and pick the meat from the bones; put meat through meat grinder. Now add the vegetables and other seasonings to the broth that remains, adding water as needed for a pleasing consistency. Cook until vegetables are tender. Add turtle meat and heat through.