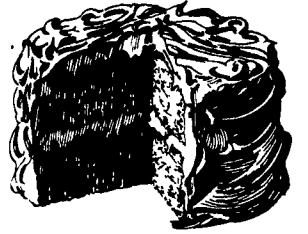


Home On The Range



Celebrate October With Pork

Pork boasts a lot of lean facts you should know about. Today's pork has less than half the fat it used to have. Less than 40 percent of fat in today's pork is saturated. The rest is mono- or polyunsaturated.

Pork is what nutritionists call a nutrient-dense food because it has a high ration of nutrients to calories. A 3-ounce serving of cooked lean pork has 198 calories. It is a complete protein containing all the essential amino acids and is a good source of zinc, iron and B-vitamins, especially thiamin.

Pork provides many different tastes. Try these recipes for menu variety.

PORK SAUSAGE

- 2½ pounds pork about 80% lean
- 2½ teaspoons powdered sage
- 1½ teaspoons marjoran
- ½ teaspoon savory
- 2 teaspoons salt
- ¼ teaspoon ground nutmeg
- ¼ cup warm water

Cut pork and fat into ¼-inch cubes, using coarse blade of meat grinder. Grind the meat. Place in a large bowl.

Mix spices in the ¼ cup warm water and knead the mixture into the meat thoroughly. To make breakfast sausage, add sage with a heavy hand for that country kitchen taste. For a spicy sausage, add ¼ teaspoon cayenne. Form into patties or rolls shaping the meat stuff into natural casings to make links.

If freezing the sausage, do not add salt or sage or it will cause an off flavor. Can freeze six months in freezer.

Contributor writes that she has been making this recipe for many years. Her farmer husband wanted a recipe that tasted like the sausage his grandmother made.

M. Watkins
MD

APPLE BEAN BAKE

1 pound pork sausage
Brown in skillet and drain off fat. Sausage:
Mix together and pour in 1½ -quart casserole.

- 1 can pork and beans
- ½ can tomato soup
- ¼ teaspoon pepper

Place apple slices from one large unpared apple on top. Sprinkle with ¼ cup brown sugar. Bake uncovered 45 minutes in 350 degree oven.

Florence Fisher
Etters

SWEET AND SOUR PORK

Combine in bowl for marinade:

- 1 egg, beaten
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 tablespoon soy sauce

Add to marinade and let stand 20 to 30 minutes:

- 1 pound lean pork, cubed
- Prepare and set aside:
- 1 clove garlic, minced
 - 4 slices ginger root, finely chopped (optional)
 - 1 green pepper, cut in chunks
 - 1 onion, cut in wedges
 - ¼ cup pineapple chunks, drained (reserve juice)

Combine and set aside:

- 3 tablespoons vinegar
 - 3 tablespoons brown sugar
 - 2 tablespoons soy sauce
 - 1 tablespoon cornstarch
 - ¼ cup pineapple juice
- Heat in a wok or skillet:
4 tablespoons oil

Dredge pork cubes in cornstarch. Fry on all sides until brown. Remove from skillet and keep warm. Pour off excess fat if necessary, leaving about 2 tablespoons. Stir-fry garlic, ginger, peppers, and onions 2 to 3 minutes. Add tomato chunks, pineapple chunks, and sauce ingredients. Cook just until sauce thickens and clears. Return pork to skillet, heat to bubbling, and serve immediately with hot rice. Onions and peppers should be partially crisp. Serves 5.

PORK CHOP CASSEROLE

4 to 5 pork chops, ½ -inch thick
Salt and pepper to taste
1 can cream of mushroom soup
Brown chops on both sides. Season while frying. Place chops in 2-quart casserole and add soup. Bake at 375 degrees for 45 minutes or until done.

HAM PUFFS

2 cups ground ham, cooked
1 cup ground cooked carrots
3 tablespoons melted butter
2 eggs, beaten
2 cups milk
2 cups flour
3 teaspoons baking powder
½ teaspoon salt
¼ teaspoon pepper

Sift together the dry ingredients. Beat eggs and add milk; then add the flour mixture. Add ground carrots and ham and the melted butter. Bake in greased casserole or muffin tins at 400 degrees for 25 to 30 minutes. Serves 6 to 8.



Today's leaner, meatier and more tender pork calls for changes in cooking methods, but the good taste of pork remains and it continues to be one of the richest known food source of thiamin (B1).

PORK & VEGETABLE STEW WITH DUMPLINGS

- ½ pound pork, cubed
- 1 medium-sized onion
- 2 pints boiling water
- 2 teaspoons salt
- ¼ teaspoon pepper
- 3 medium-sized potatoes
- 3 carrots
- 3 turnips
- ½ head cabbage

Fry pork cubes and minced onion together until slightly browned. Add boiling water and season with salt and pepper. Dice potatoes, carrots, and turnips and add to meat. Shred cabbage and add 15 minutes before serving; add dumplings to hot stew. Use following recipe for dumplings. Cover tightly and cook for 10 to 12 minutes. Serves 6.

For dumplings:

- 1½ cup flour
- ½ teaspoon salt
- 3 teaspoons baking powder
- 1 egg
- 2 to 3 tablespoons milk

Sift dry ingredients together. Add beaten egg and milk. Stir until well blended. The dough should be stiff enough to drop from a spoon. Drop dough from a teaspoon into boiling stew.

PORK HASH ON TOAST

- 2 tablespoons minced onion
- 3 tablespoons margarine
- 2 to 3 cups finely diced roast pork

1 to 2 cups finely diced, cooked potatoes
1 pimiento, chopped
1 hard cooked egg, chopped
1 cup meat stock or bouillon (leftover gravy may also be used, but then omit 2 egg yolks)
1 can undiluted evaporated milk
2 egg yolks
Salt and pepper
Toast points

Cook onion in the margarine 2 to 3 minutes. Add meat and potato and heat, stirring. Add next four ingredients and heat. Just before serving, beat egg yolks slightly and stir into hot mixture. Cook, stirring, until slightly thickened. Season to taste and serve on toast. Serves 4 to 6.

An anonymous reader
(Turn to Page B8)

Featured Recipe

Grand prize winner of the 1989 National Beef Cook Off contest was Linda Wright of Medford Lakes, New Jersey. She took home \$15,000 for her "Best of Beef" winner. Sixty-four contestants competed for \$32,000 in cash and prizes.

The publicity generated by the Cook-Off will reach millions of consumers with information about the taste, versatility and nutrition of beef.

You can be a winner, too, when you serve this recipe to guests and family.

MEXICAN FLANK STEAK WITH MOCK TAMALES

- 1½ -pound beef flank steak
- ½ cup fresh lemon juice
- ½ cup olive oil
- 6 tablespoons minced jalapeno peppers
- 1 tablespoon minced fresh cilantro
- 1 teaspoon salt
- 1 teaspoon ground pepper
- Linda's Sassy Salsa*
- Mock Tamales**
- Fresh lemon slices
- Jalapeno peppers
- Cilantro sprigs

Place beef flank steak in utility dish. Combine lemon juice, olive oil, jalapeno peppers, cilantro, salt and pepper; pour over steak, turning to coat. Cover and refrigerate 6 to 8 hours or overnight.

Prepare the following:

Linda's Sassy Salsa

- 2 tomatillos, hull and tough skin removed
- 3 large cloves garlic, peeled
- 2 plum tomatoes, finely chopped
- 3 plum tomatoes, coarsely chopped
- 3 jalapeno peppers, thinly sliced
- ¼ cup coarsely chopped fresh cilantro
- 1 tablespoon fresh lemon juice
- 1 teaspoon freshly ground black pepper

Process tomatillos and garlic in food processor or blender until pulverized. Combine tomatillo mixture, tomatoes, jalapeno peppers, cilantro, lemon juice and pepper. Refrigerate, covered 1 hour or overnight to blend flavors.

Mock Tamales

- 1 cup grated sharp Cheddar cheese and Muenster cheese
- 2 tablespoons minced green onions and tops
- 6 flour tortillas (7-inch diameter)

Combine cheeses and onions. Divide mixture evenly and put in center of each tortillo. Fold bottom side of tortilla over filling. Fold two sides over filling; then fold top side over filling, envelope fashion. Wrap each tortilla in 8x12-inch piece of foil, twisting each end. Serves 6.

Remove steak from marinade and place on grid over medium coals; reserve marinade. Place Mock Tamales around outer edge of grill. Grill steak 12 to 15 minutes to desired doneness, turning once and basting occasionally with marinade. Turn tamales halfway through cooking time. Place steak and tamales on serving platter. Spoon ¼ cup Linda's Sassy Salsa over tamales. Garnish platter with lemon slices, jalapeno peppers and cilantro sprigs. Carve steak across the grain into thin slices, and serve with remaining salsa. Serves 6.

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 Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

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