



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

'Tis the season to be roasting... or is it anymore? The holiday season is traditionally one of food-filled festivities with family and friends. But as the 90's march on, some favorite meal traditions are getting their "marching orders." In a national consumer survey conducted by the National Pork Producers Council earlier this year, consumers said that, while they'd like to cook more often, they feel they simply do not have the time.

For the novice cook, the thought of roasting may conjure up a

"State-Occasion" type of meal, like dinner at Grandma's — heavy, hearty meals featuring a large piece of meat, mystifying, daunting and impossible to carve. But savvy cooks know that roasting is one of the most fool-proof ways to serve a small group or a crowd. The only equipment needed is an oven and a meat thermometer.

Roasting, a dry-heat cooking method, performs best with tender meat cuts — tenderloin, loin and ribs. Unlike braising or stewing, roasting will not tenderize meats

— so start with a tender piece of meat. And be careful not to over-cook; it is hard to mask an over-cooked roast.

The beginning cook, or the cook seeking maximum convenience, can choose a boneless piece of meat to roast. Boneless meat is obviously easy to carve; just slice and serve. A boneless roast can be neatly netted by the butcher or tied with kitchen twine to help hold it together during cooking.

Season the roast with salt and pepper or your favorite herb mixture and place it on a rack in a shallow oven-proof pan. A pan that is larger by an inch around the roast is ideal. The rack (this can be a cake-cooling wire rack or a couple of 7-ounce empty and cleaned tuna cans, both ends removed) keeps the roast from steaming or braising in its juices as it roasts.

Place the roast in a preheated oven. Many meats roast well in a 325 degree oven. Some cooks favor "searing" the roast in a hot (450 degree F.) oven for the first 15 minutes of roasting time, and tum-

ing the oven temperature down to 325 degrees to finish. The searing technique gives the roast a rich brown exterior. When considering which method to use, remember that an extremely hot oven will be

inconvenient if side dishes also require oven time. Check the meat section of your favorite cookbook for cooking times and temperatures recommended for the type of meat you want to roast.

Enter Power Play Playoff

HARRISBURG (Dauphin Co.) — The Pennsylvania Dairy Promotion Program, Pizza Hut, and the Hershey Bears Hockey Club have teamed up to sponsor the "Power Play Payoff" on the Bears radio network. The contest started at the Bears first game of the season on October 4, and nearly 30 people from Lancaster to Anville have already won prizes in the contest.

"We signed on for this contest because it offered an excellent tie-in opportunity for Pennsylvania dairy farmers and it's a great promotion of cheese," said Brian Ross, PDPP program manager. "Pennsylvania is a large producer of Italian cheeses, like mozzarella

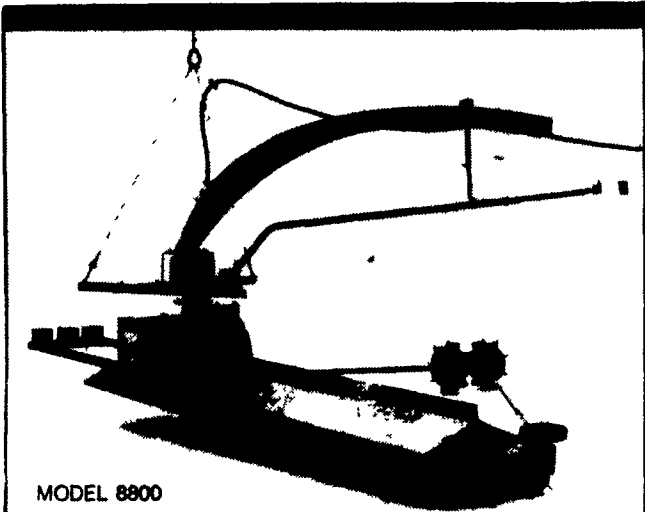
and provolone, both of which are used on Pizza Hut pizzas."

To enter the contest, residents must submit their name and address to the Bears Network. A contestant will be selected for each game. If the Bears score 2 power play goals in any period during that game, the contestant wins the grand prize, a party pack of Real cheese pizzas from Pizza Hut. Any contestants that do not qualify for the grand prize will receive a Pizza Hut Real cheese personal pan pizza, just for entering the contest.

The contest will run through the Bears season which ends in March 1992. Persons interested in entering the contest can send a postcard with their name, address and telephone number, to Radio Contest, Care of Box 866, Hershey, PA 17033.

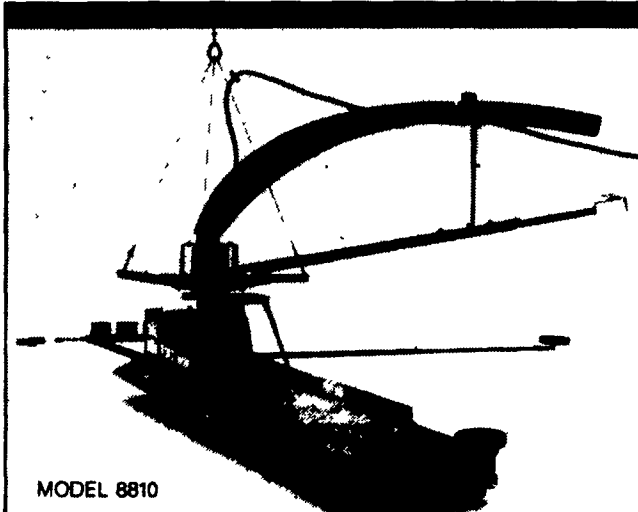
The Pennsylvania Dairy Promotion Program is a non-profit, dairy farmer funded, generic dairy promotion program. Further information about the contest is available by calling (717) 787-6903.

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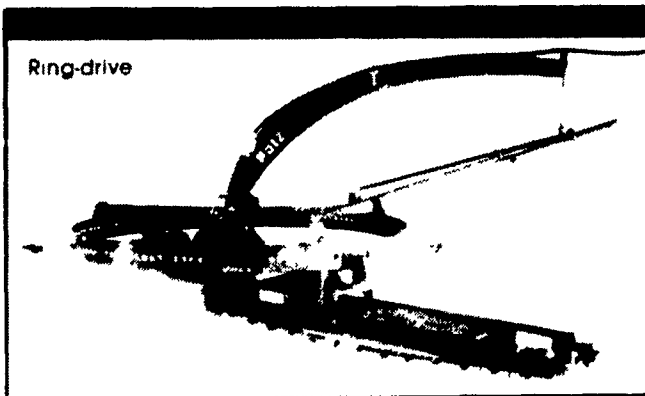
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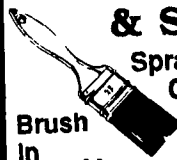
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We're sending you our best wishes for a very happy holiday! Thanks!

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