



# Home On The Range



## Celebrate Pork Month

There's a simple secret to cooking perfect pork: Don't overdo it. Cooks must remember that tender, juicy results call for medium doneness. When pork is white or slightly pink in the center and juices are running clear, it's ready to enjoy.

Pork has changed in recent years. Now lean through genetic breeding and feeding, pork is a healthy choice for those even on restrictive low-cholesterol diets.

For succulent, lean, and tender entrees, try America's Cut, a 1½-inch thick boneless pork center loin chop, Chef's Prime, a two-to four-pound boneless pork roast cut from the rib end of the loin, and Chef's Prime Filet: is a ½-to ¾-inch thick cut.

If you're shopping for value, boneless chops offer the most for the money. Even though boneless cuts cost more per pound on a price-serving basis, boneless cuts are cheaper because you are not paying for the bone or trim.

Here is the first batch of recipes received for the Pork Recipe Contest sponsored by the Pork Council.

### BEST SPARERIBS

3 pounds pork ribs  
Salt  
Pepper  
Cole slaw  
Parboil ribs in water to cover, about 30 minutes  
Place on rack in large roasting pan. Salt and pepper to taste. Roast 1 hour at 350 degrees. Cut in sections and serve with cole slaw.  
John Randall  
Holcomb, NY

**TANGY BROWN RIBS**  
2 pounds country-style ribs or 6 pork chops  
Salt and pepper  
Oil  
½ onion, chopped  
2 tablespoons vinegar  
2 tablespoons brown sugar  
1 tablespoon prepared mustard  
8-ounce can tomato sauce  
Place meat in baking dish. Brush with oil. Sprinkle with salt and pepper. Bake at 375 degrees for 45 minutes. Drain fat. Combine all but tomato sauce; spread on meat. Pour tomato sauce over meat. Bake at 350 degrees for 30 minutes or until done, basting occasionally with sauce. Serves 6.  
Jill S. Weidner  
Chester Springs

### WASHDAY DINNER

1 tablespoon butter  
Onions  
Potatoes  
2 tablespoons flour  
1 can tomatoes  
Sausage  
Salt and pepper, to taste  
Melt butter in a large heavy skillet. Line the bottom with thick layer of onions. Add a generous layer of potatoes. Sift flour over this. Pour tomatoes on top. Slice sausages thinly to cover tomatoes. Add boiling water to cover. Salt and pepper to taste. Bake at 300 degrees for 3 hours. If sausage gets too brown, turn over.  
Carolyn Derstine  
Three Springs

## FRESH PORK

### LEANER CUTS = LEANER CHOICES

Cut	FAT(Sat'd fat)	CALORIES	CHOLESTEROL
Boneless Loin Roast	6.1g (2.2g)	165	66mg
Sirloin Roast	8.7g (3.1g)	184	73mg
Boneless Rib Roast	8.6g (3.0g)	182	71mg
Tenderloin	4.1g (1.4g)	139	67mg
Boneless Sirloin Chops	5.7g (1.9g)	164	78mg
Boneless Loin Chops	6.6g (2.3g)	173	68mg
Loin Chops	6.9g (2.5g)	172	70mg
Rib Chops	8.3g (2.9g)	186	69mg
Blade Steaks	10.7g (3.8g)	193	80mg
Country Style Ribs	12.6g (4.5g)	210	79mg

Based on three-ounce servings

## 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. Recipes should reach our office one week before publishing date.

### October

- 9- Pizza Time
- 16- Pork Recipe Contest
- 23- 2nd Week Pork Recipe Contest
- 30- Crock Pot Recipes

### TURKISH RICE

Brown 1 pound lean ground pork with 1 cup chopped onion. Stir in 2 cups cooked rice and 1 pint canned tomatoes with juice. When heated through, place in greased casserole. Top with 1 cup shredded sharp cheddar cheese. If spicier flavor is desired, use spaghetti sauce in place of tomatoes.  
Barbara Randall  
Holcomb, NY

### PINEAPPLE GLAZED HAM BALLS

2½ pounds ground ham  
1¼ cups oatmeal  
1 cup milk  
3 eggs, beaten  
Mix together ingredients and form balls.  
Glaze:  
1 cup plus 2 tablespoons brown sugar  
3 tablespoons cornstarch  
1½ tablespoon dry mustard  
1¼ cup pineapple juice  
½ cup light Karo  
3 tablespoons vinegar  
Mix together in blender and pour over balls. Bake at 300 degrees for 1½ to 2 hours.  
Mrs. Raymond Harnish  
Oxford

### PORK CHOPS WITH MUSHROOM GRAVY AND DUMPLINGS

6 thick pork chops  
1 can cream of mushroom soup  
½ cup milk  
1 cup water  
Shortening for frying pork chops  
Salt and pepper, to taste  
4-ounces mushrooms  
Season pork chops with salt and pepper. Melt shortening and brown pork chops slowly in a skillet. When both sides are nicely browned, remove from pan and keep warm.  
To the particles in the pan, add one cup water and bring back to a boil. Drop dumplings by the spoonful into the pan, cover, and cook for 15 to 18 minutes, without lifting the cover.  
When dumplings are done, remove from the pan. Mix mushroom soup with the milk; drain the can of mushrooms or use fresh ones, return to skillet and heat thoroughly. Serve with dumplings and gravy.  
Jack Hohmeier  
Lincroft, N.J.

### PORK CHOPS BREADED

6 pork chops  
¾ cup fine bread crumbs  
1 teaspoon salt  
¼ teaspoon pepper  
1 egg, beaten  
¼ cup milk  
¼ cup boiling water  
Add salt and pepper to bread crumbs. Beat egg and add milk. Dip chops in liquid and roll in crumbs. Put 3 tablespoons shortening in skillet and brown chops. Place chops in a baking pan or dish and add boiling water.  
Cover and bake at 400 degrees for about 50 minutes. Serves 6.  
Regina Weaver  
Quarryville



Chef's Prime Filet Santa Fe takes only 15 minutes to prepare.

**PORK ROAST DIVINE**  
3 pounds pork loin roast  
1 medium onion  
1 bottle chili sauce  
½ cup sweet molasses  
½ teaspoon cinnamon, optional  
Roast pork 1½ hours at 325 degrees. Peel and chop onion. Combine with sauce and molasses in a small skillet. Cook until onions are soft. Pour sauce over the roast and bake for 30 more minutes.  
Marie Loy  
Pine Grove

**AUTUMN SUPPER**  
1 pound bulk sausage  
1 large onion, chopped  
1 medium green pepper, chopped  
20-ounce can tomatoes or 1 quart home canned  
¼ cup water or tomato juice  
2 cups uncooked elbow macaroni  
1 teaspoon salt  
2 tablespoons sugar  
2 teaspoons chili powder  
Brown sausage and onion in a heavy skillet. Drain grease. Stir in remaining ingredients. Bring to a boil, cover pan. Simmer, stirring often to prevent sticking. Lower heat and cook until macaroni is tender (20 to 25 minutes). Makes 6 servings.  
Wanda Zeigler  
Herndon

**HAM ROLLS WITH CHEESE SAUCE**  
2 cups flour  
4 teaspoons baking powder  
½ teaspoon salt  
4 tablespoons shortening  
¼ cup milk  
1 cup ground cooked ham  
2 tablespoons soft butter  
1½ tablespoons mustard  
Add butter and mustard to ground ham, set aside.  
Sift together flour, baking powder, and salt; cut in shortening. Add milk to make a soft dough. Roll out dough ¼-inch thick and spread with ham mixture. Roll as a jelly roll and cut into slices 1½-inches thick. Place cut side down in a greased pan and bake at 425 degrees for 15 to 20 minutes. When baked, serve with cheese sauce.  
Cheese sauce:  
3 tablespoons butter  
2 tablespoons flour  
1 teaspoon salt  
2 cups milk  
¼ teaspoon pepper  
1½ cups grated cheese  
Melt butter, add flour and seasoning. Stir until well blended. Gradually add milk, stirring constantly. Cook until thick and smooth. Add cheese, stir until melted. Serve over rollsups.  
Martha Ann Auker  
East Waterford  
(Turn to Page B8)

## Featured Recipe

Send your favorite pork recipe to Lancaster Farming and receive a barbecue apron. During National Pork Month in October, we will print your favorite recipes using pork products.

The Pork Council will send the first 100 entries a free barbecue apron suitable for men and women.

Absolutely only one entry per family. Participants must be 18 years old or older.

Be sure to include your name and full address. Send your recipe to Lou Ann Good, Lancaster Farming's Pork Promotion, 1 E. Main St., P.O. Box 609, Ephrata, PA 17522.

### CHEF'S PRIME FILET SANTA FE

4 Chef's Prime Filet (½-to¾-inch boneless pork ribend steak)  
1 teaspoon vegetable oil  
1 cup chunky salsa  
1 teaspoon oregano  
½ teaspoon ground cumin  
1 clove garlic, minced

In a large, heavy skillet, heat oil over medium-high heat. Brown steaks quickly, about 2 minutes per side. Lower heat, add remaining ingredients to pan; cover and simmer 8-10 minutes.