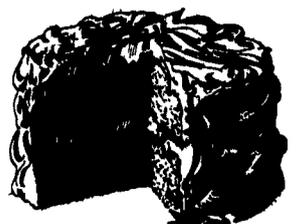


Home On The Range



Incredible Ways With Pork

It's unbelievable that pork can be made in so many different ways. But our readers' recipes prove that pork offers an endless variety of flavors and cooking methods. These recipes are in response to the contest in which the Pork Council is giving away a barbecue apron to the first 100 recipes featuring pork.

The final pork contest recipes will appear next week. The first batch appeared in the October 2nd issue. Only a few more aprons are left for the give-away, which is on a first-response basis. Absolutely only one entry per family. Participants must be 18 years 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.

PORK AND CABBAGE CASSEROLE

2 pounds fresh sausage links
1 medium head cabbage
4 medium potatoes, peeled, diced

Can or fresh green beans
Cut cabbage, potatoes, and sausage into bite-size pieces. Put ingredients into large pot and cook for one hour or until tender (if using canned beans, add the last 10 minutes of cooking).

We enjoy this dish that is very easy to make and tastes good. When I'm busy, I prepare it on the stove and go about my chores.

Serve with slaw or applesauce and muffins or bread.

Janice Rehmeier
York

POOR MAN'S STEAK

3 pounds ground pork
1 cup cracker or bread crumbs
1 cup cold water
Salt and pepper, to taste

Mix together and press mixture ¼-inch thick on cookie sheet. chill one hour in freezer or a half day in refrigerator. Cut into squares, roll in flour and brown on both sides. Place in casserole. Pour 2 cans mushroom soup mixed with 2 cans water into frying pan. Mix well and let come to a boil. Pour over browned squares in casserole. Bake 300 degrees for 30 minutes.

Lois Fahnstock
Lititz

DELUXE PORK CHOW MEIN

1½ pounds fresh pork, diced
2 tablespoons shortening
1 cup hot water
3 tablespoons soy sauce
1 tablespoon molasses
1½ cups celery, sliced
1 cup onions, sliced
1 can bean sprouts
1 tablespoon cornstarch
2 tablespoons cold water

Brown pork in shortening. Add hot water, soy sauce and molasses. Cover and cook over low heat for 30 minutes. Mix in celery and onions and cook 15 minutes longer. Add drained bean sprouts. Mix cornstarch with cold water, add to mixture, cook, stirring constantly over low heat until thickened. Serve over hot rice or Chinese noodles. Sprinkle with almonds.

Emily Werner
Wernersville

MINCE MEAT FOR PIE

3 pounds pork, any cut
3 pounds raisins, cooked until soft and plump

2 pounds granulated sugar
1 pound brown sugar
2 oranges, peeled
2 lemons, peeled
2 quarts apples, chopped fine
1 cup molasses
3 teaspoons cinnamon
1 teaspoon nutmeg
1 cup cider

Cook pork until tender. Grind very fine. Peel oranges and lemons, grind fine. Mix all ingredients in large heavy bottom kettle. Simmer 15 minutes.

Put into glass jars and process in water bath for 20 minutes or freeze. Keeps well in freezer for one year. Use 3 cups of mincemeat for one 9-inch pie.

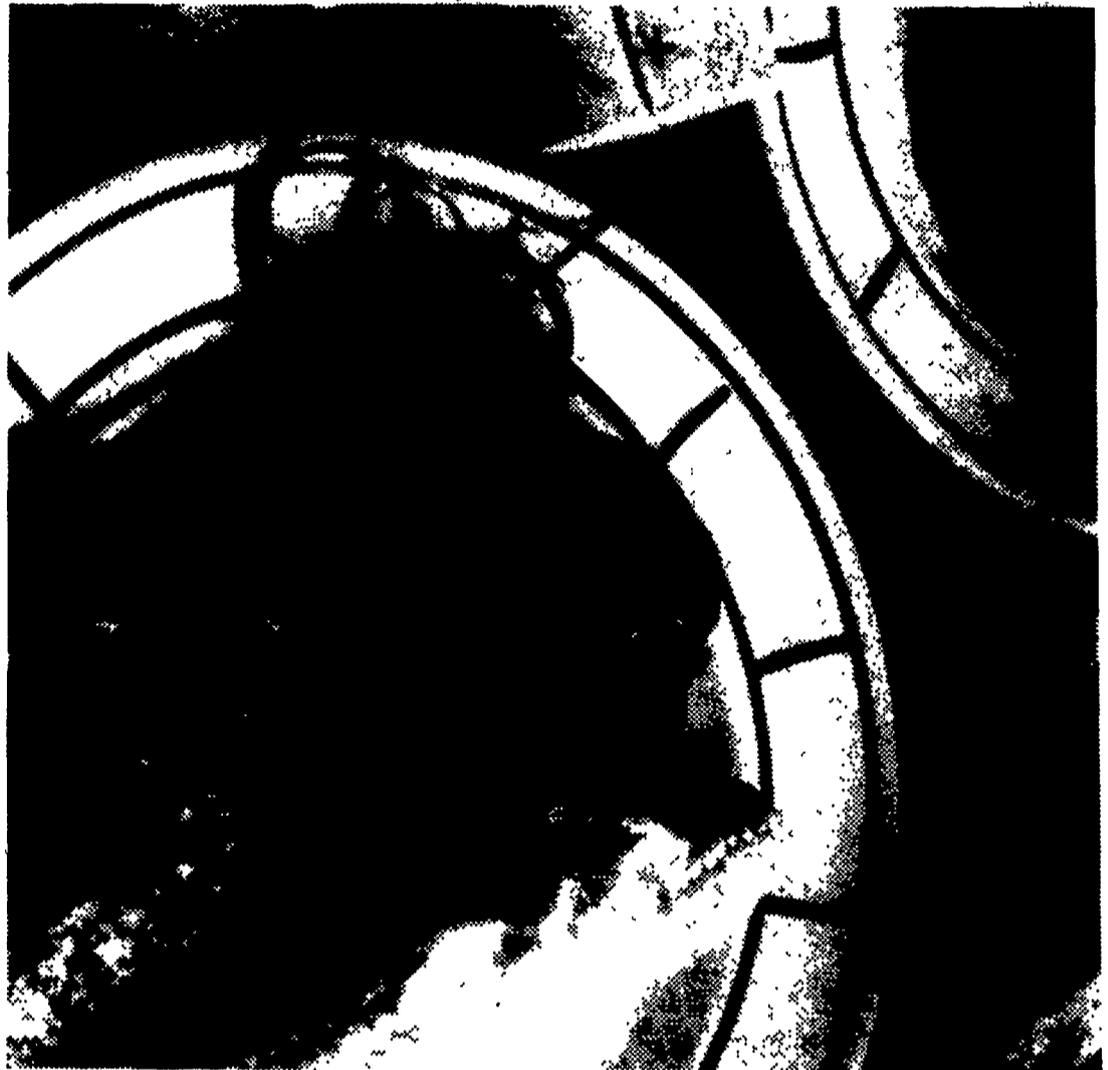
Sam Oberholtzer
Ephrata

BARBECUED HAM SANDWICHES

5 pounds chipped ham
1 cup ketchup
¼ cup brown sugar
1 teaspoon dry mustard
1 tablespoon vinegar

Mix last 4 ingredients and boil 5 minutes. Add meat. Simmer for 20 minutes. Serve on bun.

Rosann Sensenig
Annville



To make America's Cut in Ginger Marinade, combine 2 cups distilled vinegar, ¼ cup sliced green onions, 1 tablespoon ginger, 2 tablespoons soy sauce, 2 tablespoons sesame oil, and 2 cloves garlic, minced. Pour mixture over 4 of America's Cut boneless chops in a self-sealing plastic bag. Marinate 2 to 24 hours. Remove pork from bag and grill chops in covered grill for 12-15 minutes, turning once.

CRANBERRY GLAZED HAM BALLS

¼ cup flour
1 pound ground cooked ham
¼ cup corn meal
1 teaspoon dry mustard
¾ cup milk
1 cup mashed, jellied cranberry sauce

1 teaspoon vinegar
4 tablespoons water
3 tablespoons shortening

Mix in a bowl: ham, corn meal, mustard, and milk. Wet hands and shape into balls. Roll balls in flour, one at a time. Brown slowly on all sides in a pan with hot shortening. Cover with mixture of cranberry sauce, vinegar, and water. Cover and cook over low heat for 10 minutes. Serve hot.

Arlene Wenger
Lebanon

SIX-LAYER SAUSAGE CASSEROLE

1 pound pork sausage
1½ cups potatoes, sliced
1 cup onions, sliced
1 cup carrots, sliced
¼ cup rice
1½ cups canned tomatoes or tomato sauce
1 teaspoon salt
½ teaspoon pepper
1 tablespoon sugar

Lightly brown sausage. Drain on paper towels and cut into small pieces. Place vegetables, in order given, into 2-quart buttered casserole dish. Sprinkle with seasonings and top with sausage. Cover. Bake 1½-2 hours at 350 degrees.

Janice Buhl
Erie

MELT-IN-YOUR-MOUTH SAUSAGE

2 pounds sausage, cut in serving pieces
24-ounces spaghetti sauce
6 ounces tomato paste
6 ounces water
1 teaspoon parsley flakes, optional

1 onion, sliced thin
1 tablespoon parmesan cheese
Cook sausage 10 minutes. Place in crockpot. Combine remaining ingredients and cover sausage. Simmer on high for 4 hours. Serve in Italian or hot dog rolls. Serves 8.

Debra Allgyer
Womelsdorf

SAUSAGE AND RICE CASSEROLE

1 pound ground sausage
2 cups cooked rice
1 onion, chopped
1 teaspoon salt
½ teaspoon pepper
1 pint pizza sauce
Brown sausage and onion in skillet. Add cooked rice, seasonings, and pizza sauce; mix well. Simmer 15 minutes.

Lois Weaver
Reinholds

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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

23- 2nd Week Pork Recipe Contest
30- Crock Pot Recipes

November

6- Your Favorite Bread Recipe
13- Pumpkin Time

Featured Recipe

You've heard it before but it bears repeating. Breakfast is important, maybe the most important meal of the day.

But what do you do when everyone is in a big rush when it's time to leave the house?

Breakfast-to-go is your solution. Here are some ingredients to keep stocked. Ideas from the Mid East United Dairy Industry Association.

- Bagels, frozen pancakes and waffles, whole grain muffins, English muffins, ready-to-eat cereal, individual servings of hot cereals.

- Cream cheese (plain or flavored) yogurt, cottage cheese, ricotta cheese, butter, milk.

- Preserves and fruit spreads, honey, syrup, fresh fruits.

With food like these on hand, you have the markings for all sorts of delicious, easy breakfasts-to-go:

- Waffle-wiches — Spread cream cheese or cottage cheese and jam or honey between toasted waffles. Nestle in napkin and munch as you go.

- Pancake Rolls — Spread warm microwave pancakes with cream cheese or ricotta cheese and wrap around a banana.

- Cereal 'n Yogurt — Take a resealable bag filled with a favorite ready-to-eat cereal and a carton of yogurt to eat at your desk.

- Blender Beverages — Blend until combined: milk with fresh or frozen berries and a touch of honey; milk and maple syrup; strawberry yogurt, milk, and bananas.

- Fruit 'n Ricotta or Cottage Cheese — Stir favorite cut-up fruits into ricotta or cottage cheese and refrigerate, covered, overnight. Eat right out of the container or spread on a bagel.