



Home On The Range



Readers Share Favorite Pork Recipes

Quality pork begins on the farm. New breeding and feeding techniques results in pork being lower in fat, lower in calories, and lower in cholesterol than ever before. A 3-ounce serving of roasted pork tenderloin has only 133 calories, 4.1 grams of fat and 67 mg of cholesterol. That's less calories, fat, and cholesterol than skinless, roasted, chicken breast.

But you can have the best cut of meat and ruin it by improper cooking. These recipes from readers should help you prepare many tasty dishes that will become family favorites for years to come. Enjoy.

PORK CHOP CASSEROLE

4 to 6 pork chops
1 box stove top stuffing (corn-bread or pork)
1 can mushroom soup
1 large can whole potatoes
1 can milk

Brown pork chops. Place in large baking dish. Make stuffing according to package directions. Place on top of chops. Mix together soup and milk; pour over chops and stuffing. Place potatoes on top. Cover with foil. Bake at 350 degrees for 60 to 90 minutes.

Nadine Molyneux
Forksville

BURKERT

1½ pounds pork for stew
1 cup chopped onions
¼ cup butter
1 tablespoon paprika
2 tablespoons flour
1 cup sour cream

Saute onions on low heat until clear. Remove and set aside. Saute pork until lightly brown; add paprika and onions and about ½ cup water. Cover and simmer until the pork is tender; Mix in flour and sour cream.

Donna Nemeth
Boulder, Col.

PORK CHOP CASSEROLE

Grease a 7x12-inch baking dish. Add:
6 cups diced or sliced potatoes
1 small chopped onion
2 teaspoons parsley flakes
1 can cream of celery soup
1 soup can water

Cover with:
6 pork chops
Salt and pepper, to taste
Drizzle meat with melted butter. Bake in 350 degree oven for 1-1½ hours or until meat is done. Serve with a green vegetable or a salad for a delicious meal.

Neva Muse
Colonial Beach, VA

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.

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DIPPY PORK

2 pork tenderloins, 1 pound each, cut into medallions

Marinade:

6 tablespoons Japanese sake
1 tablespoon soy sauce
½ teaspoon ground ginger
½ teaspoon salt

Pour marinade over pork medallions and marinate for 15 minutes.

4 eggs
½ cup cornstarch
2 tablespoons salad oil
1½ tablespoons vinegar
1½ tablespoons soy sauce

Mix together eggs, cornstarch, salad oil, vinegar, and soy sauce until smooth (should be consistency of pancake batter). Add more cornstarch if necessary.

Dip each pork round into batter and fry in preheated deep fat until golden brown and crusty.

Dipping sauce:

2 tablespoons soy sauce
1 tablespoon wine vinegar
¼ teaspoon hot mustard

Serve a tiny dish (like a teabag dish) to each person for dipping. Do not dip the cooked pork into sauce until ready to eat.

Audrey Nemeth
Mt. Vernon, Maine



Mushrooms, cheese, and a variety of sauces add unique flavors to pork.

BOURBON BEANS

2½ pounds canned pork and beans
6 slices bacon or ham
1 large onion, chopped
2 tablespoons dry mustard
½ cup ketchup
½ cup brown sugar
½ cup bourbon

1 large can crushed pineapple

Brown onions and bacons. Mix mustard, ketchup, and brown sugar. Stir into beans. Add bourbon and let stand 1 hour or more. Bake at 325 degrees for 1 hour. Add pineapple and bake 30 minutes more.

My family members used to be some of the major pig raisers in California. We have many old-fashioned recipes, but this one is more modern.

L. Geis
Dos Palos, CA

HAM SLICE WITH PINEAPPLE SAUCE

1½ pound ham slice
1 pound 4 ounce can pineapple chunks
1 tablespoon cornstarch
2 tablespoons butter
2 tablespoons brown sugar
¼ teaspoon powdered allspice
¼ teaspoon powdered ginger
1 tablespoon vinegar
¼ cup finely diced green pepper

Place ham slice in cold skillet. Heat and cook until browned on one side. Turn ham to brown other side.

Prepare sauce: drain syrup from pineapple. Combine with cornstarch in small saucepan over moderate heat. Stir until smooth, add butter, sugar, spice, vinegar, and green pepper. Stir and heat 1 or 2 minutes, add 1 cup pineapple chunks. Stir and cook until sauce thickens and is clear. Serve hot over hot ham slice. Makes 4 servings.

Alice Kramer
Reinholds

PORK TENDERLOIN

5-6 pork tenderloins
1 cup flour
2-3 tablespoons Old Bay seasoning
Pepper
3 tablespoons oil

Mix flour, Old Bay, and pepper. Coat each tenderloin. Brown both sides of meat in skillet with oil. Place meat in broiler and cover. Bake at 350 degrees for 45 minutes. No knives needed.

Angie Brenize
Chambersburg

SUNDAY CASSEROLE

2 cups macaroni
2 cups cubed cheese
2 cups milk
1 can cream of mushroom soup
Meat of your choice such as hot dogs, ham, turkey, beef, Spam
Onion, chopped, option

Combine ingredients and let set one hour. Bake at 350 degrees for 1 hour.

Shirley Horing
Stevens

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Featured Recipe

The Best Of The Fall Harvest

As the temperature drops, many Americans move inside and heat up their ovens, using fall fruits to make delicious pies, cakes and breads. Although many people don't think of cranberries until Thanksgiving, most of year's best berries are in the supermarket in October. Contrary to popular belief, light colored cranberries are just as ripe and taste as good as their deep crimson counterparts. The paler color merely means the berry grew underneath the vine and received less sunlight.

Many varieties of apples are also harvested in October. Good baking varieties include tart Granny Smiths, pale green Northern Spies and crisp, red Macouns. Sweeter varieties, such as Red Delicious, and moister apples, like McIntosh, can become less tasty or mushy when cooked.

Use the season's best produce in autumn flavored Cranberry Apple Bread.

Cranberry Apple Bread

2 cups peeled, chopped baking apples
¼ cup sugar
2 tablespoons oil
1 egg
1½ cups flour
1½ teaspoons baking powder
½ teaspoon baking soda
1 teaspoon cinnamon
1 cup OCEAN SPRAY® Fresh or Frozen Cranberries
½ cup chopped walnuts

Preheat oven to 350°. Grease 1 8½ x4½ x2-inch loaf pan. Combine apples, sugar and oil in a medium mixing bowl. Add egg, mixing well. Combine dry ingredients in a separate bowl. Add to apple mixture, mixing just until dry ingredients are moist. Stir in cranberries and walnuts.

Spread batter evenly in pan. Bake 1 hour or until a toothpick inserted into bread center comes out clean. Makes 1 loaf.