

Pork Cuts With Less Fat

(Continued from Page B3)

PORK TENDERLOIN WITH RASPBERRY SAUCE SUPREME

1 pound pork tenderloin, trimmed and cut into 8 crosswise pieces

Cayenne pepper, to taste
2 tablespoons margarine
2 kiwi fruit, peeled, thinly sliced

Raspberry sauce:
6 tablespoons red raspberry preserves

2 tablespoons red wine vinegar
1 tablespoon reduced-calorie ketchup

½ teaspoon horseradish
½ teaspoon soy sauce
1 clove garlic, minced
Fresh raspberries, optional

Press each pork tenderloin slice to 1-inch thickness. Lightly sprinkle both sides of each slice with cayenne pepper. Heat margarine in a large heavy skillet over medium-high heat. Add pork slices; cook 3 to 4 minutes on each side.

Meanwhile combine all sauce ingredients in a small saucepan; simmer over low heat about 3 minutes, stirring occasionally. Keep warm.

Place cooked slices on warm serving plate. Spoon sauce over; top each pork slice with a kiwi slice. Garnish serving plate with remaining kiwi slices and fresh raspberries, if desired. Makes 4 servings.

Calories 300, protein 25.3 gr, fat 10.1 gr, carbohydrate 26.2 g, cholesterol, 70 mg.

ROAST PIG PERNIL

(A Puerto Rico Favorite)

4 pound pork shoulder or boneless picnic

Mix together:

2 teaspoons oregano
1 teaspoon minced garlic
2 teaspoons adobo seasoning
1 tablespoon vinegar
½ teaspoon black pepper

Make deep cuts into the meat and pour seasoning over the pork shoulder. Cover meat with foil and bake at 350 degrees for 2½ hours or more or until meat is soft and tender. Uncover meat for about ½ hour to make skin crispy. Serve with vegetables or rice.

SOUTHWESTERN STIR-FRY

1 pound pork tenderloin, cut in quarters lengthwise and then cut ¼-inch thick

2 tablespoons dry sherry
2 teaspoons cornstarch
1 teaspoon ground cumin
1 clove garlic, minced
½ teaspoon seasoned salt
1 tablespoon cooking oil
1 green pepper, seeded and cut into strips

1 medium onion, thinly sliced
12 cherry tomatoes, halved

Combine sherry, cornstarch, cumin, garlic, and salt in medium bowl; add pork slices and stir to coat. Heat oil over medium-high heat in heavy skillet. Add pork mixture and stir-fry about 3-4 minutes. Add remaining ingredients, cover pan and simmer for 3-4 minutes. Serve hot with green chili salsa. Serves 4.

SAUSAGES BAKED IN BATTER (Toad-in-the-Hole)

1 pound pork sausage links
1 cup all-purpose flour
1 cup milk
2 eggs
½ teaspoon salt

Cook sausages as directed on package; reserve drippings. Heat oven to 400 degrees. Brush oblong baking dish, 11x7x1½-inches, with sausage drippings. Place sausages in single layer in baking dish. Beat flour, milk, eggs, and salt with hand beater until smooth;

pour over sausages. Bake uncovered until puffed and golden brown, about 30 minutes. Cut into squares. 4 to 6 servings.

Toad-in-the-hole is the whimsical name (like our pigs-in-a-blanket) the British give this sausage and pastry casserole. It is often prepared for children when parents are dining out, and is a dish children enjoy making themselves with a little guidance from Dad and Mom. More elaborate versions of toad-in-the-hole include steak and kidneys.



Pork Tenderloin With Raspberry Sauce Supreme was the top winner in a Pork Cook-Off Contest.

Agri-Women Applaud Selection

SHANNON, II. — The recent selection of the Honorable Dan Glickman as Secretary of Agriculture-Designate, was heralded as a positive move by American Agri-Women. "We believe that Mr. Glickman, will provide sound judgment, based on his experience in the Congress, and his background as a rural legislator," stated American Agri-Women President Ardath DeWall.

In a statement from the USDA on January 6, Glickman commented, "My highest priority will be meeting Mr. Clinton's commitment to our farmers and ranchers, and everyone in rural America—the commitment to sustain a solid economy that provides opportunity for growth and prosperity."

"All of the organizations that encompass, American Agri-Women are strongly dedicated to the prominence of the U.S. agricultural economy, and toward the continued growth and prosperity of our nation's agricultural economy, and we look forward to working closely with Mr. Glickman," according to Ardath DeWall.



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