

Home on the Range

Pork's Many Tastes

Today's pork fits well within the dietary guidelines recommended by both the American Heart Association and the National Cholesterol Education Program.

Fresh pork contains an average of 31 percent less fat after cooking and trimming than the same pork cuts reported in 1983. Pork is leaner because of significant changes made in breeding and feeding techniques.

The leanest pork comes from the loin and leg areas. If you are watching your fat intake, look for loin in the name of the cut when buying pork.

Boneless pork in a wide variety of cuts is creating consumer excitement. Only the best meat — lean hams, loins, butts and other cuts in the pink of condition are carefully selected for boneless pork. The rosy pink color is a sign that pork is blooming with freshness.

But don't limit your pork choice to boneless cuts. Old favorites such as ribs, pork chops, sausage, and ham taste wonderful and will remain an important part of tasty diets.

PORK BBQ

Cook a boneless pork roast until well done (add onions while cooking, if desired). Dice meat and shred into small pieces.

Sauce Mixture

- 1 cup catsup
- ½ cup vinegar
- ½ teaspoon yellow mustard
- 1 tablespoon sugar
- 2 tablespoons BBQ sauce
- ½ teaspoon salt

Combine above ingredients and pour over meat. Simmer 30-45 minutes. Note: ground pork may be used in place of the pork roast. This dish works well simmering in a crock pot on low for several hours.

Sue Pardo
Jarrettsville, Md.

HONEY PORK CHOPS

- 8 pork chops
- Salt and pepper to taste
- ¼ cup honey
- 3 tablespoons basil
- ¼ cup lemon juice
- ½ cup red cooking wine

Trim chops if needed for extra fat. Place chops in a single layer in baking dish. Salt and pepper each side. Cover with half the honey and half the basil on each side. Combine lemon juice and wine. Pour over chops.

Bake uncovered at 350 degrees for one hour, turning after 30 minutes of baking.

FELJOADA

- 1 pound dried black beans
- 6 cups water
- 1 pound boneless ham, cut into ¼-inch cubes
- 1 pound boneless pork loin, cut into ¼-inch cubes
- ½ pound hot Italian sausage, sliced into 1-inch pieces
- ½ pound smoked sausage, sliced into 1-inch pieces
- 1 pint cherry tomatoes
- 1 onion, chopped
- 1 teaspoon red pepper flakes
- 6 cloves garlic, peeled and minced
- ½ teaspoon orange zest

Cover the beans with cold water and soak overnight; or cover with boiling water and let stand two hours. Drain.

Preheat oven to 350 degrees. In a large Dutch oven, combine all ingredients. Bring to a boil, skimming if necessary. Cover and transfer to oven. Bake 1½ hours; remove cover and bake another 30 minutes, stirring occasionally.

Allow to cool slightly, then cover and refrigerate overnight. Remove any fat from surface. Reheat Feijoada slowly.

Serves 12. Preparation time: 15 minutes. Cooking time 120 minutes.

Nat. Pork Council

SPICY SAUSAGE AND BEANS

- ½ pound Italian sausage, sliced
- 1 cup chopped onion
- 1 clove garlic, minced
- 16-ounce can stewed tomatoes
- 16-ounce can kidney beans, drained

- 8-ounce can tomato sauce
- 1½ teaspoon chili powder

In a skillet, cook meat, onion, and garlic until onion is tender. Drain excess fat. Add tomatoes, beans, tomato sauce, and chili powder. Cook over medium heat for 15 minutes or until desired consistency.

Sarah Clark
Breezewood

BARBEQUED PORK CHOPS

- 8 pork chops
- ½ cup ketchup
- 1 teaspoon salt
- 1 teaspoon celery seed
- ½ teaspoon nutmeg
- ¼ cup cider vinegar
- 1 cup water

Put chops in roaster. Mix together all ingredients. Pour over chops. Bake at 350 degrees for 1½ hours.

Sarah Clark
Breezewood



Feijoada, a Brazilian one-pot meal is seemingly exotic but amazingly simple to make.

BARBEQUED BABY BACK PORK RIBS

- 4 pounds pork back ribs
 - Your favorite barbecue sauce
- Place ribs in shallow roasting pan. Cover with foil and bake at 300 degrees for 2 hours. Finish on grill by turning and basting ribs with barbecue sauce for 15-20 minutes. Serves 4.

BAKED PORK CHOPS

- 4 pork chops
- 2 tablespoons oil
- ¼ cup diced onion
- 1 cup condensed cream of celery soup
- ½ cup milk
- 3 medium potatoes, peeled and sliced
- 1 pound cabbage, shredded
- ¼ cup flour
- 1½ teaspoon salt
- ¼ teaspoon pepper

Brown chops in hot oil in heavy skillet. Remove chops from pan. Add onion, soup, and milk to drippings. Blend. Starting with potatoes, put alternate layers of potatoes and cabbage in 2-quart casserole. Sprinkle each layer with flour. Pour soup sauce over each layer. Place chops on top. Cover casserole or use foil to cover casserole. Bake at 350 degrees for 1½ hours. Serves 4.

Gladys S. Martin

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Featured Recipe

Grecian Skillet Rib Eyes won the top spot in the 21st National Beef Cook-Off in Little Rock, Ark. on September 23.

Fran Yuhas of Scotrun won \$25,000 for her original recipe. Staged by The American National CattleWomen Inc., the event is held in cooperation with the Beef Industry Council and Beef Board. The recipe, topping a field of 15 finalists from across the nation, features beef rib eye steaks rubbed with dried seasonings and topped with feta cheese and olives. The easy, eight-ingredient dish takes 25 minutes to prepare.

To recipe a cop of the National Beef Cook-Off 15 finalists recipes, send a self-addressed stamped envelope to NBCO Recipes, FSC 1, 1510 Hubbard Dr., Batavia, IL 60510.

Here is the winning recipe.

GRECIAN SKILLET RIB EYES

- 2 well-trimmed beef rib eye steaks cut 1-inch thick
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 2 tablespoons crumbled feta cheese
- 1 tablespoon chopped, pitted Kalamata or ripe olives
- Lemon slices (optional)

Seasoning:

- 1½ teaspoon garlic powder
- 1½ teaspoon dried basil leaves, crushed
- 1½ teaspoon dried oregano leaves, crushed
- ½ teaspoon salt
- ¼ teaspoon pepper

Combine seasoning ingredients; press into both sides of bee steaks. In large nonstick skillet, heat oil over medium heat until hot. Place steaks in skillet; cook approximately 10 to 14 minutes for medium rare to medium doneness, turning once. Sprinkle with lemon juice.

To serve, sprinkle cheese and olives over steaks; garnish with lemon slices, if desired.

Makes 2 to 4 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

- 14- Ground Beef
- 21- Pasta Favorites
- 28- Pumpkins Galore

November

- 4- Biscuits and Mix