



Home on the Range

Pork's Getting Leaner And Better

Pork is getting thinner and healthier.

Improvements in the breeding and feeding of pigs result in a leaner pig. In addition, retailers are trimming fat from pork cuts so that people are getting more lean meat for their dollar.

Three ounces of roasted, boneless, trimmed pork tenderloin has 133 calories, 4 grams of fat, 1.4 grams of unsaturated fat and 67 milligrams of cholesterol compared to a skinless, roasted chicken breast, which has 140 calories, 3 grams fat, and 72 milligrams of cholesterol.

More fresh pork cuts are available in the supermarket that fit into a healthy diet than there used to be. Carefully select the leanest meat — loin cuts are lowest in fat. Trim any removable fat that is left, control portion sizes to 4 to 6 ounces cooked meat daily, and roast or broil meats.

PIGS IN TATERS

6 large potatoes
6 tablespoons butter
¼ cup milk
1½ teaspoon salt or to taste
Dash paprika
½ pound small sausages
Bake potatoes until soft. Slice off edge of one side of potatoes. Scoop the baked potato out of shell and place in a small bowl; set the shells aside. Mash the potatoes, add butter, milk, salt, and paprika.

Refill the potato shells with the mashed potato mixture leaving a hollow in the center.

Place sausages in the little hollow space. Place on baking sheet and return to oven.

Bake at 350 degrees for 15 to 20 minutes or until potatoes are browned and sausages are done. Serves 6.

Betty J. Light
Lebanon

WORKING WOMAN'S BARBECUE PORK RIBS

3 pounds country-style pork ribs
1 bottle favorite barbecue sauce
Place in crockpot. Cook on low during the day. When you return home, place ribs on a foil-covered baking sheet or jelly roll pan. Place under broiler for five to six minutes, turn and continue for another six minutes. You can baste with sauce from crock pot when broiling.

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Lebanon

PORKETTA

¾ -4-pound boneless pork shoulder
Remove any inside pockets of fat and fill with mixture of the following:

½ cup snipped fresh parsley
2 teaspoons minced garlic
2 teaspoons dried dill weed
1 teaspoon fennel seed
1 teaspoon dried rosemary leaves, crushed
¼ teaspoon salt
¼ teaspoon pepper

Roll roast jelly roll fashion. Replace netting or tie with string. Rub with a mixture of the following:

¾ teaspoon salt
¼ teaspoon coarsely ground pepper

Skewer on spit and roast 35 to 45 minutes per pound or to an internal temperature of 170 degrees. Or, oven roast in 350 degree oven allowing 35 to 45 minutes per pound. Allow roast to stand for 15 minutes for easier carving. Slice and serve on hard rolls. For spicier pork, fill as directed. Refrigerate overnight and rub coating on surface just before cooking.

STUFFED CABBAGE ROLLS

Separate into leaves, trimming off the thick part of:

1 medium head cabbage
Place in boiling water and cook until tender, about 5 minutes. Bring to boil:
1 cup water

Add:
½ cup long grain rice. Simmer until all liquid is dissolved. Add:
1½ cups milk

Simmer 20 minutes or until rice is tender. Combine in medium bowl with:

½ pound sausage
½ pound ground round
1 egg slightly beaten
1½ teaspoon salt
¼ teaspoon pepper

Place 2 tablespoons filling in each cabbage leaf. Roll and secure with wooden toothpick. Brown bundles in butter and place in heavy skillet. Top with:

3 tablespoons brown sugar
1½ cups beef broth
Simmer for one hour. Remove from pan and add to drippings.
2½ tablespoons flour, dissolved in 1½ cups light cream

Simmer 5 minutes. Season with salt and pepper and serve over cabbage rolls.



For hearty one-dish meals, combine pork with vegetables, rice, or pasta.

COWBOY BARBECUED RIBS

5 pounds pork spareribs
Sauce:

1 cup water
½ cup butter
2 tablespoons fresh lemon juice
¼ cup dry mustard
¼ cup chili powder
1 tablespoon sugar
1 tablespoon paprika
2 teaspoons salt
1 teaspoon onion powder
1 teaspoon garlic powder
¼ teaspoon cayenne pepper

Place spareribs on broiler pan. Cover with foil. Roast at 400 degrees for 1½ hours.

Meanwhile combine all sauce ingredients in medium saucepan; mix well. Bring to a boil. Reduce heat; simmer for 30 minutes. Brush sauce on ribs. Broil 5 inches from heat for 7 to 10 minutes on each side. Serve ribs with additional sauce. Makes 6 servings. Calories per serving: 724.

HAM ROYALE

1 boneless smoked fully cooked ham
½ cup jellied cranberry sauce
½ cup orange marmalade
¼ teaspoon ground cloves
¼ teaspoon dry mustard
2 teaspoons lemon juice
Place ham fat side up on rack in open roasting pan. Insert roast meat thermometer so bulb is in center of thickest part of ham. Bake in 325 degree oven until thermometer registers 140 degrees (allowing 15 to 18 minutes per pound). Meanwhile combine cran-

berry sauce, orange marmalade, ground cloves, mustard, and lemon juice in saucepan. Cook over low heat, stirring occasionally about 5 minutes. Spread ham with glaze every 10 to 15 minutes during last 30 minutes of cooking time. Let ham set about 15 minutes before carving.

PORK WELLINGTON

Coat:
4-5 inch square puff pastry squares with Braunschwieger. Wrap around 2 pork tenderloins cut in half. Bake at 350 degrees for 25 minutes. Square off tenderloins by tucking in tail.

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Featured Recipe

For those end-of-season tomatoes, try this recipe from the American Dairy Association and Dairy Council Mid East.

Ann Cooper, executive chef of the Putney Inn, Putney, Vermont, made these tomatoes to show how using the right combination of butter, vegetables, and herbs creates satisfying taste.

Cooper was named 1955 Chef of the Year by the American Culinary Federation and is a member of the Real Butter Team, a select group of culinary masters assembled by the American Dairy Association.

BASIL STUFFED TOMATOES

3 medium tomatoes
¾ cup saltine crackers, crushed
¾ cup Ritz crackers, crushed
2 tablespoons fresh basil
1 teaspoon seafood seasoning, celery salt or Crab Boil
½ teaspoon paprika
½ cup butter, melted
1 tablespoon fresh lemon juice
¼ cup drained capers
Preheat oven to 350 degrees.

Core and cut tomatoes in half. Scoop out meaty portion of the tomato; chop and reserve. Place the tomatoes that will be stuffed into a baking pan. Add the remaining six ingredients of the stuffing into the bowl.

In medium bowl combine crushed crackers, reserved tomatoes and remaining ingredients. Divide stuffing among tomato halves. Place in baking dish. Bake until tomatoes are almost tender and stuffing is golden, about 15 to 20 minutes. Makes 6 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-

12- Apple Month
19- Pizza Recipes
26- Pumpkin Recipes

November-

2- Homemade Breads