

Home on the Range

Taste-Tempting Pork Dishes

Pork is a classic that's perfect for serving at an elegant meal or at an every day dinner.

Cooked to medium doneness (slightly pink in the center, 155-160 degrees) pork is lean, juicy, and tender. Pork's mild taste complements many favorite flavors. Season a rack of pork (have the butcher remove the backbone for easy slicing between the ribs) with garlic and pepper and pair with Cranberry Chutney for an elegant feast. Or glaze Fresno Pork Roast with pineapple, citrus, and cloves, and garnish with strawberries.

HAM PUFF

2 cups ground ham, cooked
1 cup ground cooked carrots
3 tablespoons melted butter
2 eggs, beaten
2 cups milk
2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon pepper

Sift together dry ingredients. Beat eggs and milk; add to flour mixture. Add ground carrots, ham, and melted butter. Bake in greased casserole or muffin tins at 400 degrees for 25-30 minutes. Serves 6-8.

Royell Bashore
Lebanon Li'l Miss

FRESNO PORK ROAST

3-pound pork loin roast
1 tablespoon sugar
2 tablespoons cornstarch
1/4 cup canned pineapple juice
1/4 cup orange juice
Dash salt
Dash ground cloves
2 tablespoons lemon juice
1 pint fresh strawberries, hulled, sliced

Preheat oven to 350 degrees. Place roast in shallow roasting pan and bake 60-90 minutes or until inserted meat thermometer registers 155-160 degrees. Remove roast from oven, let stand 10 minutes before slicing.

While roast is cooking, combine sugar and cornstarch in medium saucepan. Stir in pineapple and orange juices and cook, stirring over medium heat, until mixture bubbles and thickens.

Remove from heat and stir in salt, cloves, and lemon juice. Serve roast with sauce, and garnish with berries.

PORK ROAST

4-5 pound pork roast
1 large onion
1 teaspoon salt
2-3 tablespoons vinegar

Pierce roast with a sharp knife or fork. Sprinkle with salt. Spoon vinegar over meat. Cover with onion slices. Cover roast tightly with foil to seal all edges. Bake at 300 degrees for 4 to 5 hours.

Crystal Weaver
Womelsdorf

GARLICKY MUSTARD AND ROSEMARY COATED PORK CHOPS

3 tablespoons honey-Dijon mustard
2 tablespoons olive oil
1 tablespoon roasted garlic pepper
1 teaspoon crushed dried rosemary
4 pork chops

Combine first four ingredients. Broil pork chops 4-5-inches from heat source for 5 minutes on each side. Spread mixture on pork chops during the last 2 minutes of broiling on each side. Serves 4.

PEPPERED RACK OF PORK

4-5 pounds loin pork roast
2 cloves garlic, peeled
Coarsely ground pepper
Preheat oven to 350 degrees. Cut garlic cloves in half, and rub over all surfaces of loin; sprinkle generously with black pepper. Place in shallow roasting pan with bones up and roast 60-90 minutes about 18-20 minutes per pound until meat thermometer placed in center of loin eye reads about 155 degrees.

Remove from oven; let rest 10 minutes. Cut between rib bones to serve. Serve with Cranberry Chutney:

16-ounce can whole berry cranberry sauce
1/2 cup raisins
1/2 cup apple, peeled and diced
1/4 cup plus 2 tablespoons sugar
1/4 cup plus 2 tablespoons vinegar

1/2 teaspoon allspice
1/2 teaspoon ginger
1/2 teaspoon cinnamon
Dash ground cloves

Combine all ingredients in a medium saucepan. Cook on medium heat, stirring occasionally, until apples are tender and sauce has thickened slightly, about 30 minutes. Makes 2 1/2 cups.



Peppered Rack of Pork with Cranberry Chutney will impress guests and family alike.

KANSAS STROMBOLI

2 loaves frozen white bread dough

Filling:

1/4 pound pepperoni
1/4 pound provolone
1/4 pound ham
1/4 pound salami

2 cups shredded mozzarella
Optional filling: sauteed mushrooms and onions

Paste (optional)

2 egg yolks
1 tablespoon parmesan cheese
1 teaspoon parsley
1/2 teaspoon garlic powder
1/2 teaspoon oregano
1/4 teaspoon black pepper
2 tablespoons vegetable oil
*Mix together all ingredients in small bowl.

Thaw bread dough. Spread loaves out so each is about 12x7-inches. Divide paste and brush onto dough (if desired). Down the center line meats and cheeses. Add mushrooms and onion if desired. Fold sides in and the ends, crimping to seal. Stir egg whites and brush over top of loaves to produce a nice golden crust. Bake on cookie sheets for 30-40 minutes at 350 degrees. Serve with warm spaghetti sauce.

Recipe can be halved. Freezes well.

*Recipe can be simplified by omitting the "paste" and sauteed ingredients.

Judy Kieke
Shawnee, KS

SOUTHERN BARBECUE PORK

6 pounds pork roast
28-ounce can whole peeled tomatoes, mashed
1/2 cup vinegar
5 ounces soy sauce
5 ounces Worcestershire sauce
1/2 cup brown sugar
4 medium onions, chopped

Preheat oven to 300 degrees. Place roast in roasting pan. Mix remaining ingredients together and pour over roast in pan. Bake for 4 to 5 hours until soft and it falls off the bone. Remove all bones and shred the meat.

Serve on rolls or freeze for later use. Yields: 10 servings.

PORK RAGOUT SAUCE

1/2 pound lean ground pork
2 tablespoons olive oil
1 large onion, chopped
2 medium carrots, chopped
4 cloves garlic, minced
1 large red bell pepper, seeded, chopped
2 medium zucchini, chopped
3 cups tomato sauce
1/2 cup chopped fresh Italian parsley
2 teaspoons dried thyme
2 teaspoons dried oregano
1/2 teaspoon ground black pepper

In a large skillet, crumble and brown pork over low heat. Drain and set aside.

In same skillet, heat olive oil, add onions, carrots, and garlic; saute about 10 minutes.

Add bell peppers and zucchini and cook for another 5 minutes. Add meat, tomato sauce, parsley, thyme, oregano, and pepper. Stir thoroughly and cook at a simmer for 25 minutes. Serve over pasta. Yields: 8 cups sauce.

B. Light
Lebanon

STROMBOLI

4 cups flour
1 1/2 cups lukewarm water
1 teaspoon salt
1 package yeast
2-ounces vegetable oil

Heat oven to 375-400 degrees. Mix together water, salt, yeast, and oil. Add 2 cups flour slowly. Mix with fork until flour is moist. Add remaining two cups flour. Mix with hands. Form into three balls. Knead a little. Lightly grease balls with shortening. Let lay 15 minutes. Roll out each ball.

Lay four slices white American cheese in the center of each rolled out ball. Spread with mustard. Top with ham and pepperoni. Top with four more slices of cheese.

Sometimes I use mozzarella to top. Fold dough together and seal. Sprinkle with oregano.

Bake until lightly browned for 5 minutes on top rack, 5 minutes on bottom rack, then 5 minutes on top rack.

Tina Forry
Palmyra

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 listed below.

| | |
|---------|-----------------------------|
| October | 10 - National Apple Month |
| | 17 - Using Walnuts |
| | 24 - Pumpkin Recipes |
| | 31 - Sweet & Potato Recipes |

Featured Recipe

Since garden growth is slowing down, not much time is left to enjoy fresh-from-the-garden produce, but here's a recipe from Elizabeth Beaver, a reader from Ringtown.

This eggplant soup is a tasty way to use any end-of-the-season egg plant and peppers and also a delightful way to warm up on chilly fall days.

ROASTED EGGPLANT SOUP

1 large eggplant (about 2 pounds)
2 cloves baked garlic
1 tablespoon oil from baked-roasted garlic
2 cups chicken broth
1 cup heavy cream
3 serrano chiles, seeded and chopped
1/2 to 1 teaspoon salt (or to taste)

Preheat oven to 400 degrees. With large kitchen fork, pierce eggplant in several places and place in ungreased shallow baking pan. Bake eggplant, uncovered, until very soft, about 1 hour.

Halve eggplant lengthwise and scoop flesh into electric blender cup or food processor fitted with metal chopping blade. Add garlic oil, broth, cream, chiles, and salt. Puree until smooth. Taste for salt and adjust as needed.

Serve soup at room temperature or chill well and serve cold.