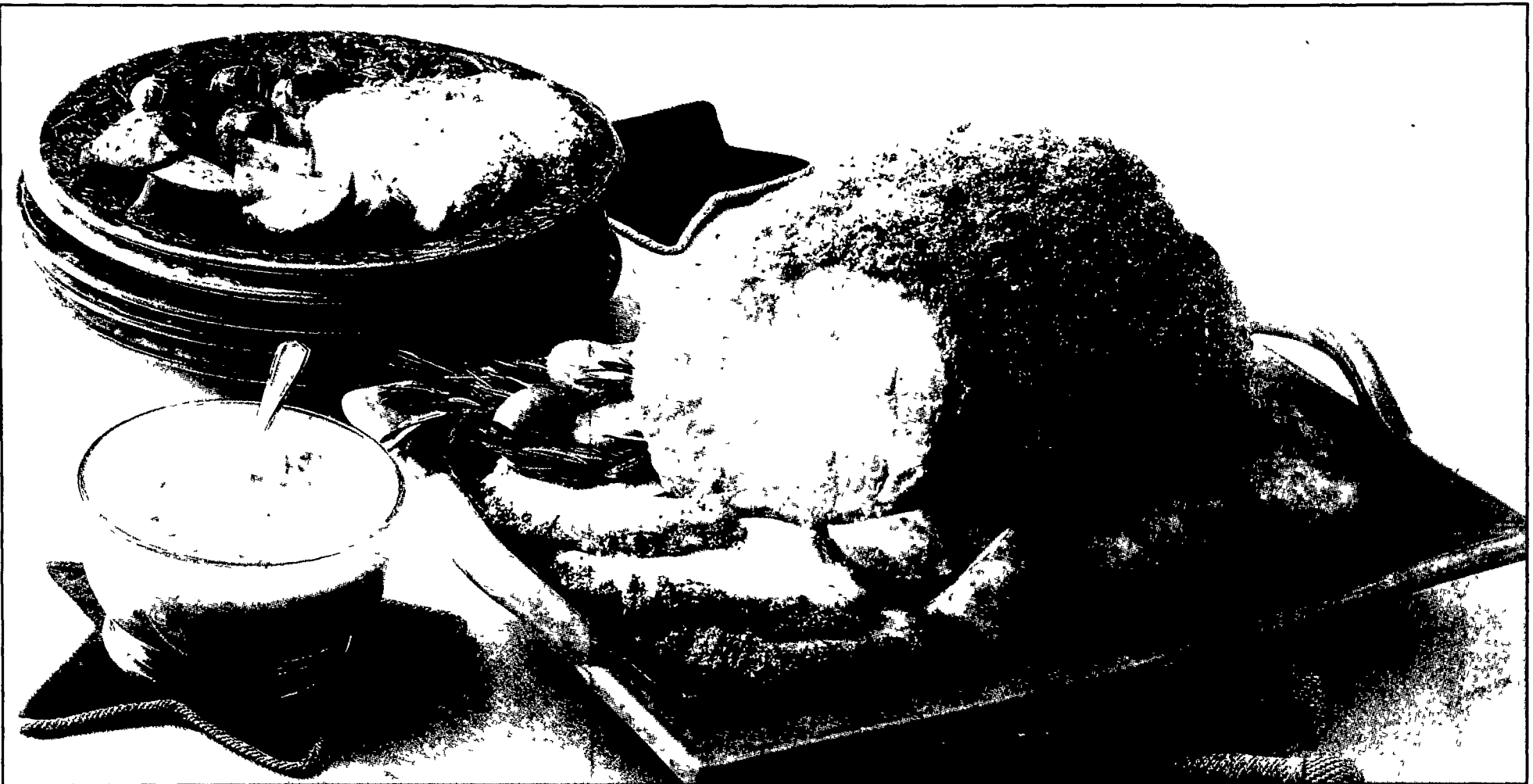


Home on the Range



Celebrate National Pork Month

PORK SANDWICHES WITH CARAMELIZED ONION RELISH

2 cups sliced onions
 1 tablespoon vegetable oil
 1 tablespoon sugar
 1/2 cup Dijon mustard
 4 3-inch squares focaccia bread or crusty rolls, split, toasted
 Fresh spinach or arugula leaves

1 pound sliced leftover pork roast, warmed
 Cook onions in oil in large heavy skillet over medium-heat for 10 to 15 minutes or until light golden, stirring frequently. Stir in mustard; cook 2 minutes.

Top bread or roll bottoms with spinach or arugula leaves, sliced fresh pork, and 1/4 cup onion relish. Serve warm.

FINGER-LICKING HONEY PORK RIBS

1 cup chili sauce
 1/2 cup honey, or more
 1/4 cup minced onion
 1 tablespoon Worcestershire sauce

1 teaspoon Dijon mustard
 3 pounds pork spareribs
 Salt and pepper to taste
 Combine chili sauce, honey, onion, Worcestershire sauce, and mustard in a small saucepan and

bring to a boil over medium heat, stirring constantly. Reduce heat and simmer, uncovered, for five months. Sprinkle spareribs with salt and pepper. Place on a rack over a roasting pan; cover with foil and bake at 375 degrees for 35-45 minutes. Uncover and brush generously with sauce; Bake 45 minutes, brushing with sauce every 15 minutes, until spareribs are fully cooked and tender. Cut spareribs into serving portions and serve with remaining sauce.

Renee Blatt
 PA Honey Queen

HONEY GLAZED HAM STEAKS

4 lean ham steaks
 1/4 cup honey
 3 tablespoons water
 1 1/2 teaspoons ground ginger
 1/4 teaspoon ground cloves

Pan-fry ham steaks on both sides in large nonstick skillet over medium-high heat. Place ham on heated serving dish; set aside. Add honey, water, ginger, and cloves to skillet; bring to a boil. Simmer one to two minutes. Brush sauce over ham; serve with remaining sauce.

Renee Blatt
 PA Honey Queen

PORK LOIN STUFFED WITH FRUIT AND NUTS

2 pound boneless pork loin roast
 Stuffing:

1/2 cup coarsely chopped pitted dates
 1/4 cup coarsely chopped dried apricots
 1/4 cup finely chopped pecans
 1 clove garlic, minced
 1 1/2 teaspoon dried thyme, crushed

1 tablespoon molasses
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1/2 cup apple juice
 1 tablespoon molasses
 1/4 cup light cream
 1/4 teaspoon salt

Heat oven to 350 degrees. In a medium bowl, combine all stuffing ingredients. Set aside.

Double-butterfly pork roast and follow stuffing and tying directions (see diagram on page B3). Place loin in shallow roasting pan, set aside.

Combine juice, broth, and molasses in small saucepan; bring to a boil. Pour over roast. Roast pork for one hour, or until internal temperature is 155-160 degrees, basting occasionally with broth mixture.

Remove roast from pan, reserving the drippings; keep warm. Add cream and 1/4 teaspoon salt to pan drippings.

Cook over medium-high heat, stirring constantly until slightly thickened. Slice pork, arrange on serving platter, serve with sauce.

Servings: 8. Three-ounce serving: Calories 237, protein, 25 g, fat, 7 g, cholesterol, 69 mg.

Featured Recipe

Roasts, chops, ribs, cubes, stirps, and cutlets make up the six basic shapes of fresh pork. Each of these shapes, with bones or boneless, can be the basis for almost any dish.

Unlike the pork of the past, today's pork should not be overcooked. Cooking to medium preserves the tenderness of meat. Pork's natural juices lend wonderful flavor and texture to the meat and at medium doneness those juices are at their tastiest. Overcooking drains the juices and makes the meat tougher and less flavorful than desired or necessary.

For best results, use a meat thermometer. This works best with larger shapes like roasts. When the temperature reaches 160 degrees Fahrenheit, the meat is medium done. When checking the doneness of smaller shapes, look for just a blush of pink and lots of juice. If no juice is present, it's a sure sign that you've overdone it.

Today's featured recipe is made with a roast, a large cut of meat from the leg. Roasts are also perfect for planned leftovers to use in sandwiches, salads, and pasta dishes.

After you make this roast, use the leftovers for Pork Sandwiches with Caramelized Onion Relish, which is included in today's selection of recipes.

HERBED FRESH HAM WITH SAVORY GRAVY

6-8 pound boneless pork leg roast, tied not netted
 1/4 cup Dijon mustard, divided
 1 cup plain dry bread crumbs
 6 tablespoons chopped fresh parsley, divided
 3 tablespoons vegetable oil
 2 tablespoons fresh rosemary leaves, crushed
 1 teaspoon salt
 1/4 teaspoon ground black pepper
 water

1 1/2 cups apple juice
 Trim excess fat from fresh ham; spread evenly with 1/2 cup mustard.

Mix bread crumbs, 4 tablespoons parsley, oil, rosemary, salt, and pepper. Press crumb mixture evenly over fresh pork. Tent with foil.

Roast at 350 degrees for 1 1/2 hours; remove foil. Roast for 1 1/2 hours more or until meat thermometer registers 155 degrees internal temperature, adding water to roasting pan as needed.

Remove meat from pan; let rest, loosely covered, for 10 to 15 minutes. While ham is resting, drain pan drippings into measuring cup, pouring off excess fat.

Add juice and pan drippings to roasting pan. Set over two burners, if necessary, and bring to boil over medium heat, stirring to loosen any browned bits from pan. Reduce heat to low; simmer for 10 minutes. Thicken gravy if desired. Stir in remaining mustard and parsley; heat through.

Serve ham with gravy.

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

- October
 - 14 - National Apple Month
 - 21 - Pumpkin, Squash Recipes
 - 28 - Autumn Family Favorites
- November
 - 4 - Fast And Easy Recipes

