

FOOD FORUM *

Dorothy Johnson

For your next barbecue in the fresh outdoors, why not plan a simple culinary adventure for the pleasure of all? The theme is Oriental; the main dish--Chinese Barbecued Pork Steaks.

The Chinese are noted for their zesty, exotic sauces. And surprisingly, the American home-maker can easily duplicate many of the same flavors with ingredients on hand in her own kitchen.

For instance, these Chinese Barbecued Pork Steaks feature a tangy mustard sauce that's merely a mixture of convenient bottled lemon juice, prepared mustard, soy sauce, honey, Worcestershire and ginger.

The sauce is used both for marinating the pork before cooking and as a basting sauce while the meat grills. The pork, sauce and charcoal grilled flavor blend with especially delectable results.

This meat dish can be prepared all year long, too. Just bake it in the oven.

You'll provide an additional spark of excitement by planning the rest of the menu and table decorations around an Oriental theme. You might complete the meal with fluffy white rice, green beans with sliced water chestnuts, iced tea, and fresh fruit and almond cookies for dessert.

CHINESE BARBECUED PORK STEAKS

6 pork steaks or chops, cut 1/2 to 3/4 inch thick; 1/4 c. ReaLemon bottled lemon juice, 1/4 c. mustard, 1/4 c. soy sauce, 1/4 c. honey, 2 tsp. Worcestershire sauce, 1/2 tsp. ginger.

Marinate pork 3 to 4 hours in refrigerator in mixture of bottled lemon juice, mustard, soy sauce, honey, Worcestershire sauce and ginger. Turn occasionally. To grill, place meat on grill about 5 inches from glowing coals. Cook about 25 to 30 minutes, or until done, turning occasionally and basting with additional sauce. 6 servings.

NOTE: To cook meat indoors, place marinated pork on rack in shallow roasting pan. Bake in moderate oven (350 F.) 45 to 50 minutes, or until done. Turn and baste with sauce occasionally during cooking.

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Tastes As Great As It Looks



Pork steaks or chops barbecued Chinese-style give a hint of adventure to an outdoor meal. The zesty sauce serves as a marinade and as a basting sauce. (See Food Forum for recipe)

KIT CARSON COUNCIL

Mrs. Leona Calhoun, Chairman of the Kit Carson Neighborhood Council would remind all residents of the area and invite all interested persons to attend the regular monthly business meeting of the Council which will be held tonight, Thursday, August 14 at 7:30 p.m. in the multi-purpose room of the Kit Carson School.

Representatives of the Kit Carson Neighborhood Council appeared before the last meeting of the City Commissioners with a petition bearing more than 500 signatures of persons in the area requesting consideration and a feasibility survey of the Council's proposal that the City acquire vacant property in close proximity to the Kit Carson Elementary School to provide a badly needed playground and recreational area for children residing in the District.

Mrs. Addie Reid Blake, Kit Carson Service Worker reports that the Council feels their request to the City Fathers was well received and are hopeful for full cooperation in the matter.

IT IS extremely important that all residents in the given area which is serviced by each Neighborhood Council make an especial effort to attend as many Council meetings as possible in order to bring their suggestions and problems to the Council for group resolution and action and to stay abreast of the many activities in which the Councils are engaged to raise the living and working standards of the community.

For information regarding the Kit Carson Council and its activities, interested persons should call Mrs. Addie Reid Blake, Council Service Worker, at 382-5914.

Morehouse Granted Phi Beta Kappa Chapter

ATLANTA, Ga. - (NPI)--Morehouse College has been granted a chapter of Phi Beta Kappa Honorary Society.

Morehouse and St. Louis University were the only Southern colleges admitted to membership in Phi Beta Kappa during the society's recent meeting at Duke University, Durham, N.C. Six other institutions also were approved by the Society, which has 184 college chapters.

To be accepted in the Society, Morehouse had to satisfy stringent academic standards. The Atlanta institution has 65 full-time faculty members, 35 of whom hold doctorates.

More than half of Morehouse's graduates go on to graduate and professional schools. Dr. Martin Luther King, Jr., is among the Institution's 3,117 graduates.



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